

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!

=====

Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 30 May 2023 23:24

I appreciate that input, thank you.

In light of the above, I want to mention that tonight's AA meetings discussed prayer and requesting of Gd to help us align our personal will with his.

I have not been able to pray for a long time now. Weeks, months.

I was angry at him

After speaking to HHM today, it is starting to dawn upon me that perhaps I have been selfish for a long time now in many of my relationships.

Not sure what to do with that thought

I did, at HHM's advice, write my wife a card apologizing for being a jerk.

I guess this can really be called baby steps, because I am learning how to walk this earth as a functional human being

=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 30 May 2023 23:29

Another thought that I am rolling around in my mind is "am I an alcoholic? Am I an addict?"

I do know that whenever I pick up a drink or a joint, it does not satisfy me, rather it whets my appetite and gets me into the mood and increases my appetite for more, more, MORE

It is dining upon me, that I am, possibly in an all likelihood, most probably in denial.

I can accept that.

Somebody told me tonight that this was the first time in 16 years that he was not drunk during a holiday, and it was really his first time actually experiencing a Jewish holiday.

I have been bitterly recollecting that I was stoned out of my mind for most of this past Shavuot, and would have even violated Shabbat were it not for my parents finding my stash

=====

Re: My Story, Being Honest For Once

Posted by Foolie - 30 May 2023 23:38

From personal experience, Denial is a very powerful coping mechanism that is very dangerous because we create a fantasy world in which we do no wrong and everyone else does everything wrong and we are unable to take responsibility for even the smallest of actions and we thereby

push away people we shouldn't and we behave like jerks to the people around us.
Acknowledging that you are possibly in denial is very much a powerful first baby step

Remember you just have to stretch out your hand and we are here to grab it

=====

Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 31 May 2023 00:51

Here take both hands

i prayed Mincha today

actually prayed to Gd instead of either not saying anything or spitting the words out

fresh air

=====

Re: My Story, Being Honest For Once
Posted by doingtshuva - 31 May 2023 00:58

Now days my davening is different, I stand and beg Hashem in a very discreet way to help me
and give me the koach I need to stay strong.

=====

Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 31 May 2023 01:01

Don't know how to make a poll so until then:

if you could choose one group to live in the rest of your life:

A. Person struggling to overcome addiction and overcoming discomfort and pain every day. Sometimes making a lot of money, and sometimes going with nothing for a long stretches of time, and sometimes falling into all kinds of debt. Being accused of things he didn't do, and having to re-learn basic skills on how to be a decent human being.

VS.

B. A person whose brain chemistry is stable, consistently, financially secure, maybe from a grandparent's trust fund that requires milestones and check ins to get the money or from some other source like a stable and well paying job. Grew up with a team of therapist on mentors to support him along the way.

What would you rather?

=====

Re: My Story, Being Honest For Once
Posted by doingtshuva - 31 May 2023 02:09

I have to be stupid to choose group A. Why should i choose to suffer ?

Rather, if you find yourself in group A, make your situation similar to group B, its possible.

My life, wife, job, income, social anxiety, and what not, had changed 360 degrees in the past 10 years.

And yes, Hashem is testing me daily sometimes weekly to see if I am sincere.

Do your share and leave the rest for God.

You should find a mentor + a Ruv to get guidance.

Go live with nice people, daven with nice people and run away from people who make your life hell.

=====

Re: My Story, Being Honest For Once

Posted by Dov - 31 May 2023 02:10

I have been sober in sexaholics Anonymous, a 12 step fellowship, for 26 years one day at a time and I don't want to be in either category you describe above. My life is completely different than the first category you offer and 99% of the sober (gentile as well as frum Jewish) people I know in SA don't fit the first category you give at all, boruch Hashem.

As far as the second category, I don't consider that a desireable life, either, because I don't see any reference to a partnership with G-d , in it. How is *that* a beautiful life? Maybe It is for *some* people, but not for *this* free and sober addict. Thanks for letting me share that here. And thanks for your honesty on this thread.

=====

Re: My Story, Being Honest For Once

Posted by Foolie - 31 May 2023 02:18

The people in Group A it seems live without any hope and the people in Group B it seems are soulless robots I know I'm kinda repeating what Dov said but I wouldn't want to be in either one of these groups

=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 31 May 2023 02:22

So what's group C look like?

=====

=====

Re: My Story, Being Honest For Once

Posted by Foolie - 31 May 2023 02:29

[iLoveHashem247 wrote on 31 May 2023 02:22:](#)

So what's group C look like?

How about people who have struggles some more than others and understand that there is a higher power who is running the world even when things really seem to suck and they surrender themselves to that concept to one degree or another. Just throwing that out there

=====

=====

Re: My Story, Being Honest For Once

Posted by doingtshuva - 31 May 2023 02:47

[iLoveHashem247 wrote on 31 May 2023 02:22:](#)

So what's group C look like?

Group C are people who take responsibility and take the steps to recover.

If you change, your surroundings will changed as well.

Dov, was the first person I spoke back in 2019, give him a call, he has so much experience and really wants to help.

=====

=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 31 May 2023 13:13

I C

on a bright note, started my day drug free and prayed shacharit with a minyan this morning

I also pushed away hateful thoughts about the bad man that is bothering me

=====

=====

Re: My Story, Being Honest For Once

Posted by ytw - 31 May 2023 15:26

Hi, I don't write much here, but I follow your story here for a while already, and I must say that I really look up to you how you keep pushing and pushing without giving in, yes the way is not always smooth, but nevertheless you keep up pushing and striving ahead and forward, so I can encourage you to just keep on going, keep on pushing, and may we all reach great heights together.

I just came across an amazing lecture that I think every addict can benefit from, take a look in my signature and take the time to listen to it, I think you'll like it.

keep up your amazing work, it's not easy but it's great.

=====

=====