

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!

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Re: My Story, Being Honest For Once
Posted by Dov - 04 Oct 2023 22:50

You wrote:

"I feel like giving up but I know that I cannot give up because I know how I t looks like when I gave up. It's horrible.I'm trying.i don't know if I'm trying.Maybe I'm just trying to get the results to fast!m not happy. I'm not com do not feel like I am OK"

Well,all that sounds very uncomfortable. Confusion is probably one of the most uncomfortable feelings I've sat in. So in the interest of reducing confusion:

"When I give up, etc..."

Give up what, please?

" I'm trying/I don't know if I'm trying."

Trying what, please?

Thank you

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 04 Oct 2023 23:21

[Dov wrote on 04 Oct 2023 22:50:](#)

"Dov" post=401895 date=1696459836 catid=19

You wrote:

"I feel like giving up but I know that I cannot give up because I know how I t looks like when I gave up. It's horrible.I'm trying.i don't know if I'm trying.Maybe I'm just trying to get the results to fastI'm not happy. I'm not com do not feel like I am OK"

Well,all that sounds very uncomfortable. Confusion is probably one of the most uncomfortable feelings I've sat in. So in the interest of reducing confusion:

"When I give up, etc..."

Give up what, please?

When I give up on making an effort to be present and sober and not drown out my feelings with indulgences in sex, drugs, alcohol, or high risk activities.

" I'm trying/I don't know if I'm trying."

Trying what, please?

Trying = making my best effort on not giving up in the above and doing what is incumbent upon me to do according to my AA sponsor and therapist and wife.

Thank you

You're welcome

(in the mood I'm in, I'd rather write F you, just bc I am pissed off)

take no offense but I have a serious case of the f-its

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Re: My Story, Being Honest For Once
Posted by ainshumyeiush - 04 Oct 2023 23:43

I want to say something, but i dont have anything good to say. But i definitely feel for you.

and the fact that you're here and fighting off all these demons from all these different angles is an inspiration

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 04 Oct 2023 23:46

[ainshumyeiush wrote on 04 Oct 2023 23:43:](#)

I want to say something, but i dont have anything good to say. But i definitely feel for you.

and the fact that you're here and fighting off all these demons from all these different angles is an inspiration

Well you already started so you might as well finish

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Re: My Story, Being Honest For Once
Posted by ainshumyeiush - 04 Oct 2023 23:53

I meant writing about how we all have those dark times, and we have to work hard to get through them [and that quitting weed sucks] and all that, but i also felt that you needed some space to vent and were probably not in the mood of a hyped up chizuk shmooz.

but i wantwanted to let you know that we're here for you

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Re: My Story, Being Honest For Once
Posted by Foolie - 05 Oct 2023 02:13

take no offense but I have a serious case of the f-its

none taken we all have those days, weeks, months. I know that working the process never seems fast enough, it always feel like your pushing against the rock with all your might and the damn thing won't budge an inch. I guess the question is are you feeling like you need to do something extreme that is out of your comfort zone that you feel if you don't do it then all is lost? If you feel you are approaching that point reach out to as many people as you can as fast as you can, because if you truly get to that point anything and I do mean **anything** is on the table and 9 times out of 10 the outcome is more disastrous then you think is currently possible

my sincere apologies for what must seem like a lecture. It isn't

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 25 Oct 2023 23:11

Mazal Tov!

it's a boy!

was so nice to hear my wife say “thanks for being so kind to me I really appreciate it” instead of
“ WHERE THE HECK WERE YOU?!?!?!?”

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Re: My Story, Being Honest For Once
Posted by ainshumyeiush - 25 Oct 2023 23:23

Mazel Tov!!!

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Re: My Story, Being Honest For Once
Posted by foolie - 25 Oct 2023 23:28

Mazel Tov

The best possible replacement for where the heck are you

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Re: My Story, Being Honest For Once
Posted by redfaced - 26 Oct 2023 01:34

Mazel Tov dear Brother!

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 19 Nov 2023 23:30

Making a Kabbalah to not use my work phone (filtered smartphone) outside of my business's
hours.

it should be a merit for me to succeed in working the steps toward sexual, substance related, and emotional sobriety BH

buying a j-Waze so no excuses.

Posting for the record and to track the date.

also started making an effort to be shiner Brit and enayim again

feel like I'm crawling toward the exit of this pit; the pit that is so large it seems like an entire world.

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Re: My Story, Being Honest For Once
Posted by foolie - 20 Nov 2023 16:46

Don't let the size of the pit overwhelm you. It's a long crawl but you're in it for the long haul and remember it's a process that requires patience and fortitude and you have those.

Looking forward to more frequent updates

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 01 Dec 2023 20:25

This sunday I had the hardest of all falls.

succumbed to the urge to go all out and do the thing I had avoided for a long time.

felt like a zombie the whole time, as if I was watching from out of my body.

accepted two days ago that I'm done with this - porn, masturbation, prostitutes, massage parlors, all of it.

as a friend told me - this is the point where you no longer see the relationship between lust and self as "separated."

This is a divorce. It's over between me and lust for the rest of my life, but I'm taking it one day at a time.

I am doing whatever it takes to win. Today is 180 days sober from a drink and drug, but only day 2 on doing whatever it takes.

Here's to a life full of fighting the good fight and staying on top.

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Re: My Story, Being Honest For Once
Posted by adam2014 - 02 Dec 2023 08:40

I am on day 63 of being Sober and also on day 2.. and I join you, my divorce from this stuff begins today!! I am with you!!!

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