

My Story, Being Honest For OncePosted 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!

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Re: My Story, Being Honest For Once
Posted by TF - 12 Jan 2023 21:04

shopping sites used to be a huge struggle for me, so I recently asked my filter to never allow a website without image filtering. I use Techloq filter.

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Re: My Story, Being Honest For Once
Posted by frank.lee - 13 Jan 2023 01:11

They also have something called a filter admin. That way you can make sure things do not get opened up if they are problematic.

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 13 Jan 2023 05:09

Feel like I'm slipping guys

we have a hole in the ceiling between guest room shower and boiler room. Sister in law is visiting and i came so very close to stumbling and sneaking a video... I was standing on top of the boiler when shower turned off. Hashem really protected me but I feel like I'm losing control.

This is also the first time in my marriage I'm experiencing niddah without being addicted to something. It's like I'm learning how to navigate this part of the relationship for the first time without being high, lusty, or infatuated....

Blarbgghghnvdbsbsjxhdbsisbsb!!!!!!

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Re: My Story, Being Honest For Once

Posted by Hashem Help Me - 13 Jan 2023 11:52

Plug the hole buddy.....

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 13 Jan 2023 19:59

[Hashem Help Me wrote on 13 Jan 2023 11:52:](#)

Plug the hole buddy.....

All plugged

thanks

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Re: My Story, Being Honest For Once

Posted by excellence - 14 Jan 2023 19:55

[Hashem Help Me wrote on 13 Jan 2023 11:52:](#)

Plug the hole buddy.....

I hit myself when I read this post, cos "why didn't I think of this simple solution"????

?Sometimes the solution is so simple and yet we come up with a million ideas besides the most simple one.....

I struggled for years with trying to bypass my filter, until HHM simply suggested that I install webchaver, which turned out to be a huge help, and it basically bought a complete stop to that sort of inappropriate browsing. Why did I never think of that??????????

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 15 Jan 2023 01:12

[excellence wrote on 14 Jan 2023 19:55:](#)

[Hashem Help Me wrote on 13 Jan 2023 11:52:](#)

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Funny you mention this because I purchased a subscription to one of these services but never set it up...

also another sister in law settled herself in my couch today and made herself very... At home...

eyes wandered.

advice to self:

- no alcohol during Shabbat day
- get more sleep
- remind self that people are people, not objects

Any advice from the GYE chèvre on how to humanize objectified people? I find that I have a harder time humanizing people who make it their mission in life to be loserish for lack of a better word. I find that if a person has very little self respect I too have a hard time respecting them.

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Re: My Story, Being Honest For Once

Posted by chizuk613613 - 15 Jan 2023 02:03

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

Totally relate to the issue.

I'm trying to be selective as to where and if I shop online for things. There's certain shopping sites it's extremely hard to be on with clean eyes. I made big mistake last week trying to find great deal on kippahs. I found a deal somewhere. But wasn't worth what I encountered. Trying to avoid sites I don't know about if they're safe. If I can find it in the store, I will be.

Even after you make it out alive, but then you start getting emails with new suggestions and sending back to site... . Try and unsubscribe and delete the email but i know it's hard to be consistent wiwith doing that.

it's possible by the way at least on Gmail to set up that it blocks images unless you click that you want the images visible from that sender

I Need to stick to it better, but when necessary to be on let's say Amazon I'll block images. Once i find item I unblock and then block again.

Even when searching something like men's white shirts, I've ran into trouble.

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Re: My Story, Being Honest For Once
Posted by chizuk613613 - 15 Jan 2023 02:06

also another sister in law settled herself in my couch today and made herself very... At home... eyes wandered.advice to self:- no alcohol during Shabbat day- get more sleep- remind self that people are people, not objects Any advice from the GYE chèvre on how to humanize objectified people? I find that I have a harder time humanizing people who make it their mission in life to be loserish for lack of a better word. I find that if a person has very little self respect I too have a hard time respecting them.

Its hard with family, but is there any way to avoid people not tzanuah hanging around the house? To minimize it? Make clear they need to act in certain degree of common decency?

Minimizing the nisyonos and temptations get help

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 15 Jan 2023 03:56

Unfortunately some visits cannot be avoided. Not necessarily overtly immodest, but more like a robe that ends up being tight on the curves when the person is not a stick.

also, wife thinks i am avoiding her what to do? We had a catastrophic night and Sunday where I did not recognize an anxiety attack and told her if you don't want to go, we don't have to go. My life has been a disaster since then.

I feel very sad and lost and confused.

She said she feels rejected since the sunday night catastrophe

And she wanted to talk with me Friday night. And so I went to our room v early and I fell asleep while waiting for her (probably bc I was up till 2:30 am subconsciously avoiding her while doing house projects).

And after finally admitting she feels like I've been avoiding her and i apologized for falling asleep before she came to our room yesterday and i would love to chat and communicate tonight I'm sitting here in the dining room and she just walks away... Huh??

going to try to talk again now but I am nervous to say the wrong thing is she is so hurt when I have a hard time getting the words out and asks me why am I scared of her, nobody has ever been scared of her.

this really really sucks

:'(

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 15 Jan 2023 04:37

Had a nice chat

feel slightly less like a pile of garbage

lesson here - if you argue with your side do your best to discuss, resolve, and move on within 24 hrs

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Re: My Story, Being Honest For Once
Posted by Eerie - 15 Jan 2023 08:24

[iLoveHashem247 wrote on 15 Jan 2023 03:56:](#)

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Hi my friend, I feel for you that you were sad and feeling bad, and I'm happy to see that you are BH moving upward. Keep up the fight my friend, you are a hero that you keep trying to the best you can with so many tests. May Hashem give you peace of mind, and share more good news with us soon.

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Re: My Story, Being Honest For Once
Posted by chizuk613613 - 15 Jan 2023 18:06

Totally understand with not always possible to avoid someone coming over. Just mentioning in case it was.

if wife is nidda still, it's especially delicate making sure she still feels loved and cherished along with being careful with the halachos. My wife had that issue that she always felt I wasn't as warm or interested. Open communication and clarifying some of the halachos with a Rav was helpful. When done right it can be a great part of the marriage. Now that bH you're cleaner than ever before, it's the chance to do it right.

Just wondering if that's part of mher feeling not cared about and avoided

Hatzlacha

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Re: My Story, Being Honest For Once
Posted by frank.lee - 16 Jan 2023 12:12

To help stop objectifying people, I've seen here the idea to daven for them. Ask Hashem to bless them...

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