

Addiction? Anxiety? Something else?

Posted by youcan - 23 Nov 2017 15:16

Hi, I'm a 23 year old chasidishe yingerman, father of 2 kids.

Here are parts of my story which I think is related to my problem:

When I was a bucher I learned very fleisig, my first time using the internet was a few months after my wedding.

But I always felt strong love to beautiful people, I knew nothing about sex etc. (I knew how ppl have kids, I also knew what happens when you think from nice people but I don't think I ever connected these 2) so I just felt that I want to own them & treat them good (maybe I'm crazy but this is what I felt...)

When I was 17 I was diagnosed with social anxiety (or something similar, my father didn't tell what it was (!)) & I was treated by a mechanech instead of a therapist (!), I never felt that I was healed.

When got in shiduchim my parents never told me what they're considering, I didn't think much about it cuz I was learning in yeshiva & didn't really think what marriage is all about. One night my father told me from a shidduch, wanted I should see the girl, so the next morning we went with the car waited for her to get out of the house and we saw her from across the street while she's wearing a coat... I later understood that they did it cuz the girl was fat & they wanted I should see her before. I saw nothing.

6 hours later we had a beshow, I wasn't able to make my decision cuz I didn't like how she looked but I wasn't sure if this is a reason to say no. I was still under medication for my anxiety (or whatever else), I can't explain the anxiety I felt on that day. I went to my therapist (?) I asked him if this a reason to say no, he wasn't able to answer, so I asked him if I will love her less cuz she's fat (almost double of my weight) he told me no. In the end I decided to do it cuz I felt bad for that girl that already had a beshow & everybody knew that she is becoming a kallah. (You can laugh if you want)

Since then, every time a friend got engaged I was jealous on him.. I can't explain that feeling (I think it's related to my mental issue as well), I felt the same when I went to weddings & also when I walked on the street & saw a skinny woman... So my entire anxiety was now focused on that topic "everybody will have a better wife than me, I'm a loser"

Then I got married & it didn't got any better. My wife didn't know about my issue, even now (3 and a half years later). I was in bad moods at times & she felt it but I never told her the cause. Other than that our marriage is really exceptional, she loves me & I think I love her (I think the reason I'm not sure has to do with my issue) I never told her any of the things I just told you.

The next step was I found Mr. Google, (in my father's office, I don't have a smartphone) so I was able to search whatever was on my mind, I think you know what it was.. I soon discovered that there is a thing called porn & I started to date it here and there.. (I justified it a little bit with the story above) till it got to a point that you can call addiction (I was always more sex minded... I think we had more sex than a average couple, but now it was to bad things).

It went on like this for a few years, I tried to fight it all the time, but if you're here you should know my success rate...

I signed up here a week ago, started the 90 days program, had my first (hopefully last) fall yesterday, so that's why I'm here...

I went to a doctor 2 days ago, I told him I feel tired weak can't focus some times can't fall asleep, I asked him if I lack vitamins, guess what he told me.. Go see a therapist!

I would appreciated any help anybody can give me for any of the above.

I also have 2 questions:

1) how should I deal with my wife? We a very open marriage BH, I share with her everything except for this.

2) since I don't have a smartphone it's hard for me to keep up with gye (we have a filtered tablet at home), so is it the right thing for me to get a smartphone? (with a strong filter of course) I feel it will help me, I will read more on the site, will be able to read more of the gye emails delivered to my hidden email address...

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Re: Addiction? Anxiety? Something else?
Posted by cordnoy - 24 Nov 2017 03:08

And by the way, I married a skinny wife and now she's fat.

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Re: Addiction? Anxiety? Something else?
Posted by Trouble - 24 Nov 2017 03:12

Rebbitzen Yemimah Mizrachi said from the Maharal (with a possible speaker's license) regarding women, "Better to be fat and happy than skinny and horrible."

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Re: Addiction? Anxiety? Something else?
Posted by lionking - 24 Nov 2017 03:14

I got the sense this thread was asking for trouble.

Oh no, trouble arrived...

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Re: Addiction? Anxiety? Something else?
Posted by Trouble - 24 Nov 2017 03:20

[cordnoy wrote on 24 Nov 2017 03:08:](#)

And by the way, I married a skinny wife and now she's fat.

My wife is similar to the cow in Pharaoh's dream: she is fat now, and it is not remembered if she was skinny before.

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Re: Addiction? Anxiety? Something else?
Posted by serenity - 24 Nov 2017 03:28

I learned a lot from a woman with long term sobriety in OA about how to appreciate my wife. I have to love my wife and find her to be beautiful exactly the way she is. She is who God intended for me, she is the mother of my children, she always has my back when the going gets tough, she has put up with all my faults and loves and accepts me with them. It's a no brainer. Sheker hachain vihevel hayofi ...

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Re: Addiction? Anxiety? Something else?
Posted by youcan - 24 Nov 2017 15:29

Ha! But you didn't tell us the whole story, do you love her? How so you feel about it? In other words, how's shalom bayis?...

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Re: Addiction? Anxiety? Something else?
Posted by youcan - 24 Nov 2017 15:36

[Trouble wrote on 24 Nov 2017 03:20:](#)

[cordnoy wrote on 24 Nov 2017 03:08:](#)

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Re: Addiction? Anxiety? Something else?
Posted by Gevura Shebyesod - 24 Nov 2017 15:39

Pharaoh's cow ate and ate and ate, and stayed skinny. Don't we wish...

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Re: Addiction? Anxiety? Something else?
Posted by youcan - 24 Nov 2017 15:47

BTW, I would love to share with you that the past night was the first one that I remember sleeping through with a unblocked smartphone at home without even thinking of it! Thanks GYE!

In the past such a night went like this: I came home with a smile, we talked for a few minutes, than I started to pressure that we have to go sleep early.. When we arrived in bed I waited for her to fall asleep. Then my night started ;'(... It usually took about 3 hours! If she woke up (to the baby etc.) I told her that my stomach hurts or that I can't sleep....

BTW, regarding the smartphone; I didn't make my decision yet & I apologize to all for the

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Re: Addiction? Anxiety? Something else?
Posted by youcan - 24 Nov 2017 15:56

[Gevura Shebyesod wrote on 24 Nov 2017 15:39:](#)

Pharaoh's cow ate and ate and ate, and stayed skinny. Don't we wish...

First of all, Pharaoh didn't have the cow, it was just in his dreams... We are all dreaming about cows, has nothing to do with reality.

BTW, the so good side wasn't good at all, it represented the years of hunger. Not everything that looks good is really good...

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Re: Addiction? Anxiety? Something else?
Posted by Trouble - 24 Nov 2017 18:00

[youcan wrote on 24 Nov 2017 15:36:](#)

[Trouble wrote on 24 Nov 2017 03:20:](#)

[cordnoy wrote on 24 Nov 2017 03:08:](#)

And by the way, I married a skinny wife and now she's fat.

My wife is similar to the cow in Pharaoh's dream: she is fat now, and it is not remembered if she was skinny before.

Ha! But you didn't share the whole story, how do you feel about it? Do you love her? In other words, how's shalom bayis?...

Didn't know it was story time.

Feel? I want her skinny.

Love her? Don't know. Probably not.

Shalom bayis? Pretty good.

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Re: Addiction? Anxiety? Something else?
Posted by Trouble - 24 Nov 2017 18:02

[youcan wrote on 24 Nov 2017 15:56:](#)

[Gevura Shebyesod wrote on 24 Nov 2017 15:39:](#)

Pharaoh's cow ate and ate and ate, and stayed skinny. Don't we wish...

First of all, Pharaoh didn't have the cow, it was just in his dreams... We are all dreaming about cows, has nothing to do with reality.

BTW, the sc good side wasn't good at all, it represented the years of hunger. Not everything that looks good is really good...

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Mr. Gevura, Pharaoh had 2 types of cows & yes it's always good to look on the good side

(never mind, I'm talking to my self

Not sure about you, but I don't dream about cows.

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Re: Addiction? Anxiety? Something else?

Posted by LoveU,Hashem - 26 Nov 2017 16:25

For what it's worth:

Last week in the parashah Hashem saw that Leah was hated. The obvious question is how could Yakov Avinu hate his wife?? For she wasn't pretty like Rachel?? Yakov Avinu?? But the reason is that Yakov felt that it wasn't he who decided to marry her, rather Luvan fooled him in. He couldn't get to love her because she wasn't his decision. Many people married women that didn't reach Rachel's beauty and loved them, for they felt it was their choice. They weren't fooled into it.

Note that who like Yakov knew that Leah was his *basherta zivug*, but that didn't help much.

It's sad.

I wish you all the best!!

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Re: Addiction? Anxiety? Something else?

Posted by MayanHamisgaber - 26 Nov 2017 18:24

Dear Friend

I know that you meant no bad but I will use some strong words in response to the above vort

CV"S to say that Yaakov avienu hated Leah it is very clearly stated by all miforshim that it was in comparison to Rochel

I am only responding like this as it bothers me that people put their own emotions into the Torah.

Yes we are all struggling and want and maybe even need validation but there has to be a limit on how far we will go to get it

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