

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 iLoveHashem247 - 09 Feb 2023 02:33

[iLoveHashem247 wrote on 05 Feb 2023 21:18:](#)

Old friend from college whose connection to Judaism is that he was born a Yid:

+ 1 week no P&M (that's just the start!)

1 year 6 weeks

A.B + 2 weeks 30 min a day of no talking bet midrash (Kollel guy)

J.A one more week no smartphone

bt2001 + 2 weeks recommitted

1 year 11 weeks

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 09 Feb 2023 02:35

Went back to continued education in my area of expertise - 2 or 3 month course in Manhattan once a week from 6-8:30:9ish

was pretty nervous going in

last time I was at this place I would smoke a joint before and after, went to massage parlors, let my eyes wander in the park, was not in control

I have a chance to do full Teshuva like in Rambam Hilchhot Teshuva

nervous but hopeful

I can do it BH

I will do it Beezrat myself too!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 09 Feb 2023 13:34

Interesting idea I heard in a recorded Shiur from rabbi schabes (I think he quotes a rabbi Weiss)

when it comes to yichud (being alone with a woman) - According to Shulchan aruch and sefaradim, two men cannot be alone with a woman (minimum 3). The ??? is lenient and allows two men to be in yichud with a woman.

the reason is because shulchan aruch holds people to be ?????? ?????? in this area (i.e. liable to break down boundaries of modesty), while ??? holds that not.

in modern day Halacha, by the ashkenazim apparently one who watches movies / has an unfiltered smartphone loses the leniency of the ??? and is not trusted to be in yichud with a woman even if there is another man there

when we guard ourselves it literally changes our status as trustworthy human beings!

by the way, there is a family who buys their products exclusively from me because they know that I will never come and do a home visit if the husband is not home, and the wife once told me that she doesn't like to stand outside in the cold- it was understood that yichud is not even a question (and she is not so frum). When a person is more loyal to his religion, people trust him more.

I was once working in a shop where I purchased some thing from someone, and paid him a very high dollar amount for what he was selling. He turned to leave without counting the money. I told him "sir, please count the money!" And he responded " you are a religious Jew, and I trust you." I think he should have counted anyway but the lesson here is clear.

It makes such a difference!

My great grandfather used to be a manufacturer of fine gowns for noblewomen in the Middle East. when he finished creating a product, he would go to the house to deliver it. If the man of the house was not home, he would not even drop it off – he would turn around and come back later.

such were the ways of our ancestors, and these are things that we can also do.

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Re: My Story, Being Honest For Once
Posted by Ybird - 09 Feb 2023 15:15

[iLoveHashem247 wrote on 09 Feb 2023 13:34:](#)

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wow

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Re: My Story, Being Honest For Once

Posted by doitformyself - 09 Feb 2023 15:58

Wow that's unbelievable. Your a huge inspiration for us all and I hope your doing well and being strong. You may be unaware but these "personal private wins" are actually huge wins that inspire and lift up others!! Keep on rocking!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 09 Feb 2023 18:04

Ty for the support chevreh

I am actually having a really hard day today

had a (thankfully now ex-) customer going around being motzi shem ra on me based on her daughter's delusional accusations where she claims I told her I will steal something from her.

this person then went around telling other people they know work with me that I'm a a liar and thief.

then wife got mad at me that I didn't prepare lunch for the cleaning help as I was prepping for meeting this crazy lady (3 min before the meeting)

now I'm getting the cold shoulder and words like "I'm sorry you are too busy to help me" thrown at me

i think she may be pregnant BH because my wife is usually not crazy-acting

just trying to hold my tongue and ride it out

Feeling blarbifnndndjxhdbdbrbrbxjbxbsallaf

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Stay strong brother! Let's do this together!

TOGETHER IS BETTER!!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 10 Feb 2023 03:11

Talked it out with wife, went on a date, and did an action that I think closed the chapter of the public insult.

what a crazy day

TYH that I'm at the point where I'm not going to use drugs or sex to escape

much better than a "massage"

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Re: My Story, Being Honest For Once

Posted by jackthejew - 10 Feb 2023 12:03

blarbifnndndjxhdbdbrbrbxjbxbsallaf

Warning: Spoiler!

also helps that I've been going to a chiropractor so my back and neck don't constantly hurt

I'd be surprised if more than 2 people understood the spoiler, but, it's a good reference.

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Re: My Story, Being Honest For Once

Posted by Hashem Help Me - 10 Feb 2023 12:08

Keep inspiring buddy. Your very honest and human posts get the message across that even regular normal guys (which we all are but sometimes pretend not to be), can do this. One can b'ezras Hashem graduate from these behaviors and learn to self-regulate using kosher means.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 10 Feb 2023 13:03

Thank you, HHM, you played a big part in helping me learn to cope with difficult emotions without escaping them

I have found that if I face my challenges, instead of running away from them, the short term pain is greater, but the long-term pain is much much less.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 12 Feb 2023 02:48

Great news!

spent Shabbat by my parents, had lots of situations to get angry (had to pray Mincha in the house, then father took my 3 year old to Shul and I had to leave right after Kabbalah Shabbat, some silly things people were saying by the table, little sister interviewing me about my life, wife wanted a long walk and I'm still recovering from ankle injury, etc. etc.) took it all in stride and even saved my sister's rep when a parent accused her of drinking after finding a mixed drink i prepared on the side before Shabbat and forgot about...

Learned, played with kids, honored parents and grandparents, stayed chill when we left 2.5 hours later than I wanted to...

this past week I learned to truly be mevater and to let go of my anger and pride.

it was such a pleasant Shabbat and j really really enjoyed just being with family (and also about 25 randoms throughout Shabbat which would have annoyed the former me)

recognizing this win, so that gives me strength in the future

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 12 Feb 2023 13:43

My 4 year old tripped on the landing going up the stairs, cried for a second, then got up and continued determinedly to do what I gently asked him to do (dispose of the empty yogurt container he had from breakfast and put spoon in sink)

I got a lot of chizuk from seeing that

Hashem gently tells us what to do via the Torah (even more than gently, it gives pleasure to study!) and when we fall we should acknowledge that we fell, confirm that we are actually ok, then get up and continue to complete our missions and tasks determinedly.

kol hakavod, son of ILH!

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Re: My Story, Being Honest For Once

Posted by ??? ????? ????? ??? - 12 Feb 2023 15:05

[iLoveHashem247 wrote on 12 Feb 2023 13:43:](#)

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Great post! Kids are a whole lot more resilient than we are. We have a lot to learn from them. Thanks for sharing. I got chizuk too.

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