

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 habit 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 habit 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 that i 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 taherlibeinu - 20 Jul 2023 10:57

Very powerful post. Who knows the real affect in shamayim because of the courage you showed, Who knows what shefa bracha is now in the world because of it. Keep going and keep inspiring.

=====
=====

Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 25 Jul 2023 01:23

I've been making an effort to fix "this," whatever it is, from the foundation.

Not just addictions nd toxic behaviors.

I've been doing things like calling manufacturers to discuss problems with items I purchased instead of reordering and returning the defective item (that's called return Fraud). Turns out that I end up getting to keep the item and the money without the guilty feelings!

An example is with an expensive item i purchased on amazon. the item got a bit damaged during use and i was unable to use it to its full capacity. Instead of buying a second item, then shipping back the defective one on the new order for a refund, i contacted the manufacturer for

a potential warranty replacement (which is the honest thing to do).

They agreed to replace it and since they didn't have the same one as my original order in stock, they sent me the higher-end version which costs over \$1000 more!

So by not lying and cheating, I WON in the end!

I am slowly rolling out these principles and behaviors in my life and I'm seeing that good things happen when you do good things.

I've just been so used to the cheating way of life that it became an ingrained habit!

...bn??t ??t ?ni????v??

=====
====

Re: My Story, Being Honest For Once
Posted by chaimoigen - 25 Jul 2023 14:26

Powerful point.

Dishonesty is poison.

That's one of the healing aspects of coming on this site, I think. Secrecy is a form of dishonesty. Sunlight is the best disinfectant.

Now, I know that being in an anonymous forum with a false username from an undisclosed secret location (perhaps in pajamas, Cords), is not full honesty and openness. But it is a huge step in the right direction. And it leads to meeting real people.

Tis a Powerful Pathway of Peer Positivity and Pressure.

====

Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 30 Aug 2023 22:19

This weekend I will hit 90 days of no drinks or drugs

today I was mochel the narcissist and let it go

Eventually I will reach step 9, and how can I ask for forgiveness when making amends if I'm holding onto resentments and am unforgiving of those who harmed me?

I'm on step four now, which involves taking a moral inventory. I've been pushing this off for a bit, but started today. It is daunting to admit to oneself all the damage that I have done to others in my life.

as hard as it is to admit, I've abused people. Financially, emotionally, sexually.

I also did some inner reflection and realized that my "intimate encounters" in my mid teens with a tutor were actually cases of me being sexually abused.

I was a minor. She was not. Not by at least a few years.

trying to find the pattern - and break it!

=====
====

Re: My Story, Being Honest For Once
Posted by bright - 30 Aug 2023 23:45

Thats tough hard wok. keep shteiging!

=====
=====

Re: My Story, Being Honest For Once
Posted by chaimoigen - 31 Aug 2023 13:24

Fourth Step Inventory is brutal work....

hang in there...

You're a strong person - we are learning a lot.

I hope you find healing, friend, from this pain....

Will be thinking of you today, and wish you Koach and Moach and warmth....

=====
=====

Re: My Story, Being Honest For Once
Posted by chancy - 05 Sep 2023 17:25

ILH247,

I know that we dont know each other in real life, but i think i know you better than i know my own brother..... from reading your very deep insightful posts....

The human mind is the most fascinating organ in the world and the most complex. It can cause us so much pain but even more pleasure.

I feel your pain even though i was BH never in your exact situation, i wish you all the best in your continued growth journey.

Remember that the physical body doesnt last very long at all, its the soul that lives forever and your soul will be very thankful for doing all of this hard work now, because every time you fight back and strengthen your resolve and keep on trucking, you are growing your soul by leaps and bounds!

Keep on growing and loving Hashem!

=====
=====

Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 19 Sep 2023 12:42

Shana Tova

got a new sponsor, frum guy lives in my neighborhood.

RH was very meaningful, and focused on praying for success in overcoming daily challenges.

was by family and didn't drink or drug. Didn't M and didn't seek out P on the unfiltered devices. Didn't even have an idea to do so. BH!

finding that family time can be enjoyable without escaping!

looking forward to a year with continued growth.

one important note is that last year was one of the years with some of the most trauma and suffering I've had. Physical injuries. Emotional traumas. Blackmail attempts and false accusations made about me. Addictions creeping up on me.

and I tackled them all head on. Some, by ignoring them (ex. Narcissists trying to trigger me and ensnare me into saying/texting negative things about other people) and others by being honest with myself and reaching out for help from those more experienced than me (ex. Addictions).

BUT because of the mentors I have made use of to find my way through the challenges, it's been a year of tremendous growth. Reflecting back on the past year I feel grateful and content.

it's not in spite of the challenges but because of them that I was able to grow and change for the better

i am human and I'll struggle till the day I die, but if I am complacent and don't fight the good fight then that final day will be pushed earlier and earlier.

I still stumble. I clicked a few clickbait's too many yesterday but I moved on. Someone tried to trick me into incriminating myself yesterday. I played dumb.

when I play the victim, only I am the loser. and the only way I'm a loser is if I act like one.

I'm here to win.

Thanks for reading and letting me share.

=====
=====

Re: My Story, Being Honest For Once
Posted by redfaced - 19 Sep 2023 14:06

[iLoveHashem247 wrote on 19 Sep 2023 12:42:](#)

Shana Tova

got a new sponsor, frum guy lives in my neighborhood.

RH was very meaningful, and focused on praying for success in overcoming daily challenges.

was by family and didn't drink or drug. Didn't M and didn't seek out P on the unfiltered devices. Didn't even have an idea to do so. BH!

finding that family time can be enjoyable without escaping!

looking forward to a year with continued growth.

one important note is that last year was one of the years with some of the most trauma and suffering I've had. Physical injuries. Emotional traumas. Blackmail attempts and false accusations made about me. Addictions creeping up on me.

and I tackled them all head on. Some, by ignoring them (ex. Narcissists trying to trigger me and ensnare me into saying/texting negative things about other people) and others by being honest with myself and reaching out for help from those more experienced than me (ex. Addictions).

BUT because of the mentors I have made use of to find my way through the challenges, it's been a year of tremendous growth. Reflecting back on the past year I feel grateful and content.

it's not in spite of the challenges but because of them that I was able to grow and change for the better

i am human and I'll struggle till the day I die, but if I am complacent and don't fight the good fight then that final day will be pushed earlier and earlier.

I still stumble. I clicked a few clickbait's too many yesterday but I moved on. Someone tried to trick me into incriminating myself yesterday. I played dumb.

when I play the victim, only I am the loser. and the only way I'm a loser is if I act like one.

I'm here to win.

Thanks for reading and letting me share.

Every once in a blue moon i read your thread again.

Youre growth is beyond an inspiration.

KUTGW!

=====
=====

Re: My Story, Being Honest For Once
Posted by Hashem Help Me - 19 Sep 2023 22:15

[iLoveHashem247 wrote on 19 Sep 2023 12:42:](#)

Shana Tova

got a new sponsor, frum guy lives in my neighborhood.

RH was very meaningful, and focused on praying for success in overcoming daily challenges.

was by family and didn't drink or drug. Didn't M and didn't seek out P on the unfiltered devices. Didn't even have an idea to do so. BH!

finding that family time can be enjoyable without escaping!

looking forward to a year with continued growth.

one important note is that last year was one of the years with some of the most trauma and suffering I've had. Physical injuries. Emotional traumas. Blackmail attempts and false accusations made about me. Addictions creeping up on me.

and I tackled them all head on. Some, by ignoring them (ex. Narcissists trying to trigger me and ensnare me into saying/texting negative things about other people) and others by being honest with myself and reaching out for help from those more experienced than me (ex. Addictions).

BUT because of the mentors I have made use of to find my way through the challenges, it's been a year of tremendous growth. Reflecting back on the past year I feel grateful and content.

it's not in spite of the challenges but because of them that I was able to grow and change for the better

i am human and I'll struggle till the day I die, but if I am complacent and don't fight the good fight then that final day will be pushed earlier and earlier.

I still stumble. I clicked a few clickbait's too many yesterday but I moved on. Someone tried to trick me into incriminating myself yesterday. I played dumb.

when I play the victim, only I am the loser. and the only way I'm a loser is if I act like one.

I'm here to win.

Thanks for reading and letting me share.

Beautifully and honestly written. The tone is hopeful and positive as well. You've got it in your hand b'ezras Hashem.

=====
=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 26 Sep 2023 02:20

Had an amazing YC! Davened with the Yeshiva I've been learning at at night and originally started with when i first moved to this town (with a short break in between learning by "the narcissist").

We probably woke up people a few towns over with our "amens!"

I printed out about 80% of the posts on this thread in TXT format (couldn't figure out how to do 100% - can that be a feature request? printable text versions of threads?), and reviewed most of the past year thru my posts.

a few comments:

Chancy, YTW and Eerie, you've given great feedback and insightful posts. there were a bunch of others as well but IDK the usernames since it didn't show up with the printing.

Dov, your description of powerlessness was extremely powerful. The nudging toward SA instead of leaving more room for me to discover my own path was kinda "Eh," but the intentions

HHM, your love, patience, and non-judgement has taught me to believe in my self and to love myself again. There's no way I can ever repay you for that other than by striving to live up to my potential. Thank you a million times over!

and finally, to the founders and admids of GYE (formerly known as GUE), thank you, thank you, thank you! Thank you for giving me my life back, and for returning the loving husband, father, son, and uncle back to his family. G-d bless you all!

It's been a year of tremendous growth and I've had huge leaps in my knowledge of self as well as my understanding of life on life's terms. Learning to de-objectify my wife was a huge milestone.

Additionally, i did a lot of thinking over what merit did I gain by not responding when i was publicly shamed and not taking revenge in the year that followed. I think the answer is that Hashem gifted me with a road to recovery after 15 years of dealing with addictions. I'm in AA and discovering a whole new world of growth that I never imagined possible.

So, thank you Mr. narcissist. I wholeheartedly forgive you for your cruelty toward me and pray that you merit to do teshuvah in this world (I'm ready when you are, just pick up the phone...). Missing the opportunity to do teshuva in this world and facing gehennom instead is quite terrifying and I don't wish it on anyone, not even onto you.

Looking forward to a year full of gifts and surprises. I'm armed with the knowledge and experience that even what may seem like tragedy (car accidents, public shaming, etc) is a blessing in disguise.

.*

=====
=====

Re: My Story, Being Honest For Once
Posted by iwillmanage - 26 Sep 2023 09:23

ILH, you're an inspiration! With such an attitude of gratitude and seeing the blessing in

everything you can stay on track even when times are tough.

I went looking for the powerless post from Dov that you mentioned, found it on page 26, truly a priceless powerful piece. But on the way I came across this on page 29:

[Dov wrote on 03 Jul 2023 17:16:](#)

When's the last time you really read "*V'avisa tehilla*" of yomim noro'im seriously? Few of us take it seriously but for the moments we are singing it, if that. It's so true ALL..THE...TIME. And we need to remember it.

Try it on for size. ??

It's quite amazing. Out of all the tefillos and piyutim over yom kippur, this one really hit home. It described me perfectly, stained trapped and weak, yet Hashem still wants me. So powerful, I don't remember noticing it seriously before.

=====
=====

Re: My Story, Being Honest For Once
Posted by Dov - 26 Sep 2023 11:19

Wow, reading about you having a different kind of YK this time around, was gorgeous. I'm glad you have found a different path than SA so far and that you are happy with it.

Over my past 15 years involved heavily w GYE (first 6 years involved on this forum 4+ hours daily), I think I have helped more people to *other* solutions than SA and 12 steps than many other ppl here and in recovery. I don't recall pushing you to go to SA meetings, but the word you used, "nudging," to discuss it as an option, was probably accurate and I appreciate it a ton. From where you are standing now, it demonstrates a lot of kindness and I appreciate it.

I'm hoping things only continue to get better and better for you going forward. When we are sincere, it gets better and better - and the rough spots (ouch!) are eventually revealed to be just growth. You seem to sincerely want to grow, and in my experience that's the main gift. In my experience, what happens for you from here on will continue to surprise you and yours, be'H.

=====
=====

Re: My Story, Being Honest For Once
Posted by cordnoy - 26 Sep 2023 13:27

Glad to hear all the positive stuff; t'was a pleasure meetin' you and I hope/pray that you find a path.

Godspeed

=====
=====