

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!

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Re: My Story, Being Honest For Once
Posted by Dov - 25 May 2023 11:20

Yes there was at least one glaring auto-type in there

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 25 May 2023 20:59

Mavis be a holiday of recovery for us all

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 25 May 2023 21:05

I just wanted to publicly acknowledge that HHM pushed me very hard to have accountability software. A lot of the things that I wouldn't be proud for others to see even if it is not some thing necessarily illicit, was a very big help. I I am still struggling with my current test, but I have been seeking options, and will start testing out This coming week

Accountability is a very powerful force

I also wanted to acknowledge that allowing myself to be open and honest with my mentor - even when admitting to daily falls in the drug area - has helped me want to take control, and his non-judgment of me has been encouraging. Even though I deserved a slap for disappearing on him for a week.

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 28 May 2023 01:30

Caught

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Re: My Story, Being Honest For Once
Posted by Dov - 28 May 2023 02:25

bH, no?

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 28 May 2023 22:22

Going to an AA meeting tonight. Not sure if NA or AA is more relevant.

Will update later

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 29 May 2023 03:03

I believe going tonight resonated with me and my struggle.

i just listened. Didn't input anything.

I relate to the concept of addiction better when focused on using a chemical/substance instead of lust.

Will bH go again tomorrow

i told wife I got more stuff since the initial big conversation, and we had a long conversation about it tonight.

Disposed of what was left but took one last J on the way out.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 29 May 2023 18:07

Met my parents with my wife at a local mall food court after being asked to meet them asap for a long conversation

among other things, the wife of the man who behaved like an animal to me, about whom I've held my tongue in public, and have not revealed his thefts, financial crimes, and embezzlement and misuse of donated funds - the wife and accomplice of this hidden criminal called MY MOTHER and spoke to her for an hour and a half.

luckily my mother was always a great student and she took copious notes.

I was accused of horrible things, including but not limited to being an informer to government

entities about his institutions, having daily secret meetings for hours on end with “enemies of the institution,” and that if I know what’s best for me I should sell my house and leave town.

and apparently I’m in cherem (excommunication) and nobody wants to associate with me, apparently including the couple who hosted us last Shabbat and are current clients of mine.

wtf?!

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Re: My Story, Being Honest For Once
Posted by bright - 29 May 2023 19:22

Welcome! This is a space were all of us can relate and understand. It sounds like you have had a journey and travelled it well. It is so frustrating to revisit an area of your struggle that you thought was over. It can make you feel you want to give up, but even worse that this is who you are. It sounds like you really are disgusted with yourself for these behaviors and that is making you feel very low indeed. The key is to remember that having this nisayon does not mean you are bad! You were put in this world in a situation that allowed you to be exposed to this YH. Its not your fault you grew up with the background you did. Actually its pretty cool you became a BT. I wonder if there are people from your journey to become shomer torah that can help. I would assume you are not the only one who is having difficulty giving up these habits from their past lives. But we are always here for you! Keep shteiging!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 30 May 2023 02:19

Is “Narcissist” the English translation of ??? ??????

any tips on how to move on in life and how to make it so that the hurtful actions of crazy people are kept in perspective?

I'd like to move on with my life and I have a squatter in my brain

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 30 May 2023 02:26

Also, um...

counting clean days including drugs

just completed day 1 again

day 2 of AA

buckling up for this ride

just filled in the chart for may... I had a 19 day binge

thats crazy

i need to get a hold of myself because there is everything to lose

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Re: My Story, Being Honest For Once

Posted by yitz23 - 30 May 2023 05:05

Wow thank you so much for opening up to us

We are here with you on your journey

Can't wait to see you set sail!

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Re: My Story, Being Honest For Once

Posted by bright - 30 May 2023 05:13

There are minor differences... The main one being that NPD is considered a disorder where as gaava is haughtiness is a natural trait of many human beings and all politicians. Not sure how it relates to your next lines...

Whats helped me in the past is realizing that all this pent up anger doesnt hurt them just me. Its not easy but sometimes its worth it to forgive i order to forget. Like you said you would do anything to get rid of a squatter even forgive all the unpaid covid rent.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 30 May 2023 19:48

Now the question is: once I've recognized that I'm the only one being hurt by holding on the the resentment how do I let it go? How do I forgive a person who is living in fantasy land and trying to destroy me - me, who has kept silent and is now being accused of collaborating with the ebonite's this crazy man had made for himself.

I've stayed away but I want to be happy now and trust in Hashem again that everything will be ok

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