

New to recovery

Posted by Cryingforrecovery - 05 Feb 2018 05:16

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I'm fairly new to this site I don't know the rules but im glad I found you guys and I guess I'll introduce my self with my story.

im a addict for 20 years I was so into my addiction and didn't turn my head back, I believe I have hit a rock bottom and I'm trying to recover for the past 6 months But my path for recovery so far is relapse failure and depression.

my sick habits started when I was 10 years old for about 3 years I was in a sexual relationship with a adult stranger I was molested by this guy very often was shown the worst kind of pornagerphy and was given money and gifts, I wasn't really hurt at the time and it didn't hunt me but now when I'm writing about it for the first time I can't hold my tairs back I'm crying for the first time in a long time, my years in Yeshive followed with a lot of struggle i didn't act out with other people but there was a lot of pain and I masterbated daily, I'm married know for 13 years with a beautiful wife and large family, but from day one i have lived a double life I didn't control myself I have acted out inappropriate almost on daily bases in ways I'm ashamed to think about. I start to work on myself for recovery about 6 Monthes ago back then I was sober for 30 days i wasn't able to hold it since for more then 7 days, at the moment I'm broken devastated and hopeless I'm crying to god for help and I don't know where to turn. I definitely can use any chisuk and advice and I'm committed to use all the research and resource available on this site.

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