

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 chancy - 30 Oct 2022 17:43

Wow! I'm speechless.....

you are an absolutely amazing YID! You are what Hashem wants from this generation! Never did we have such temptations at our disposal all day and night, never did we need such Gvura Dikdusha to be able to stay holy!

the last stop in this long Gulous is the utter depths of the lowly earth called the 50th gate of Tuma..... a place where Hashem didn't trust any other generations to approach even angels are afraid to touch such a low place, only US in this generation are entrusted with this monumental task to cleaning up and finding the Precious stones send gems hidden here. Our reward will be forever for every second we didn't give in and found Hashem instead!

keep on the amazing works! You are giving us all hope!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 30 Oct 2022 19:22

[chancy wrote on 30 Oct 2022 17:43:](#)

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Thank you for the chizuk chevreh.

I wanted to somehow incorporate what I'm about to write & appreciate the opening to do so - I was listening to a shiur by Rav Ephraim Wachsman last week and he said over the following story:

"Reb Moishela Metzambur shared with his brother in law after walking through the bad part of town that the davening he had after passing through the area of nisayon and successfully guarding his eyes was one of the most powerful and uplifting tefilot he had ever experienced. His brother in law told him a big yesod: in such places there are treasure troves of nitzotzot - sparks of kedusha that have been dropped by those who did not guard themselves and who have committed averot in that area. When someone comes through who guards himself and is a kadosh, then he picks up all of the treasure troves of nitzotzot that have been dropped by others and that is why your tefillah was so special."

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 02 Nov 2022 19:45

BIG WIN TODAY!!!

Was stuck in traffic next to a public elementary school and all the young mothers dressed quite "relaxed" were walking their kids home. ept my eyes on the car in front of me once I started noticing the women walking by.

How are leggings considered appropriate? It's literally long skin tight underwear.

Food for thought - we love having guests for Shabbat and make sure to invite guests who will enhance the Shabbat atmosphere in our home and will be a positive influence around our kids. I try to not observe the shape of the wives who come over but some are quite... shapely... so even when modestly dressed you can get a gist of what's going on. I think a modestly dressed frum woman is much more tasteful and appealing than a half naked lady with leggings. Any suggestions on how to handle this pull?

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Re: My Story, Being Honest For Once
Posted by Vehkam - 02 Nov 2022 20:02

[iLoveHashem247 wrote on 02 Nov 2022 19:45:](#)

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congratulations on your win.

with regard to shabbos, try to work on moving on from those thoughts by focusing on other things that will keep your mind occupied. If you can't do that you may have to rethink some of these guests..... As you protect the kedusha of your mind more and more, it should be easier to learn to redirect your thoughts even if you happen to notice a body shape...

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Re: My Story, Being Honest For Once
Posted by Hashem Help Me - 02 Nov 2022 20:24

[iLoveHashem247 wrote on 02 Nov 2022 19:45:](#)

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Having guests for Shabbat is a great mitzva, however that does not mean we are allowed to put ourselves into a nisayon. Someone i know was once all fired up about kiruv rechokim and asked Rav Pam zatzal what to do if he has difficulty with immodest guests that he wanted to invite for Shabbat. He answered that he should not invite them for Shabbat and rather contribute financially for someone else that is not affected to have them for the Shabbat meal. Everyone's nisayon is different. If you are aroused by frum women dressing with the styles of today (which is an extremely common heard trigger here), then reexamine if you should be hosting such guests. And maybe there are strategies to still be able to invite without "awakening the lion". Seating arrangements can possibly make a difference. May Hashem help you figure out a solution.

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Re: My Story, Being Honest For Once
Posted by Human being - 03 Nov 2022 17:22

I have the same feelings. When i was in erez yisroel/israel i had a way harder time with shmiras
eynayim in geula then in the shuk.

I think most people feel the same way if we are being honest, hit that thank you if you agree to
this.

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 03 Nov 2022 17:56

Started exercising every day and my upper back is all tight and knotted up. Have such a taava
to get a massage for the sake of an actual massage.... just put bengay on the sore muscles and
will not allow myself to go to any such place.

Blah

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Re: My Story, Being Honest For Once
Posted by Teshuvahguy - 03 Nov 2022 18:21

[iLoveHashem247 wrote on 03 Nov 2022 17:56:](#)

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So glad you said no to that. Proud of you!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 03 Nov 2022 18:22

[Teshuvahguy wrote on 03 Nov 2022 18:21:](#)

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Edit: "SAYING" no. As in current. BH This day will be another win... about to have lunch with my wife hopefully that can help

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Re: My Story, Being Honest For Once
Posted by Teshuvahguy - 03 Nov 2022 18:31

@ilovehashem247, keep on "saying" it. We want you to have another big win! Seeing other people succeed seems to help me succeed so keep it up, bud!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 03 Nov 2022 22:56

Hey guys, I won!

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Re: My Story, Being Honest For Once
Posted by Teshuvahguy - 03 Nov 2022 23:18

[iLoveHashem247 wrote on 03 Nov 2022 22:56:](#)

Hey guys, I won!

also took some advil

I never doubted. So happy you passed this test! Every success makes us stronger.

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 04 Nov 2022 01:59

currently working on cleaning up the house for early shabbat prep to avoid pre shabbat [wife] anxiety as per HHM's advice. This is week # 2 of doing so - last week was a success, BH this one will be as well.

Back still hurts, probably not gonna work out tomorrow.

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Re: My Story, Being Honest For Once
Posted by Vehkam - 04 Nov 2022 02:13

[iLoveHashem247 wrote on 03 Nov 2022 17:56:](#)

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These are the big wins! Don't forget to celebrate.

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