

HELP NEED IT!!!

Posted by Ready2work - 09 Mar 2017 10:39

Good Morning,

I'm being struggling for
awhile feeling down..last night my spouse looked on my phone & she saw my history & turned
it makes harder.....I
really I want to go out of this, H' help me out & rebuild our relationship for the best!!!!

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Re: HELP NEED IT!!!

Posted by MayanHamisgaber - 23 Mar 2017 12:49

i know its 5:30am..... Have no words , but i skipped a night of sleep.
can't see the whole thing but it seems that he is saying that when one is doing a tshuva g'mura
then one is not reminded about the aviera similar to what R' Yonah (I think) says that after a
tshuva g'mura the offsprings that came out of the relationship will die/be forgotten about....

green.. (i dont blame her) enough i'm going through, now I lost my trust.....

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Re: HELP NEED IT!!!

Posted by Markz - 23 Mar 2017 12:57

[workingmyprogram wrote on 23 Mar 2017 04:00:](#)

I feel your pain. I've been horribly embarrassed and caught so many times. By my spouse,
family, roommates, you name it. The shame is unbearable and there is a feeling that once the
trust is broken it can never be rebuilt. But that's not true, TRUST ME!

I got caught by my wife doing things much "worse" than looking at porn, to the extend I needed
to leave my family for 35 days and go into a rehab program. I never in a million years imagined
that my wife (or in laws or parents - they all knew about it) would ever trust or respect me again
but they all do.

Today, my wife is in love with me, maybe even obsessed with me (haha), and I'm far from the perfect husband. When we do teshuva, Hashem not only forgives us and makes the past as if it didn't exist, **but he also makes others completely forget our actions and forgive us as well.** It's as if the sins never happened. You'll see.

Now time to move forward.

Cordnoy forgive me for not copying your post, I did that to keep mine short

Imho "my wife is in love with me" is due to your honesty and step'ing up to the plate to recovery which opened her desire to be vulnerable to you with love.

Nothing to do with forgetting. Probably more with remembering. If she's more in love with you / obsessed now, it won't be due to forgetting

KEEP UP YOUR AWESOME TRUCKING

And her car will follow yours

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Re: HELP NEED IT!!!

Posted by workingmyprogram - 24 Mar 2017 14:06

My source is my own experience which is the strongest source I can have. I also know many other people in the program who have had similar experiences. If you want a Jewish source, we know that when we do teshuva, our sins become merits. Maybe that's why the people we have hurt can forgive and forget after we've done teshuva, because the sins no longer exist. By the way, when I say "forget", I don't necessarily mean that they won't know be able to recall what happened, but rather it won't bother them and they won't see any benefit in thinking about it. There will be total forgiveness, as if someone else did the eveira and not you.

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Re: HELP NEED IT!!!

Posted by workingmyprogram - 24 Mar 2017 14:10

Maybe "forget" was not the best choice of words. Of course she can choose to remember what happened, however she chooses not to think about it because it's no longer relevant. It's as if it was someone else who hurt her and not me. The few times in the last couple of years that it was brought up (usually by me for whatever reason), birth of our reactions is one of almost disbelief, like it was just a bad dream that has now passed. "Wow, can you believe that really happened? Crazy huh?"

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Re: HELP NEED IT!!!

Posted by ieeyc - 12 Jan 2018 13:28

[MayanHamisgaber wrote on 09 Mar 2017 12:48:](#)

Sorry to hear about the rough patch

recovery should be with hatzlacha

Do you have a Rav or Rebbe you can talk to?

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