

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 youcan - 04 Jan 2018 16:22

[cordnoy wrote on 04 Jan 2018 16:18:](#)

[tzaddik212 wrote on 04 Jan 2018 16:09:](#)

Well Cordnoy. I disagree with you. It does not take an extremely long time. Yes it is a process. A wife that sees that her husband is taking his life into his hands. He become serious in many avenues in life, the trust starts to built. now there will be set backs, there will be times when she will feel the pain and the mistrust, but there will be head way as well

Perhaps in your dreams. I have been in contact with hundreds of fellows and trust takes a long time. Very long.

Don't forget, cordnoy is a moderator in the spouse forum.. Your wife is telling him much more

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Re: Addiction? Anxiety? Something else?

Posted by cordnoy - 04 Jan 2018 17:07

Just to stress again: in general, the wife should not be the husband's shomer.

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than she tells you

Re: Addiction? Anxiety? Something else?

Posted by serenity - 04 Jan 2018 17:49

My experience is that I didn't even know that my wife didn't trust me until my sponsor told me. How he knew when he didn't even know her much at all is a question that I won't now spend any time answering, but it goes to the awareness that people who are living as sober men have. I didn't believe him but I took it as true because he is my sponsor and has a lot more sobriety than me. Btw it makes no difference if he was right or wrong, I listen to him because that is surrender. Surrender is the essence of maintaining long term sobriety for an addict like me. Many people never accept that and don't really get how the program of AA/SA works. The more sober and aware that I became the more I realized that she in fact does not trust me. It is much better after 4 years of AA sobriety and going on 3 years of SA sobriety but she still does not trust me and I can see that more and more, as I become healthier and less self-centered. Self-centeredness is another big impediment to program and sobriety and may be the number one reason people on this site and many people in SA don't get sober. The way I gain trust with my wife, is to keep my side of the street clean and do the right thing. Communication is key as well. One thing I do is call her and check in and let her know what I'm doing, even if I think she already knows. One thing for sure, especially in early early sobriety is that I don't try to figure out what she needs to gain my trust. I just do what I'm supposed to do and be where I'm supposed to be. I didn't even know that she didn't trust me and now suddenly I know what to do to get her

to trust me?! Plus that's just fake anyway. I have to do for myself. If I'm doing for her than that's a contingent sobriety and she knows that. She knows that the second I think acting out is more important than gaining her trust, then I will act out. Also when I do things with the goal of gaining her trust that may just be manipulating her for my own sake. Just look at the sentence itself "I will do X to get her to trust me." Manipulation. How about I just aim to be a trustworthy person and she will slowly come to trust me. Addicts want to be in control. I have to let go of controlling outcomes in order to stay sober.

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Re: Addiction? Anxiety? Something else?

Posted by tzaddik212 - 04 Jan 2018 17:52

And with the trust issue. It builds with time more and stronger. he wife wont trust the husband on everything everyday, but trust is something that builds with time, so is the extreme mistrust dissipating with time. Now there maybe that there wont be no extreme trust what so ever, for an extreme amount of time. or even for the rest of their life time, i guess this depends on the make up of the two people in the relationship. And the makeup of the Recovery strides the Husband is taking, and the awareness and the knowledge of the wife in her husbands life. It is a puzzle, but it is possible to build trust. and to make the relationship a living Mikdosh Me'at.

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Re: Addiction? Anxiety? Something else?

Posted by cordnoy - 04 Jan 2018 18:16

[tzaddik212 wrote on 04 Jan 2018 17:52:](#)

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Trust build with time....if he's perfect.

Mistrust dissipates with time....if he's perfect.

When he's not perfect (in other words, he's basically normal), it very often snowballs to Hell.
That's why therapists and specialists are needed.

This is not a simple world, and men like us make it even more difficult.

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Re: Addiction? Anxiety? Something else?
Posted by tzomah - 04 Jan 2018 18:47

how long does it take to trust your self

can she trust you before you do

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Re: Addiction? Anxiety? Something else?
Posted by tzaddik212 - 04 Jan 2018 19:58

well i guess it depends the kind of woman she is.

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Re: Addiction? Anxiety? Something else?
Posted by lionking - 05 Jan 2018 00:14

[tzomah wrote on 04 Jan 2018 18:47:](#)

how long does it take to trust your self

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I would never trust myself.

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Re: Addiction? Anxiety? Something else?

Posted by youcan - 05 Jan 2018 01:59

I see by my self (I think it's not the same for everybody) that when I'm open with my wife she trusts me even if she knows I'm not perfect & I might fall, as long as she knows I'm committed to her & to recovery. When she feels I'm hiding something or she's not sure I share everything with her she won't trust me even if she wouldn't suspect anything.

Before she found out about my struggle she felt something is going on but she wasn't able to pin point what it is so she was very uncomfortable, but now that she knows everything & my behavior etc. started to make sense I feel that she trusts me much more & she feels like we're going through this together (even though I'm not telling her much about my struggles & about my falls, but I'm open with her about this as well, she knows that (for now) it's not easy for me to discuss it with her too much)

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Re: Addiction? Anxiety? Something else?

Posted by Gevura Shebyesod - 05 Jan 2018 02:24

Having her know about your struggles and your progress can increase the trust greatly. But setting her up as your prison guard is creating a situation where you are asking her to not trust you, and that can make her very uncomfortable because she may want to trust you but you are telling her to act like she can't.

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Re: Addiction? Anxiety? Something else?

Posted by youcan - 05 Jan 2018 02:38

My goal is not that my wife should trust me, I want she should know who I am & what I stand for. Yes, I want she should trust me but only where I'm trustable. I AM NOT TRUSTABLE WITH INTERNET. And she knows it. I asked her that she should make sure we have no open internet

at home because when I'm weak (lusting) I am usually not strong enough to deal with it my self.
I still don't think it's a good idea - at least for me - that my wife should be involved in my
recovery (for now).

If she's not comfortable with it you shouldn't impose it on her & if you do I think it's called abuse.

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Re: Addiction? Anxiety? Something else?

Posted by tzomah - 05 Jan 2018 10:19

[lionking wrote on 05 Jan 2018 00:14:](#)

[tzomah wrote on 04 Jan 2018 18:47:](#)

how long does it take to trust your self

can she trust you before you do

I would never trust myself.

?? ?????? ?????? ?? ??? ?????

that's got nothing to do with this thats talking to someone who has an ????? telling him not to
trust himself because he thinks he can and a little he probably can

but a broken man drunk y"h what ever you want to call it already knows he can't trust himself
don't need no chazal so then they probably were not talking to him

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Re: Addiction? Anxiety? Something else?

Posted by shmiraShachaim - 14 Jan 2018 12:45

[Markz wrote on 27 Dec 2017 01:08:](#)

[youcan wrote on 27 Dec 2017 00:17:](#)

I was surprised to see here that there are Jews that don't know what TAG is...

I only know about k9, it's not enough for me.

There are TAGs that don't know about some loopholes

K9 or many other filters are only as strong as the administrator - it's gotta be someone else - just like Tags filters are designed.

If you were in charge of a K9 German Shepard, you wouldn't train it to hunt you down - would / could you?

If *kol olam nivra bishvili* then K9 is one of the worse inventtions of all time.

This is especially true because of my attempts to be my own admin. This entailed, 1) writing long number passwords, writing it on a piece of paper, putting it in some obscure old sefer- one which most probably no one will use, on a top shelf in a shul that is locked outside of davening times. This also entailed, 2) retrieving the paper at a later time to change the settings to change the settings just a little..., and then a repeat of 1 and 2 and 1 and 2 and 1 and 2.

It also fed into my peculiar (yes I meant to write that word) obsession of getting through filters.

But besides for the being my own admin part, I found it to be a pretty lousy filter (not even referring to tech-loop holes- just talking about the filter part).

But there are other people in this world, so if it works it's free.

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Re: Addiction? Anxiety? Something else?

Posted by ieeyc - 14 Jan 2018 13:04

BH i think tag is doing a great job keeping me out of trouble, i don't think they were established for people sitting LOOKING for shmutz,it was made for people that they shouldn't stumble.although they do a pretty good job for the first category too.

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