

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 sleepy - 16 Jan 2023 21:54

[frank.lee wrote on 16 Jan 2023 12:12:](#)

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

fyi, there is a school of thought that has be mentioned in these pages that if they are not yisroelim(os) blessing them with bilaams blessing also works

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Re: My Story, Being Honest For Once
Posted by frank.lee - 16 Jan 2023 23:27

Which of bilaam blessings?

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 17 Jan 2023 04:29

Hi guys

thanks for all the support. Nothing like GYE!

so we spoke a long conversation and several short ones. Made an effort to change my attitude around, and with the help of HHM even more so with the help of the big H, I was able to change my attitude and effectively show her that I care and cherish her.

Took a lot of swallowing of the ego, and acting (is an actually acting like an actor) excited to do things such as hang out an engagement party that was not quite my cup of tea for six or seven hours, and not show my wife and I was bored and annoyed.

Told her I've been slipping and she told me that if I need to talk, I shouldn't struggle alone I can reach out and she can hear me out. I have to get used to having her on my team on the side of the picture, I sometimes forget that I'm not hiding this part of my life anymore. she has been encouraging me to get up in the morning (and also to go to sleep earlier).

In fact, I should go to sleep right now, so that I wake up on time in the morning

Good night guys, and thank you for all you for your encouragement. You cannot imagine how much it helps. It's funny, I gave up social media before I got married. My wife and I both deleted WhatsApp a week before the wedding. My personal cell phone has not been the smart phone for almost 5 years. and now I have finally found the only "social" website that is actually good for the neshama

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Re: My Story, Being Honest For Once
Posted by sleepy - 17 Jan 2023 04:54

[frank.lee wrote on 16 Jan 2023 23:27:](#)

Which of bilaam blessings?

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the ones bilaam really wanted to "bless"

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 19 Jan 2023 01:34

Guess what? Broke outa the funk BH! Here's a few influences that helped me:

Got a great compliment from my wife today - "I'm not sure if it's because I'm trying to be nicer to you or because you are trying to be nicer to me, but thank you, ILH, for making it so pleasant to be around you after our conversation the other night. I feel like you really care and really like me now."

WIN!

also, I have several partners with whom I check in weekly / several times a week and it is helping me so much! My partners tell me how grateful they are for the accountability, and for the high standard I hold them to, but on a personal level when I give people strength in a certain area, I can't be a hypocrite and not act that way myself!

A big thank you to HHM for the push to partner up with others

another interesting note - we have a mikveh night this Friday evening. I told my wife I'm ok with it if she wants to wait till motzei Shabbat bc it will be a cold and dark walk home, but to keep in mind that leil Shabbat is a very special time to bring a big special neshama down into the world when conceiving and that concept, combined with her tremendous mesirut Nefesh could bring a very special child into our lives. I made it clear that regardless of her choice, I'd be supportive.

a day and a half later she chose the Friday night option (!).

Please Daven for "ILH ben Mother of ILH" and for "ILH's wife bat MIL of ILH" for a successful zivug and Zera shel kayama. We really want another child and BH Hashem should have mercy upon us and grant us our wish.

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 19 Jan 2023 01:36

[chizuk613613 wrote on 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.

Not 100% relevant but there is a chrome extension called Adblock/Adblock pro that does

amazing work blocking pretty much all ads.

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Re: My Story, Being Honest For Once

Posted by Eerie - 19 Jan 2023 05:54

So happy to hear things are looking up, my friend! You sound like an amazing fellow, with all that is difficult on your end, still going out of your way to show your wife how much you care for her and how much you support her in everything she does, no wonder she's there to support you with whatever it is that you need help with! Keep sharing with us, and keep trucking!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 20 Jan 2023 05:13

So the baby had another febrile seizure

I started to have an anxiety / panic attack (only other time this happened to me was by the first seizure when I was holding a seizing baby in my hands and running to the doctor)

told wife now I can understand you better bc she deals with anxiety

was appreciated

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 22 Jan 2023 23:33

Traded in my old work phone (older iPhone) for an upgraded one with a better camera - I felt like a fire burning inside of me as I drove straight from the Verizon store to TAG to get a filter in the new device.

I now am siting in the parking lot of the Verizon store which I guess closer earlier on sundays.

the yetzer is whispering to me... your old phone doesn't have a filter just browse a little... going home now to lock up that device in the safe.... Where it will stay till tomorrow BH

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Re: My Story, Being Honest For Once

Posted by Eerie - 23 Jan 2023 06:00

Ah, A holy yid who knows how to give the YH a good kick in the pants, no matter how quietly he whispers...

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 23 Jan 2023 13:48

Wife took device straight to the store first thing this morning. I am making an active effort to not be thrilled by the new device.

constantly reminding myself it is a business tool to be used when needed and not more than that, not a toy to play with as much as I want

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 29 Jan 2023 15:11

The past 2 months or so have been really hard. There's a medication I take every morning that has not been available, and the alternative that I was using did not really do a good job. I've been moody, irrational, and irritable.

When's my wife realize that this was what the issue is, she somehow found one place that had some and immediately got me a 30 day prescription

What a difference!

here's to day 2 of not feeling crazy!

(the alt meds I was taking made me feel like I was on narcotics. As if I was in a cartoon world. Not a good feeling!)

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 29 Jan 2023 19:44

Also feeling super depressed and sluggish right now

i started learning in a different place I. The mornings and the only person that was available
Pro tip if I may suggest, always take your meds
smokes weed every evening. He came to help me with a project in my house this weekend and stepped into my car with a joint in his hand (?!?!?!)

I asked him not to do that since I have struggled with it and it's really hard for me to have him smell and smoke right next to me. Also it's totally not ok to smoke [anything] in someone else's car at all. Totally not appropriate.

he then finished his joint in my back yard

what am I supposed to do with such a person?!?!?

the next zman is in such a long time! I don't want to switch in the middle. I already did that once this zman for the first time in my life. It sucks.

a lot of people have been encouraging me to go to a different yeshiva in the mornings that is much more "family oriented?"

im feeling like quitting the learning till one and cutting back to 11:30 or 12:30

dont know what the right thing to do is.

I need to call my Rav....

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Re: My Story, Being Honest For Once
Posted by Eerie - 29 Jan 2023 21:33

Sounds like the right move to me, my friend. Talk to him and tell him Eerie sends regards, will ya? The people that know you and your situation will be much more capable of helping you decide. But being around that guy, that creeps me out.

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