

**My Story, Being Honest For Once**Posted by ilovehashem247 - 22 Sep 2022 01:20

---

Hello, Friends.

My name is iLoveHashem247. I am a married man with a supportive wife and three wonderful kids. Looking at my life from an outsider's perspective, you'd think I have it all. I own a renovated home on my own private road with lots of land, run my own business with which i support myself, am fortunate to be able to learn many more hours a week than i work, and am a popular and recognized member of my community - and I'm not yet 30 years old. But all this comes with a price tag - a lifelong struggle with addiction, mostly with marijuana and risky sexual encounters.

I had girlfriends in high school before becoming BT, and had shmirat habrit challenges, like most teens. I struggled with SB and engaging in sexual activities at massage parlors but was able to be clean for at least 6 months before marriage. during my wife's pregnancy with our second child, i unfortunately reverted back to my pre-BT habbit of recreational marijuana during the stress of a second pregnancy (the first one outside of the shana rishona "infatuation zone"), which in turn let down a rabbit hole of other issues... i had recently been visiting massage parlors, not for the sexual experience (i do not engage in any "happy endings" anymore, rather when i do succumb it is for the exhibitionism that i can indulge in without making a massive chillul Hashem). I am also very disappointed to admit that i had a sexual encounter with a shiksa who picked up a business card i had left at a restaurant i ate in, she sent me lewd photos and we met up one time (sept 12, '22) where she performed oral sex on me.

I am struggling to break out of these addictive patterns - i have recently filtered my home office desktop, my work laptop, and my smartphone i use to run my business (main issue was watching movies and free "live cams"). The crazy thing is tha tl am a person who has made such amazing changes in my life - in many ways, I am the kind of person i look up to and always wanted to become - but it is the sticky residue of my past life that I'm having such a hard time getting rid of.

I am sick of who I've secretly become and the double life i am living.

I want to be fair to myself, honest and equitable with my wife, and and terrified of the shame i will face when standing before my Creator on my day of judgement.

Well, that was deeply revealing and I have revealed to you, fellow strangers, that which i have not even revealed to my wife. To be fair though, i have been fully open with her regarding the guarding of eyes and marijuana addictions, but have never ever discussed the massage parlor or infidelity.

HELP!

=====

=====

Re: My Story, Being Honest For Once  
Posted by i-man - 19 Dec 2022 07:24

---

First of all I'm not sure if someone embarrassing you in public can be called a "chashuve person"

2nd why it's happening ,I don't know why G-D does what he does,but I wonder if this has to do with the fact that you interrupted the plans of a very powerful Malach and perhaps he is trying to push back and give you emotional stress and cause you to slip up. You have done incredible work here and we hope to continue to hear good things .

=====

=====

Re: My Story, Being Honest For Once  
Posted by iLoveHashem247 - 19 Dec 2022 14:00

---

Ty for the perspective

Day 90!

=====

=====

Re: My Story, Being Honest For Once  
Posted by ytw - 19 Dec 2022 19:14

---

MAZEL TOV MAZEL TOV MAZEL TOV.

wowowowow, what an accomplishment, I'm so happy for you, what a great time to celebrate together with the holy and pure chanukah candles, can't wait to reach to the 90 days myself, as of now I'm exactly half the amount of you and how exciting it was to finish 45 days as I lit the chanuka candle.

keep up your amazing work, you seem like a very STRONG and intellectually honest person, I'm sure hashem is amazingly proud of you.

=====

Re: My Story, Being Honest For Once  
Posted by iLoveHashem247 - 20 Dec 2022 00:28

---

[i-man wrote on 19 Dec 2022 07:24:](#)

First of all I'm not sure if someone embarrassing you in public can be called a "chashuve person"

2nd why it's happening ,I don't know why G-D does what he does,but I wonder if this has to do with the fact that you interrupted the plans of a very powerful Malach and perhaps he is trying to push back and give you emotional stress and cause you to slip up. You have done incredible work here and we hope to continue to hear good things .

I started reading my story from the very beginning and wow what a journey!

My wife pointed out tonight when we were discussing the topic, I have proven to our Creator that I could handle the day-to-day stresses without escaping. This is the first major life challenge I am overcoming without resorting to porn or drugs.

That's a very big deal and no coincidence that it came up at this milestone.

i did discuss the situation with the party who acted insensitively and the reaction was basically first "it wasn't directed at you, and then "I did it for your good and for your benefit and love you like my son."

Yeah, no. Estranged son more like...

pulling back and moving on...

=====

Re: My Story, Being Honest For Once  
Posted by Human being - 20 Dec 2022 05:20

---

[iLoveHashem247 wrote on 20 Dec 2022 00:28:](#)

[i-man wrote on 19 Dec 2022 07:24:](#)

First of all I'm not sure if someone embarrassing you in public can be called a "chashuve person"

2nd why it's happening ,I don't know why G-D does what he does,but I wonder if this has to do with the fact that you interrupted the plans of a very powerful Malach and perhaps he is trying to push back and give you emotional stress and cause you to slip up. You have done incredible work here and we hope to continue to hear good things .

I started reading my story from the very beginning and wow what a journey!

My wife pointed out tonight when we were discussing the topic, I have proven to our Creator that I could handle the day-to-day stresses without escaping. This is the first major life challenge I am overcoming without resorting to porn or drugs.

That's a very big deal and no coincidence that it came up at this milestone.

i did discuss the situation with the party who acted insensitively and the reaction was basically first "it wasn't directed at you, and then "I did it for your good and for your benefit and love you like my son."

Yeah, no. Estranged son more like...

pulling back and moving on...

Wow wow wow. You are a holy man my friend. Keep on inspiring.

=====

Re: My Story, Being Honest For Once  
Posted by iLoveHashem247 - 22 Dec 2022 14:08

---

Beautiful update

This past mikveh night was a beautiful gift from Hashem, an answer and conclusion of a twelve year chapter of Teshuva and hard work, and the pinnacle of a 90 day journey.

I have expressed on a different thread that my one regret is that I would never be able to re-capture the experience of sharing the connection of the "first time intimacy" with my wife due to my previous actions.

but this week, everything changed. Hashem rewarded me in this world!

We went into it with mutual respect and understanding, and I respected her pace and did not have any strings attached. She recognized the hard work of the past few months especially, and has seen the paradigm shift in our relationship and my attitude and behavior in general.

Hashem lovingly, and graciously “reset” my feelings, and it really did feel like the first time. The intense connection and glue between us is there in a way that it was never there before. I am so fortunate that I know my prayers have been listened to, and am eternally grateful to Hashem for permitting me, in His graciousness, to recapture that very special connective feeling with the only woman in the world who matters to me.

Hashem, thank you for believing in me and for entrusting in me the ability to truly love my wife for the first time in our marriage. I am humbled and eternally grateful!

very warmly,

Your loving son,

ILH

=====

=====

Re: My Story, Being Honest For Once  
Posted by Teshuvahguy - 22 Dec 2022 15:16

---

[iLoveHashem247 wrote on 22 Dec 2022 14:08:](#)

Beautiful update

This past mikveh night was a beautiful gift from Hashem, an answer and conclusion of a twelve year chapter of Teshuva and hard work, and the pinnacle of a 90 day journey.

I have expressed on a different thread that my one regret is that I would never be able to recapture the experience of sharing the connection of the “first time intimacy” with my wife due to my previous actions.

but this week, everything changed. Hashem rewarded me in this world!

We went into it with mutual respect and understanding, and I respected her pace and did not have any strings attached. She recognized the hard work of the past few months especially, and has seen the paradigm shift in our relationship and my attitude and behavior in general.

Hashem lovingly, and graciously “reset” my feelings, and it really did feel like the first time. The intense connection and glue between us is there in a way that it was never there before. I am so fortunate that I know my prayers have been listened to, and am eternally grateful to Hashem for permitting me, in His graciousness, to recapture that very special connective feeling with the only woman in the world who matters to me.

Hashem, thank you for believing in me and for entrusting in me the ability to truly love my wife for the first time in our marriage. I am humbled and eternally grateful!

very warmly,

Your loving son,

ILH

I am so beyond overjoyed for you (and your wife). What a beautiful Teshuvah you have done. Your story has been, and continues to be, an inspiration to me and what you have done and have described is beautiful beyond words. May you and the only woman in the world who matters to you continue to grow closer and closer and may your relationship reach new heights the likes of which you never dreamed, lyH. Thank you for sharing this wonderful news.

=====

====

Re: My Story, Being Honest For Once  
Posted by Sapy - 22 Dec 2022 17:56

---

Beautiful post! Thanks for sharing!

=====

====

Re: My Story, Being Honest For Once  
Posted by iLoveHashem247 - 26 Dec 2022 14:29

---

Hello

A few things on my mind. I am doing my best not to let what happened to me recently affect my service of G-d and my Judaism. I have always struggled with consistency in prayer, and I am trying very hard to bounce back, especially in the mornings.

Secondly, thank G-d for good filters! I was home alone yesterday for many hours. The family went out to a kids family gathering and I stayed home to learn in the morning and to do some work in the afternoon. About three months ago (shortly before joining GYE I put on a very strict filter on all my devices, so strict in fact that if I just look up random stuff, all images are removed for the most part and I cannot really see anything other than the headlines. Having a filter saved me yesterday. a few times the thought flickered through my mind that I should go visit a house of ill repute, but I shut that down pretty strongly.

unfortunately I listened to goyish music for about a half hour which I must not deny it is an indicator of the beginning of a slip. Trying very hard to come out of the funk, trying to be active and take care of things in advance and not to let things build up for tomorrow. It's like working with credit; if you let the balances build up, then it could be overwhelming when it's time to pay. But if balances are paid often and in full, they are much more manageable.

An additional interesting thing is that since we are trying for a baby, according to my wife, we



must do our hishtadlut every two days. In the past this would've been great news, but at this stage, where I have, thankfully been able to adjust my appetite and mindset, it is actually not so easy. We are both so tired at the end of the day that what has been happening is that we agreed that we will wake each other up in the middle of the night and then try to sleep a bit longer after that.

If you would've told me 6 months ago that I would not pounce on this opportunity to indulge I would be skeptical. I guess this is an indicator of change and improved emotional and mental health.

=====

Re: My Story, Being Honest For Once  
Posted by Teshuvahguy - 26 Dec 2022 15:13

---

[iLoveHashem247 wrote on 26 Dec 2022 14:29:](#)

Hello

A few things on my mind. I am doing my best not to let what happened to me recently affect my service of G-d and my Judaism. I have always struggled with consistency in prayer, and I am trying very hard to bounce back, especially in the mornings.

Secondly, thank G-d for good filters! I was home alone yesterday for many hours. The family went out to a kids family gathering and I stayed home to learn in the morning and to do some work in the afternoon. About three months ago (shortly before joining GYE I put on a very strict filter on all my devices, so strict in fact that if I just look up random stuff, all images are removed for the most part and I cannot really see anything other than the headlines. Having a filter saved me yesterday. a few times the thought flickered through my mind that I should go visit a house of ill repute, but I shut that down pretty strongly.

unfortunately I listened to goyish music for about a half hour which I must not deny it is an indicator of the beginning of a slip. Trying very hard to come out of the funk, trying to be active and take care of things in advance and not to let things build up for tomorrow. It's like working with credit; if you let the balances build up, then it could be overwhelming when it's time to pay. But if balances are paid often and in full, they are much more manageable.

An additional interesting thing is that since we are trying for a baby, according to my wife, we must do our hishtadlut every two days. In the past this would've been great news, but at this stage, where I have, thankfully been able to adjust my appetite and mindset, it is actually not so easy. We are both so tired at the end of the day that what has been happening is that we agreed that we will wake each other up in the middle of the night and then try to sleep a bit longer after that.

If you would've told me 6 months ago that I would not pounce on this opportunity to indulge I would be skeptical. I guess this is an indicator of change and improved emotional and mental health.

ILH247, you continue to be a true inspiration. Please fight as hard as you can against this. If the goyish music is a trigger, then RUN FROM IT! You have made such tremendous gains. I'm proud of your progress (though I am certainly no on important) and am really pulling for you. Your friend, Yosef.

=====

=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 29 Dec 2022 03:29

---

So I recently was put in touch with a gentleman from another town to be partners on this journey together. There were some things that that we discussed - one of them was how to deal with flirting with others, as well as how to handle women flirting with us.

I encouraged him, chatted for a little bit and then hung up.

Fast forward about 24 hours - today I was on the phone with an executive of an advertising technology company that my business works closely with. This was my first time dealing with this specific person (regional manager who is third from the top of the food chain in their company). This is a significant contact for us in the SaaS company, and we were negotiating a mutually beneficial deal with potential positive implications on both sides.

The woman (who had a pleasant southern accent) was extremely flirtatious, inappropriately so. I always try to be well mannered and charming in all of my business (as well as personal) interactions which only increased her behavior. As I was speaking with her, I remembered the conversation I had with my new friend the other day, and that conversation gave me the strength and inspiration to keep things professional, and to do the right thing. When closing the deal later that day I got lots of texts from her with all kinds of emojis but I kept to short and polite yet very direct answers until the deal was done, and then stopped communicating.

Why am I sharing this, you ask? To prove that a person can interact normally with women in a healthy way, and still be part of the business/outside world. Even if others are acting inappropriately, it is possible to behave appropriately.

=====

=====

Re: My Story, Being Honest For Once  
Posted by Markz - 29 Dec 2022 03:48

---

[iLoveHashem247 wrote on 29 Dec 2022 03:29:](#)

So I recently was put in touch with a gentleman from another town to be partners on this journey together. There were some things that that we discussed - one of them was how to deal with flirting with others, as well as how to handle women flirting with us.

I encouraged him, chatted for a little bit and then hung up.

Fast forward about 24 hours - today I was on the phone with an executive of an advertising technology company that my business works closely with. This was my first time dealing with this specific person (regional manager who is third from the top of the food chain in their company). This is a significant contact for us in the SaaS company, and we were negotiating a mutually beneficial deal with potential positive implications on both sides.

The woman (who had a pleasant southern accent) was extremely flirtatious, inappropriately so. I always try to be well mannered and charming in all of my business (as well as personal) interactions which only increased her behavior. As I was speaking with her, I remembered the conversation I had with my new friend the other day, and that conversation gave me the strength and inspiration to keep things professional, and to do the right thing. When closing the

deal later that day I got lots of texts from her with all kinds of emojis but I kept to short and polite yet very direct answers until the deal was done, and then stopped communicating.

Why am I sharing this, you ask? To prove that a person can interact normally with women in a healthy way, and still be part of the business/outside world. Even if others are acting inappropriately, it is possible to behave appropriately.

No Proof!

**Warning: Spoiler!**

=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 12 Jan 2023 04:48

---

I've been away from GYE for a while. Here is a summary of the past few weeks:

doing great!

struggling.

doing great!

struggling.

doing great!

struggling.

And the list goes on

main thing is to recognize that it's a cycle - not to get cocky when on top, and not to get depressed when on the bottom.

also HHM has been instrumental in understanding the signals coming from my wife and her behavior

don't think I'll ever understand female hormones but at least I can do my best to be nice!

=====  
=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 12 Jan 2023 04:54

---

Also how do you guys deals with browsing for questionable items in shopping sites that pass thru filter

=====  
=====