

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 - 19 Jun 2023 11:11

Markz, you nailed it

Making progress slowly but surely

There's actually somebody that I was holding onto a resentment over for a long time that I let go of recently. It was over something stupid. I came early to Shul one day on a Friday afternoon (for once) and grabbed a front seat. Halfway thru Kabbalat Shabbat, someone came in and told me I'm in his seat. He then proceeded to sit down, lay his head on his arms and fall right asleep.

I was annoyed, but didn't say anything. I later found out this guy is the president of a bunch of organizations, head of some Chessed groups, etc etc.

every time I saw him after that, I thought myself, how could he be the height of an organization that was supposed to do kindness for others if he was so annoying and mean to me.

Very petty, I know

This was a few years ago, and every time I saw him I would just feel very slight annoyance

Recently, his father died, and his son had a a bar mitzvah.

I wasn't around for the shiva but I went to the bar mitzvah and said kind words to him re. his son and I told him some Nechama re. his father.

he gave me a big hug and I felt the resentment melt away.

looking forward to living a serene life.

I don't know exactly what it's going to be like, but I remember the first time I went to the chiropractor I was so nervous, and when I walked out, I was free of pain that I didn't even realize I was holding onto

may we all merit such peace one day soon. Lots of super hard work but so worth it!

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Re: My Story, Being Honest For Once
Posted by Grant400 - 19 Jun 2023 13:46

"Pill"ars or strength!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 19 Jun 2023 21:40

Just came out of my second therapy session

The therapist kept on asking me to repeat again and again what did that person say to me when he embarrassed me in public. What feelings am I feeling right now. Repeat - again - again - again - it was really hard and I told him I feel like I'm about to start crying. He said it is OK to cry I cannot even imagine what that must've felt like.

he asked me questions of what happened and I must have locked it up somewhere really deep in my mind because I couldn't really answer him exactly what was said other than the main points. I have tried to forget about it so hard that I couldn't really remember any of the fine details

there is a lot of work to be done, and a lot of bad feelings to learn how to deal with and to move on from

I feel like there are many layers I need to pull off of my heart now, like a very thick onion. I am determined to succeed because if I do not, then I will also become a monster, just like the monstrous man who murdered me in public.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 20 Jun 2023 16:24

Did a few very high intensity workouts recently and also was out late last night with my wife, so I was very tired today. Got into the shower after my hard work out today and from the morning I have been thinking of acting in an inappropriate manner for the thrill - then reminded myself of what my friend in AA told me about how we have to learn how to live life without constant thrills

Then called someone who is been in AA and sober for decades, then called my friend in SA, and I managed to get through the morning.

Now, back to the shower, it is amazing how fast my brain was able to go into complete shut

down mode, and I was about to touch things that should not be touched by me, and then my wife knocks on the door to tell me something and she snapped me back into reality. She save me! For that, I have gratitude.

and now I must make sure to eat a nice lunch and stay focused on todays tasks.

Today is a kind of day, and I'll be grateful when it's over, and when I reflect back on it in the future, I will be proud of what I was able to overcome

may we all find the strength to have the strength...

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 21 Jun 2023 22:31

My wife pointed out that if it wasn't for mister narcissist then I'd never end up dealing with my addictions

for that I'm grateful

but still hoping that his world goes up in flames

when I'll be at peace with him and wishing him well then I'll know that I'm doing alright

but till then... hoping he gets exposed ASAP

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Re: My Story, Being Honest For Once

Posted by DiamondWithAFlaw - 22 Jun 2023 03:47

I love your honesty and how you express your emotions. It would do me a lot of good to learn how to be like that. My wife can't stand how I keep everything inside.

Do you read at all? John Gray has a book called "what you feel you can heal" where he gives clear and easy instructions how we can work through our feelings of anger to get to a place of love. I wonder if it would be helpful for you. It's a short book and it's really good. (shout out to my bro NIC for introducing it to me)

I actually listened to the book on audible. I'm a huge fan of audible because I can listen while driving or doing chores around the house and also it often makes a bigger impact when you hear the author narrating.

I'm really sorry that you're going through such a tough time. Keep fighting my friend.

-Diamond

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 22 Jun 2023 12:49

Thanks for the chizuk Diamond, you're a gem!

I just did hatarat nedarim on the pledge I had made to the institution I found out was victim to the founder's fraudulent financial activity.

i had to work my way up the rabbinic ladder as nobody wanted to take responsibility for such a significant psak.

I feel relieved and I am astounded at the wisdom of the authors of the original text. Never realized how relevant every single word and the order of all the sentences are until today.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 23 Jun 2023 05:41

Woke up from a wet dream

not feeling so upset about it because I know it came from a conversation I had with wife as we were going to bed how I am feeling frustrated and stuck in my life - I want to either be using or clean without feeling the painful transition (lol).

we then discussed the impact that my mental health has been having on our intimate life together.

i also asked her what's the point of not touching myself, other than from the Torah. She said because of how it would cause a rift between us emotionally.

i didn't try to convince her to be with me and I had an interesting dream

not sure if this is twisted thinking (my gut tells me yes), but I enjoyed it and I didn't actually act out consciously. Making an effort to feel gratitude over guilt.

clean up is kind of gross though

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 29 Jun 2023 12:40

Fact:

Growth hurts

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 30 Jun 2023 14:33

Have been finding myself turning to masturbation to temporarily relieve the pain of recovery

called a few veterans today to vent

told them I'm fed up

wide can't stand me and I've been killing myself for a month already. Not so long in the grand scene of things but still a significant chunk of time and effort

One old Italian guy told me that my job now is to understand that my selfish interests are not important and my role now is to do what will make her happy

keep on working the program. Don't drop out and become a statistic of the losers. Push through and be a success story.

Pushing through today

feel like crap

blargg

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 30 Jun 2023 21:45

Update

still feel like crap

thanks for reading

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Re: My Story, Being Honest For Once
Posted by Dov - 02 Jul 2023 04:35

Do you actually tell the old Italian guy and others that you turn to masturbation to relieve the pain of recovery, or do you just tell them something like, "I feel crappy and turn to old habits, etc"?

I try not to spend time on the forum these past 7 or 8 years, after my first 6 years here posting a lot. So I'm trying to save time and just ask important questions to get a feel for what's going on. There's absolutely no right or wrong answer to any of the questions I have asked you, btw.

Thx

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 03 Jul 2023 13:41

Seeing that after experiencing some growth I've been self sabotaging and almost like I have a wall I'm building to block my path

trying to understand why

having a hard time speaking to Hashem

feel like a faker when I'm in shul. Like I'm in the middle of running away and stopping in to say hello on my way out.

feel like my words and actions don't match

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Re: My Story, Being Honest For Once

Posted by chaimoigen - 03 Jul 2023 13:57

[iLoveHashem247 wrote on 03 Jul 2023 13:41:](#)

Seeing that after experiencing some growth I've been self sabotaging and almost like I have a wall I'm building to block my path

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feel like a faker when I'm in shul. Like I'm in the middle of running away and stopping in to say

hello on my way out.

feel like my words and actions don't match

One of my Rabbeim once gave me a different take on feeling that actions and words don't match. He suggested that instead of looking at it like my insides are full of corrosive toxicity, and don't match the word I profess to on the outside, I should try to see how in fact the opposite is true.

My real insides, the depth of my spirit, is the truth of what **I desire and want for myself**. To be free, clean, elevated. It's hard to carry that out in action, because our outsides have to deal with the challenges of practical living in the world....

The Aron Hakodesh had 3 layers. The inside was gold, the external part was gold. the **middle part - the internal external** was dull wood. The gold can meet in the middle.

This isn't a method for success. For that you may need to answer Dov's questions. But it may help you feel better about yourself. And that, my friend, you deserve.

Keep trucking!

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