

need this more then ever

Posted by Mr clean - 08 Feb 2017 16:54

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Hey

I joined this site a few days ago hoping this would be the time I changed my life for real. I have been addicted to porn for as long as I can remember although finally admitting that I was has been a more recent development. I am still getting used to the idea that something has been able to grab such a hold on my life and I have such a hard time letting go. I am married almost 3 years and i have a 1 and a half year old son. Until recently I though that porn wasn't effecting my marriage and that I could still be a loving husband and watch porn but I have finally accepted that such a thing isn't possible. I have been acting cold towards my wife and she thinks its her fault when its completely my own fault. i am ready to break free and I am hoping with the support of the other amazing people on this site I will finally turn my life around and have a better relationship with my wife and kid and be a better person. In the very short amount of time I have been on this site I already feel better knowing I am not alone and I have a place to speak freely about something that can potentially ruin my marriage and my life. Thank you all so much just for being here and making this site possible you are all changing my life for the better.

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Re: need this more then ever

Posted by tzomah - 16 Feb 2017 11:07

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i did not read the whole thread but from the gist of things our situatiuons are very similar

don't have time now but i hope to read it and be in touch b'hatslocho

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Re: need this more then ever

Posted by tzomah - 17 Feb 2017 10:36

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i have also been suffering with similar resentment my wife didn't understand intimacy when i got married

and when i realized she had a real problem i lost it and slipped right into porn witch was one year ago although girls were always a problem and still is

but as i gain from this it got much easier to come to acceptance that she needs help

and that i can start helping her instead of wallowing in resentment and being upset at my in-laws although s/t is very wrong with them

i realized now that to accept your wife is loving her and not the fuzzy feeling **you** feel inside but rather the acceptance **she** feels

much hatslocho and gut shabbos

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Re: need this more then ever

Posted by Hashem Help Me - 17 Feb 2017 16:47

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Try to jumpstart intimacy with little notes, poems, cards lying around with the constant message that you love, appreciate, and enjoy the company of your wife. These are things every wife needs to hear.

Intimacy is a wonderful matzav that every adult should be able to experience. The peace of mind and happy emotional state it puts one into lasts way way beyond the actual physical actions of intimacy. Invest in it and iyh you will reap the benefits. Wishing you all success.

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Re: need this more then ever

Posted by Singularity - 20 Feb 2017 08:27

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[Hashem Help Me wrote on 17 Feb 2017 16:47:](#)

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actions of intimacy. Invest in it and iyh you will reap the benefits. Wishing you all success.

PG I will get my Mrs a little  
something today.

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Re: need this more then ever  
Yes, and I always rationalise we don't have enough money  
Posted by cordroy - 21 Feb 2017 05:52

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In your first post you mentioned that you now realize that it is completely your fault and not hers.  
I commend you on that.

I feel your pain of what you are goin' thru.

There are those who preach abstinence in situations similar to yours. It is based upon the logic  
that you need to curb your lust and work on yourself.

I do not offer such advice, not because I don't agree with it, but rather, because I know its  
difficulties, and it seems to me that unlessl one is working with a strong sponsor or mentor, the  
chances of him listenin' to that suggestion is highly remote.

But, what I would suggest, and this is what people told me, do not focus on jumpstartin' the  
intimacy. Your wife is in a tough situation right now. She is dealin' with a lot. Your/my own  
past/present behaviors do not help the predicament at alll. Hintin' at intimacy now might not be  
conducive for her to be responsive.

I'm not against cards, flowers, chocolates and more, but perhaps now is not the right time.

If I misread the situation, or there is better advice out there, don't hesitate to take it.

In the mikvah thread, you can read where people told this to me. I wasn't always the most receptive, but it was advice that worked.

B'hatzlachah

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Re: need this more then ever

Posted by Markz - 21 Feb 2017 11:51

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[cordnoy wrote on 21 Feb 2017 05:52:](#)

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There's more to explain, but this mod has the right mode

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