

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 - 14 Jun 2023 13:10

Thank for the tips, Foolie.

I completely agree, if I cannot be honest in the forums in which I am seeking help, then it is a big waste of everyone's time.

Also, I cannot remember the last time I was intimate with my wife. Must've been many weeks ago maybe a month or two. And I have been at peace with that.

Focusing on giving instead of taking and doing a hard reset on my attitude towards life

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 14 Jun 2023 14:18

I have been thinking that telling the truth to myself and those that are close to me for example, my wife, my mentor, my Rav and my Rebbe; to be brutally honest - it really hurts especially in the beginning! It is uncomfortable and embarrassing at first, but I do feel good after the fact. Reflecting upon my position now, a few weeks into my serious full-time efforts into my recovery, I had a refreshing thought. I am grateful that I can just be HONEST with those people around

me.

I don't have to live the lie anymore

I only have one life, not a double life

If I'm struggling, I can tell the truth

and it's absolutely amazing!

The title of my thread, "my story, being open for once," must've been a premonition of one of the core areas upon which I had to focus.

It's a relief

Thank you all, for coming along for the ride

I know that once this life is over, and I will be in the next stage of life, free of my body and my physical constraints, there will be no hiding behind anything, and I will have to ultimately face the truth. All of the truths, in fact.

I might as well feel the pain now, and be comfortable when I get to my destination...

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 14 Jun 2023 14:26

Also, does anyone know why there is a grey star next to my thread title when looking at the list of threads?

I noticed it on a few threads but don't know how it got there

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Re: My Story, Being Honest For Once
Posted by Foolie - 14 Jun 2023 14:37

[iLoveHashem247 wrote on 14 Jun 2023 14:26:](#)

Also, does anyone know why there is a grey star next to my thread title when looking at the list of threads?

I noticed it on a few threads but don't know how it got there

Because you're a star.

But to your post just before that. The most freeing thing in the world is not having to hide who you are from the people who want/need to see the real you

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 15 Jun 2023 04:06

Tonight, I dumped into the toilet thousands of dollars worth of stockpiled stimulant meds that I was prescribed but didn't use. Mostly meds to take throughout the day as a "touch-up" for my regular ADHD meds.

Felt a twinge of "OMG what am I doing" as i dumped bottle after bottle down the toilet.

Called my sponsor right after and he said "you don't know how much you were holding onto something until you decide to let it go."

that's wisdom right there.

Feel a little lift of freedom after flushing

thanks for listening

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 15 Jun 2023 11:23

As I surveyed the innards of the medicine cabinet with a not-quite-stifled yawn this morning, I noticed yet another bottle of pills. In my just-woke-up stupor I grabbed the bottle, untwisted the cap, dumped the contents and flushed in one fluid motion.

I can now see my reflection in the mirror inside the medicine cabinet, whereas until now I was hidden by drugs.

poetic and apropos

have a nice day

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Re: My Story, Being Honest For Once

Posted by Sapy - 15 Jun 2023 14:17

beautiful! it must've been hard... Kudos for your bravery!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 15 Jun 2023 23:45

Fell today with M.

was exhausted after a hard workout and didn't eat and shower right when I got back home

idea popped into my head. I started and then stopped and said that's ridiculous. Then I started again and got it over with before my brain can turn on again.

was speaking to a fellow AA (my favorite guys are the chasidim and the former "family man" Italians) and he told me that we have to get used to just being ok.

I told him that I feel like I am an octopus, trying to catch something in any direction to make up for the drugs that I am not on any longer.

he told me that it's ok to be ok.

we have to learn that skill.

I feel like I go into a panic whenever I'm not going into a panic - hope that makes sense (it doesn't but at least the concept can be understood).

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 16 Jun 2023 23:15

Friday early afternoon is my trigger time. Was easier today than it was last week - stayed sober!

Still working on the first step of understanding, accepting what it means to have an addiction.

At this stage, I am one day clean of M and 13 days clean of using

Learning how to be OK with just being OK

Thanks for reading

Shabbat shalom

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 18 Jun 2023 17:46

Got through Shabbat just fine and really enjoyed it sober!

Found yet more pills this morning

i was holding onto A LOT of drugs!

What else am I holding onto without realizing?

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Re: My Story, Being Honest For Once

Posted by Foolie - 18 Jun 2023 20:36

You never truly realize what you're holding onto until you let go of it

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 19 Jun 2023 01:33

Looked again and found even more pills what the heck

now all I have left is one bottle of my daily meds which needs to be refilled soon and about 5 days worth of augmentin

so many pills that's so crazy it's like I saw them but didn't think about just how many were there!

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Re: My Story, Being Honest For Once

Posted by barry123q - 19 Jun 2023 02:39

you got this brother! Were all in this together!

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Re: My Story, Being Honest For Once

Posted by barry123q - 19 Jun 2023 02:40

It is wonderful that GYE is helping you express yourself.

Your brothers are right here with you!

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