

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

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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 chancy - 27 Mar 2023 15:39

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You are something else dude!

You can make me laugh, cry and scream in one sentence.

On a serious note, did you ever go to therapy? You seem to either have a great pain that you are trying to hide or numb, or you might have some sort of ADD where you brain needs stimulation and therefore its telling you to do some crazy things to feel something.

One thing you dont have is a monster living inside you, its just a small art of your brain that either looking for fun or stressing you out by scaring you of what might happen if you flip the table over and lose control.....

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Re: My Story, Being Honest For Once  
Posted by iLoveHashem247 - 28 Mar 2023 01:57

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I'm very curious to know which sentence it was that got you so excited....

I went to therapy when I was younger which really helped me gain a stronger sense of identity and taught me to reflect from a young age. I do also take a daily medication for ADHD.

I am currently in very constant contact with HHM who is seemingly unendingly patient and also knows when to knock my teeth out when necessary.

Chancy, you are a very observant yid

Just to be clear - I do not feel like I am constantly slipping out of control, rather expressing some raw emotions. As HHM expressed it, it's like when a person is becoming BT, he won't talk during davening. Once he's in maintenance mode and the changes are more slow and long term, not talking during davening becomes a challenge.

I feel like I passed the initial "Teshuva infatuation" stage and am now pushing through the daily grind of becoming a more sincere and consistent Jew.

but the crazy feelings are still sometimes there. I'm learning to deal with them and over time to handle my stressors without sexualizing or numbing them.

just learning to face my life like a big boy.

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Re: My Story, Being Honest For Once  
Posted by chancy - 28 Mar 2023 18:53

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I like the way you think.

You seem very level headed.

I liked how you can see what your brain is telling you and realizing that you dont have to listen to it....

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Re: My Story, Being Honest For Once  
Posted by iLoveHashem247 - 28 Mar 2023 20:41

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I hear you, Chancy. It must be because I've got lots of experience ignoring what people tell me :p

On an unrelated note, I got upset at Hashem today for the first time I can remember. Have been hit with lots of bills and my business has been on a sharp and steady decline for months. Vendors asking me for payments weekly. What should be a busy season for me is super silent. I'm doing all the required hishtadlut... but my learning is down. Haven't gotten into a schedule since I stopped learning half a day and go try finding something in the middle of a zman. It's hard for me to focus as it is, and to learn alone near impossible. In constant pain from my accident in the summer. Sick as a dog right now.

felt jealous of other store owners in my trade today for a minute until I reminded myself of all the stuff I have going for me and all the gifts Hashem has given me.

was also tested by a very pretty and flirty customer today. Usually never get this issue. Kept reminding myself that it is also possible to gift wrap a dirty diaper and to be very happy with what Hashem gave me. I wouldn't want a wife who bats her eyelashes at every Joe shmo and Yanky...

feeling blah but trying to remind myself constantly that neither I nor my life really sucks.

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Re: My Story, Being Honest For Once

Posted by chancy - 29 Mar 2023 16:40

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I feel you.

Ive been in a rut spiritually for a few months now.

Reb Nachmen of Breslov Zt"l says it many times that when a yid starts growing in his Avodes Hashem and feels that he is already somewhere, Hashem will hide from him so to speak. That it to make you seek him more and to want to grow more.

In the beginning when someone starts out in his Avoda he will be shown and given some gifts so as to entice him, but once you actually reach somewhere that will be taken away as as to make you work hard and therefore to grow. That is what Reb Nachmen says many times.

This is very true for people like us, i see lots of people says that they used to enjoy davening while they were really struggling and couldnt go a day/week without falling and they were sure that once they stp falling it will be much better and they will feel much more spiritual and yet they report after months of being clean that they feel much worse in their Avoda, they dont enjoy davening, learning and dont feel close to Hashem but further and they are understandably upset.

But the truth is that Reb Nachmen is right, and our closeness to Hashem isnt measured by what we feel! Its measured by what we do and what we sacrifice. Even though i feel nothing, I know that i must be closer to Hashem then ever because of all the sacrifices ive made and all the things ive given up so as to be holier, and by the mere fact that ive sinned less this year then any other years since i can remember!

I used to think that the hardest thing in life it to quit falling in this area, Im finding out that no, trusting Hashem is the hardest thing in life.

Thats all we can do, we are obviously not in charge of anything, there is a creator that Omniscient, Omnipresent, and Omnipotent and He loves us and wants us to succeed, everything that happens is already good even if we dont see it, But in the end we will see the reason for everything!

Chazak and keep climbing!

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Re: My Story, Being Honest For Once  
Posted by Eerie - 29 Mar 2023 23:24

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Thank you, Chancy, for that beautiful piece. If I may add my two cents, about trusting in Hashem, speaking from personal experience, sometimes it takes a real shake up of our life, like being put into a position that we have nothing to lean on but Hashem, when all systems are down, and you find yourself in a situation where no one can do anything, it can really shift our perspective and make us realize that we have Hashem running the show with ultimate precision. Going through tough times definitely made me trust in Hashem in a stronger way.

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Re: My Story, Being Honest For Once  
Posted by doingtshuva - 29 Mar 2023 23:47

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[iLoveHashem247 wrote on 28 Mar 2023 20:41:](#)

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feeling blah but trying to remind myself constantly that neither I nor my life really sucks.

1, You are just a piece of inspiration to all of us, I don't know and cant imagen how you are able to over your challenges ?

2, On friday the daf hayoimy is starting a nrw masechet, you can listen to Eli on [mercazdafyomi.com/full-daf/](https://mercazdafyomi.com/full-daf/)

3, I would change your username from iLoveHashem247 to hashemlovesyou247

Keep strong and keep inspiring us, may you see a quick change for the better in you business and in your general health.

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Re: My Story, Being Honest For Once  
Posted by iLoveHashem247 - 30 Mar 2023 14:27

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Thanks for the chizuk guys. Feeling depressed and struggling not to hit the bottle.

i for ask for this though when I told my wife I felt like I don't have complete faith in Hashem because I had some cash reserves. Well that's pretty much almost all gone

I want to face the reality and just let go and let Gd run the show but I'm having a hard time with that

let go of my ego in a big way this past week, working 4x as hard to make 10% of what I made in previous weeks. Doing work for \$100 with the effort that would normally bring in over \$1000....

trying to see the good I feel like I've become so negative. I used to always be smiling and happy but I've neglected that and now feel constantly grumpy and mean.

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Re: My Story, Being Honest For Once  
Posted by chancy - 30 Mar 2023 16:09

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For some people trusting and letting go is the hardest thing! For others, not so hard.

?I completely understand you. It is the hardest thing for me too. Im going to therapy for this reason.

My therapist was laughing when i told him that i think overcoming a sex addiction is easier then trusting anyone..... he says most people would disagree with me. But i said that overcoming and addiction seems and feels like its in our hands you just have to try harder and work harder... but when it comes to things that i have Absolutly no control over, it freaks me out.

So we got to the point where i have to learn that we really dont do anything much, we were bought here and we have a finite amount of years to be here and a finite amount of wisdom and wealth and health that's already prescribed to us before we were born. Noting much changes.

Yes, every Rosh Hashana, our books are examined to see if some minor changes need to be adjusted (sometimes it looks major to us, im taking about the bigger picture), but overall everything is already prescribed.

We Must remember that Hashem is not constrained to time, He is now and before and in the future at the same time. So we cant control anything really.

The only thing that is semi in our control is how we want to feel and what we want. Are we turning to Hashem? do we want to feel Him? Do we trust Him? Or do we rather want to get lost in this false world and forget the truth?

I hope you are understanding what im trying to say, these are very deep things....



My point is, just let go, do what is normal to do at work, dont overwork, leave time to learn, daven, help at home and be with the kids.

Try to do mitzvos as best you can, fight the YH as much as you can, and the rest leave up to Him.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 02 Apr 2023 13:00

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daven, help at home and be with the kids.

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I'm trying to find the balance between hishtadlut and Bitachon without falling too far into either extreme. It's a fine line!

btw

**Warning: Spoiler!**

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 02 Apr 2023 13:31

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I woke up and showered right away and had a random urge to touch in the shower.

didn't do it

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Re: My Story, Being Honest For Once

Posted by Eerie - 02 Apr 2023 16:56

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You are a hero and a mekadesh shem shomayim b'seser!!!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 03 Apr 2023 03:40

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Remember the guy who publicly embarrassed me a few months ago?

Recently, out of the blue he sent a messenger to inform me that I'm no longer invited to the Shul this person is influential in. The message was super gaslight-y and was structured to make me feel like I have an attitude and am a bad influence on the (dwindling) membership. Not only that, but I was told that only once this person feels ready to offer me mechila will it be considered to allow me back.

keep in mind that I ran after this guy for months trying to talk with him about how he embarrassed me and the only time he acknowledged me was at a public event when he saw me with a leg injury and made a big show of caring and told me to "call him later to tell him all about

what happened.”

I stopped chasing him.

I told my wife I hope this man either has a complete recovery or has a very swift death very soon because until either scenario happens everyone around him is suffering.

my wife said we should have rachmanut on him because he is a Jew and we are like one body. I thought to myself... there is the body and then there are the cancers that we remove from the body....

disgusting man. A person can be learned and wear a black and white costume, and when he goes home and sheds the performance he can be the most rotten stinky piece of trash in the world.

TYH for a supportive wife and for HHM and a handful of loyal friends.

if you guys ever hear of a new Shul called Kehilat ILH247 please stop by and say hello. Gonna start it up after Pesach.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 04 Apr 2023 13:54

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Was traveling yesterday and when I got to the airport I saw a woman who looked like she was on her way to a video shoot if you know what I mean.

I took off my glasses.

for most of the rest of the trip.

guess who was sitting in front of me across the aisle in the airplane?

This woman was traveling with 3 or 4 little kids and a pretty boy husband who was busy preening and watching videos on his phone the entire flight and barely lifted a finger to help out. The second this woman opened her mouth I realized how disgusting the inside is and the outside is just a show. Like a soiled diaper inside of a scented colorful garbage bag.

It's like seeing something well formed in pretty packaging thinking that it might be chocolate, and then, when you get closer, you see that it's really not chocolate.... Yelling "shut up" to her kids at least 50 times during the flight.

I didn't wear glasses the entire flight and learned something so interesting.

I couldn't really see the woman. Only listen to her speech and observe her blurry interactions with her kids.

the outside is such a small part of the person and really the shallowest part of the person. The costume has an impact on the initial judgment of how you look at the person, but the more you see how the person behaves, and this is with every person in every situation, you really got to know their true character in whether they are an "erliche mentch"

side point, when her kids started getting crazy with my kids I did two things

1. told my kids that the stewardess sees them and she's coming so sit nicely and behave like a ben Torah lest they kick them out of the flight (and we'd miss them so much if we got to our destination without them)

2. Sang hamalach and shma with them (many many times in all the various tunes)

the woman happened to be a Jew.

the only time she turned around and quieted down was when I started singing hamalach hagoel to my kids... it was like something clicked and sparked a memory. Who knows maybe it will make a difference...

also, side rant- it is SO not fair for parents to ignore kids because they're on their smartphones with movies or emails or social media and then explode at the kids when their voices get louder than the movie in the AirPods.

ORPHANS to parents who are still alive!

forget about porn and goyish influences for a second - what about the kids! A child needs and craves love and attention. If anyone here has ever made the effort, and just looked in their child's face for 30 seconds and then just told them "do you know how much I love you? Could you possibly ever understand how special you are to me?" And making it a point to hug and kiss each child at least once a day...

Imagine spending 30 seconds and doing that to each kid instead of scrolling through one Instagram video.

This will transform the quality of the children and your family and your relationship with all of those around you.

The day my mother got an iPhone it was a turning point of "before" and "after" in my life.

choose your family!!!!

I know this all sounds very harsh and judgmental but really I'm not saying this in a forum where people know who I am. It is more like a journal and I am venting my feelings. This is something that is so important and to focus on it really can save lives. how many children could have been saved from the street if their parents just gave them the love and attention that they needed? I once asked someone about one of my kids who craves attention. "I give him so much attention. How much attention could I possibly give him?" The answer was "as much as he needs."

I once had a roommate that had a weird symbol on his shoes. I asked him what in the world is that? He told me some fancy brand where each individual shoe cost \$500 and then he proceeded to tell me that every time he tried to get attention from his father, his important businessman father just gave him a lot of cash and said go buy something. This is one of the most depressed people I've ever met in my life.

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