

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 Hashem Help Me - 08 Jun 2023 11:33

Dov, you requested that ILH be in touch with you directly - it accomplishes more than the writing back and forth. That may be true. However, if that were the case, none of us would have read your masterpiece post. Thanks for sharing your knowledge in a clear thought-provoking manner. As we know, there are many silent "lurkers" that read the forums but do not post. We can assume that many have viewed or will view your comments. One can assume that it will be the impetus for at least some of them to get the help they need.

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 09 Jun 2023 01:20

Today I thanked Gd that my day was finally over

When I woke up in the first thought that came into my mind was let's F this all up. Destroy everything, escape!

Then I called my sponsor, who didn't answer and then I called every other person on my contacts from AA until I got through to a few people

And then went for a long hard bike ride

didn't go to minyan or say amida for days already

but I'm opening a conversation with Him.

i poured my heart out today for a minute or so, but it was more of a conversation that I've had with Hashem than during traditional davening in years

I felt like everything sucked today

It is emotionally exhausting to say NO while the call of the void is whispering yes, yes, yes! in my ear all day

but one of the guys I spoke to told me that days like this are what gives guys like us the ability to get through life without drugging or drinking

yay...

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Re: My Story, Being Honest For Once
Posted by Grant400 - 09 Jun 2023 01:36

[iLoveHashem247 wrote on 09 Jun 2023 01:20:](#)

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yay...

Sounds painful and dispiriting!

I know nothing about what you are going through, but when it comes to these addictions, it needs to hurt more in order to get better.

All the pain that used to be chased away artificially will need to be faced. It will need to be lived with. It will need to be experienced in full brutality. Then, only then, is there a way to move past it.

My friend, view the pain as medicine. Its not pain you may happen to experience on your way to recovery, it is pain you must endure as an integral and central part of your recovery.

Hatzlacha!

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Re: My Story, Being Honest For Once
Posted by Foolie - 09 Jun 2023 01:36

Well you made it through the day without burning down the town, and some days that's really the only accomplishment there is, so good job today

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 09 Jun 2023 02:48

did i mention that a good friend helped me get a supposedly very good therapist scheduled in-person once a week via insurance?

Will see how first meeting goes, and was thinking of eventually sharing this thread with him if i feel it is shayach.

has anyone here done that, and if so, how'd it go?

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 09 Jun 2023 20:38

had an exciting day so far.

started by being up till 2 or 3 am after binging movies last night. Wife is not interested in touching me for weeks already so other than waking up on time not missing out on anything by

being up late. it does mess up the next day though..

planned on going to AA meet before davening this evening.

Went to an appt in the morning, got pulled over for tinted windows, cop told me my license is suspended, first time i drove down that road instead of biking in probably a half year. pissed off wife gave me a ride home, found out it's from a ticket from 2019 (\$50 ticket for right on red in NYC). paid a fine and got unsuspended.

hangry

tired

triggerred

Warning: Spoiler!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 11 Jun 2023 16:34

Good news

didn't drink. looked for stuff next door but fortunately neighbor has not restocked recently.

smoking out of the question bc I only know of dealers over the bridge from me and not looking for anyone closer.

finished a pg-13 movie last night after trying to feel my wife out on her thoughts about my recovery too early... was not a happy night but fortunately no porn.

the AA meeting right before Shabbat really helped.

also some more good news

I went to an 8am minyan this morning. Kinda because I had to be there but I went instead of weaseling out of it. I felt good. Went home and made some money before noon - not a big order but things are starting to pick up (finally). I've took an interest free loan from a relative and have been using the funds to pay off all my old debts. Now when I owe, I pay right away.

still on step one of twelve - need to solidify my feelings toward the idea of powerlessness before moving forward. I will start writing notes and ideas in a special handmade notebook my father gave me from his trip to Asia once. Was saving it for writing special things in it. I guess now is the time.

I want to reach sobriety in my life. I rode a bike with one of my kids today. He was so happy. I just want to be a good Aba...

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 11 Jun 2023 16:36

Also, I had a headache Shabbat day even after hydrating a lot.

I pushed off taking Advil until around seven or 8 o'clock.

The reason I did, so was as a training exercise to accustom myself to being OK with being uncomfortable

Not sure if it was a smart idea or a stupid idea but I dealt with it

Not so resilient about not feeling well, but I'm trying

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Re: My Story, Being Honest For Once
Posted by ??? ???? ???? ??? - 11 Jun 2023 22:56

[iLoveHashem247 wrote on 11 Jun 2023 16:34:](#)

I just want to be a good Aba...

That last line really touched me. You are well on your way, iLoveHashem247.

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Re: My Story, Being Honest For Once
Posted by Hakolhevel - 12 Jun 2023 15:45

Reading your story, it sounds to me, like someone slowly emerging out of a dark dark cloud,
that they have been in for years.

It will take time, but keep it up!

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Re: My Story, Being Honest For Once
Posted by Hakolhevel - 12 Jun 2023 15:46

[cordnoy wrote on 08 Jun 2023 03:52:](#)

[Dov wrote on 08 Jun 2023 03:42:](#)

Woops. No problem. Understood fully. Ciao and hatzlocha and lots of love

@Dov, I think you should subscribe to another thread or two, even by mistake; this way we could hear your pearls of wisdom regardin' multiple wives, your wife makin' porn videos for husband to watch, gay groom disclosin' to his wife by the yichud room, and the best of all: if one reads a thread on Gye and it is so erotic and excitin' that it causes him to masturbate with ejaculation heaven forbid, does he still need to pay his chopstick-oath of \$180 to Gye, as they were the true culprit for the unzippin' of his pants?

Cords at his best.

every word!

Thanks for the laugh, I havent laughed so hard in a while.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 13 Jun 2023 10:54

Was feeling very sad yesterday when the reality of the enormity of what I'm fighting against hit me

made some phone calls and felt better

then cleaned the kitchen and infilled, refilled , and ran the dishwasher to ease things for my wife.

My friend who is in SA told me a great quote last night:

Warning: Spoiler!

Made an effort to wake up early and call my sponsor. He liked the quote and said that part of our disease is that we want too much, too fast. We need to learn to take our lives [and our progress] one day at a time.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 14 Jun 2023 12:50

Starting therapy today

yay

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