

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 - 24 Nov 2024 17:25

had a great time at the Shabbaton

I had a personal breakthrough in the meditation room, and forgave myself for the harm I've done with my alcohol+lust-drunk interactions with a young woman related to me by marriage. I also became willing to disclose that interaction in my upcoming disclosure (although I am working with my therapist to word it in a way that will retain the victim's anonymity). It was eye opening to listen to spouses in keynote speeches and in couples' meetings and gain perspective of the coaddict's journey. It gave my wife hope too that my ups and downs do not have to be her ups and downs. There are many women who shared how when they no longer took responsibility for their husbands' lust addictions and behaviors, the husbands had to face the reality that they need to recover on their own and can't blame the wife. I needed to hear that...

Very grateful that our baby came along for the weekend. Was very overwhelmed at times and playing with the baby was a great distraction / relaxation method.

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 28 Nov 2024 17:35

i have been writing my full disclosure to share with my wife and got super triggered when writing about the first molestation around 13 years old

had a panic attack the next night as well

made a boundary with a very distant relative which included a few hundred dollar refund that I practically had to chase him down to force out of him.

he went crazy and sent vile emails to another (much closer relative)

this was compounded on top of other life experiences

i had an full blown anxiety/panic attack last night while driving down the highway. it was horrible. begged Gd to take it away, wife talked me down, and eventually I got out of it.

physically painful experience

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 06 Jan 2025 18:09

lots to share

tons of growth

it's easy to forget to share the wins and not just the losses

growing in mental health together with my wife

discovering lots of my triggers are "mommy issues"

letting go of expectations of my relationship with father / mother looking a certain way, accepting

them for who they are more and more.

sad about relationships around us falling apart, but happy that it is because we are setting healthier boundaries with the toxic people in our lives.

my little brother is trying to get engaged and parents are twisting him back and forth., yes-no-yes-no-yes-no. Glad that wife and I are able to be of support to him.

doing my SA stepwork (almost) daily. (working thru the workbook called "the gentle path")

meeting with sponsor

daily meeting each morning Sunday-thursday

reaching out to old timers and new comers.

owning my bad behavior and recognizing wife's growth

putting more faith in Hashem when it comes to money

I'll be fine, always have been

today my business checking account got overdrawn, I accepted it, 30 min later a customer calls me several times practically begging to send me thousands of dollars each day because there's a max to how much she can sell at a time.

It always works out

a great formula for surrender "Hashem, you are so good at art, you made that woman so beautiful especially _____, thank you for showing her to me but I don't want to be stuck on her so please take the desire away in this instance"

It's been working.

recognizing how pretty my wife is. I used to think she was just an average looking woman but now i recognize more and more how amazing she is, inside and out.

a fellow gye member reached out and encouraged me to check in since i have not done so in a while. thanks anonymous user for giving me the nudge.

lots to share

i have a cold so that is all for now

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 06 Jan 2025 20:42

also, when I feel bad, historically that's a trigger to act out. Kinda like "can't make me feel any worse, can it? It's like blowing my nose too many times with cheap tissues."

I have a cold and I'm soooooooooooooooooooooo good at being a nebach sick guy with a cold.

so easy to rationalize a quick M, cuz anyways I feel cruddy.

Not an excuse.

Hard pass on that one.

Thanks.

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 12 Jan 2025 02:13

My little bro is close to getting engaged. My wife and I have been supporting him thru the process (some background - my parents are emotionally absent and emotionally manipulative as well as paranoid. They mean well though!), and he reached out to me asking how to ensure that P&M won't be an issue for him after marriage (lol)

After freaking out and calling my sponsor and old timers to talk about it, I shared more about my experiences and he identified, especially with the "my brain was screaming no, but my body was acting out, going places and doing things like a robot outside of my control."

i've told him about my involvement in AA and SA. He ws supposed to come over tonight, be screened by a member of the local group, and come to a meeting with me in the morning. texted me after shabbat backing out.

It's a bit disappointing, but my sponsor reminded me to think about what it was like for me coming in. i left for a year after my first meeting.

I remember Dov nudging me to check out SA and I got really annoyed at him. (sorry dov, i know you had good intentions)

I am also being honest with myself and recognizing that I was also really excited to have someone in my family that I could talk to about the insanity in our family....

Reminding myself that the program works by attraction rather than promotion. Not looking for converts, but those who seek shall find what they're looking for.

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 12 Jan 2025 02:55

for clarity, to understand the family dynamic.

A story about my "highly eligible single sister" who my mother says " how dare he consider dating her" about any eligible young man who does not fit into an impossible box:

She got elective plastic surgery, purely cosmetic and entirely not necessary. She didn't like the angle of the tip of her nose so she (closer to 30 than 20 years old btw) whined and cried to my father till he agreed to pay. She got insulted when i didn't say anything about it to her a few weeks later when I went with the wife and kids to parents for shabbat. Her friend came over with a gift basket the day after the surgery to "celebrate" the surgery. She craves the high life - drives a luxury SUV, wears brand name clothes, goes to exclusive restaurants and private parties - all on our father's credit card. she's completely broke yet living the high life. G-d forbid that she should get a job - she's on a 100% percent scholarship in grad school for some BS degree she's never going to use (paid in full by pops), and wouldn't even consider marrying anyone who doesn't make enough money to support a \$15-20k/month lifestyle, for starters.

talk about not being comfortable in your own skin....

In my parents' home, we were told that we are better than other because of our last name (probably nobody from out of town ever heard of us btw)

shidduch suggestions are lucky to have the opportunity to date us... my wife and i are the weird ones in the family. We're both in therapy, nebach.

not surprising that I treated my wife like a rag for years.... grateful that we both got help and now she holds me accountable.

sheesh.

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 12 Jan 2025 02:59

also, i found a leftover acting out piece of tech i thought i got rid of, instantly started making plans where and when to use it.

then therapy and program tools kicked in. i surrendered the opportunity to Hashem. Thanked him for the beautiful things I saw with previous items, but asked to be relieved of the obsession. I smashed it up, threw it out, and moved on. Grateful i didn't fall into that rut again.

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Re: My Story, Being Honest For Once

Posted by jollylemur95 - 12 Jan 2025 04:46

[ilovehashem247 wrote on 12 Jan 2025 02:59:](#)

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True Gadlus!!!

WOW!!!

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 14 Jan 2025 14:17

hitting 5 months of sexual sobriety in a week from today. haven't gone longer than 6 months (i think ever) hit 6 months before my last acting out spree (a month over the summer)

i feel like i am getting more healthy but also feeling fear about uncharted territory of long term sobriety. doesn't make much sense to me but that is how i feel.

Sobriety date August 21 2024 in SA

June 4 2023 in AA

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Re: My Story, Being Honest For Once
Posted by richtig - 15 Jan 2025 15:19

[ilovehashem247 wrote on 14 Jan 2025 14:17:](#)

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Sobriety date August 21 2024 in SA

June 4 2023 in AA

I can totally relate! Almost feels like it doesn't fit... Self sabotoge is a classic characteristic of addiction. Also, fear of the unknown, plus "that's not really me, who am i kidding"... rooting for you!

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 16 Jan 2025 00:16

I'm feeling very overwhelmed, progressively so since my very successful therapy session

yesterday (following a Ray of Hope meeting the day before). Ray of hope facilitates support groups for Jewish people who were sexually abused and we meet every two weeks.

I put the (somewhat vague) details of this memory in a collapsible section below. Mods, if this is a trigger for anyone please let me know and I will edit, rather than just delete it. journaling on this thread helps me get a picture of my recovery journey. Thank you.

Warning: Spoiler!

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 21 Jan 2025 23:03

Trigger warning - wrote it as vague as possible, but proceed with caution.

I feel like there is a heavy weight on me and an emotional exhaustion from today's therapy session. It is difficult to bear, but I know that the only way past this pain is through. I'm still hopeful for my future and willing to do whatever it takes to heal.

Warning: Spoiler!

If I found out that my actual child experienced something like this, I'd be furious and take immediate and aggressive action.

Since this incident is many years in the past, what I need to do now is to be kind and compassionate to my inner child.

I was only a child... as far as I can remember, I did not talk to any adult about this. I did not ask for help, tell my mother or father or teacher that something strange happened to me. My entire "sex talk" from my parents was them giving me a book about puberty when I was 13 or 14 with a note. I was ashamed, yelled at them, threw the book out, then took it out of the trash when my parents had gone and masturbated to the drawings of boobs and vaginas.

P.S. I finished step one in SA, I've been working it with my sponsor using a workbook called "The Gentle Path" by Patrick Cairnes. I read, underlined, wrote, and checked off all 112 pages until the end of the chapter on step 1 - a third of the entire book.

Celebrating 5 months of SA sobriety today.

Mods, please let me know if any edits are needed - do not delete if someone is triggered as this forum helps me journal and organize / review my thoughts.

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Re: My Story, Being Honest For Once
Posted by Markz - 21 Jan 2025 23:39

ILH.

Mods, please let me know if any edits are needed - do not delete if someone is triggered as this forum helps me journal and organize / review my thoughts.

Mods please be fair and if someone claims to be triggered, please ask them if they are in the 90 day clean league.

If not, who's to say this is much different than 1000 other triggers they encounter which the world is full...

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 28 Jan 2025 22:57

my 3 year old had another febrile siezure today.

I showed up and took him to the hospital

was able to focus on him and not steal second looks at nurses - pretty crazy how revealing scrubs are these days...

feeling like i need to regain control - in the past this would be a major trigger to act out and/or get high/drunk

I'm here for my family today. doing a step 6 and 7 on it - i recognize that i have these character traits that make me want to both run away and also control when i feel overwhelmed, and i'm giving it up to G-d.

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