

getting there after to many lost years
Posted by getthere - 27 Apr 2017 09:20

I've been looking at GYE for a while and decided its time to join and see if i can also get there with a calm and relaxed feeling.

My story in short:

I have had a problem with watching Videos and MZL for about 25 years. I used to be MZL minimum once a day to relief me of stress and therefor being able to fall asleep, i used to watch videos when i was and was in desparate need of some good company - or so it thought then. This was all good, albeit feeling down after doing it, until my wife checked my phone, at first i denied everything but then she saw it again and i decided NO Choice you just have to own up. this happened about 11/2 years ago. Since then the Sholoim Bayis was rocky at times and at other times it was stormy - hurricane like. For the past half year or so things are B.H. calming down and she is now accepting of who i am today. The problem is i have my falls every now and then and i am MZL. I know its an aveire but this did not stop me for many years why should it stop me now. In Yeshiva the Mashgiach even once saw what i was doing but he just pulled out a Shulchan Aruch and that was the end of him talking to me.

I hope by joining GYE i will be able to free myself totally from this.

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Re: getting there after to many lost years
Posted by yiraishamaim - 01 May 2017 20:47

[gibbor120 wrote on 01 May 2017 18:38:](#)

You have already identified 2 very common triggers. Stress and lonliness. Those triggers are often overlooked. It is seen as a problem with taivah, but really it is a "living problem". We deal with difficulties in life by self medicating/self soothing. This alone is a great step forward.

Right on, and so well put. I myself just didn't get, that stress was such a major trigger. Looking back it should have been obvious.

Hatzlocho!

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Re: getting there after to many lost years
Posted by getthere - 02 May 2017 11:53

Thank you, i will look at the links and the handbook i started reading - some really great help in there.

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Re: getting there after to many lost years
Posted by getthere - 02 May 2017 11:54

as my wife knows about it, she obviously looks at me differently, for example if i go shopping she gets upset. What are you experiences with that? does it get better with time?

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Re: getting there after to many lost years
Posted by bb0212 - 02 May 2017 12:09

Not speaking from personal experience. My guess is that she needs to learn to trust you again. The question is how to make that happen.

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Re: getting there after to many lost years
Posted by GrowStrong - 02 May 2017 12:11

[getthere wrote on 02 May 2017 11:54:](#)

as my wife knows about it, she obviously looks at me differently, for example if i go shopping she gets upset. What are you experiences with that? does it get better with time?

Is she getting upset because you are looking at all the sights?

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Re: getting there after to many lost years
Posted by getthere - 02 May 2017 12:25

my shopping plans used to be made with consideration where the most and best looking girls are, that was until about a year ago - since then my recovery took a turn to positive.

My wife does not usually go shopping with me, but we do go for walks together and she knows that i try my best to control my eyes with sometimes more and sometimes less success and she also realises what Yetzer Hora there is for men to look. But this has not helped so far, she still gets upset.

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Re: getting there after to many lost years
Posted by cordnoy - 02 May 2017 12:27

It's a trust factor.

It'sl a disgust factor.

And more.

As she knows about it, it will probably be healthy for the marriage to have an open conversation about your recovery tactics and what her role in this will be.

A mentor in this is crucial.

B'hatzlachah

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Re: getting there after to many lost years
Posted by cordnoy - 02 May 2017 12:42

[bb0212 wrote on 02 May 2017 12:09:](#)

Not speaking from personal experience. My guess is that she needs to learn to trust you again.
The question is how to make that happen.

The answer is that we cannot 'make' that happen. We must focus on recovery.

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Re: getting there after to many lost years
Posted by getthere - 02 May 2017 12:50

[cordnoy wrote on 02 May 2017 12:27:](#)

A mentor in this is crucial.

B'hatzlachah

I guess it will take some time. I see a therapist and he helps a lot to understand it better.

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Re: getting there after to many lost years
Posted by yiraishamaim - 02 May 2017 17:18

Be patient and understanding with her. Most of us who even have this compulsion have learned so much since starting on GYE and on a program for recovery. Many of us, myself included continue to be a student of this issue. As well, she was not aware she was signing up for this when she went under the chuppah. The silver lining is that a number of guys on this very forum have attested to the fact that 1) with recovery and 2) time - their marriage became **mega** better

Hatzlocho

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Re: getting there after to many lost years
Posted by MayanHamisgaber - 02 May 2017 17:45

Still waiting for the mega better part

However I can say that when it does happen it is very satisfying

(hope to post soon on my thread about this)

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Re: getting there after to many lost years
Posted by cordnoy - 03 May 2017 00:47

Define mega please.

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Re: getting there after to many lost years

Posted by yiraishamaim - 03 May 2017 03:10

much in this case

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Re: getting there after to many lost years

Posted by getthere - 03 May 2017 06:31

ok, i'll keep working on myself and my marriage and keep you informed of whats going on.

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