

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 - 14 Feb 2025 14:20

Dear Mr. T,

Thank you for your encouragement and nice words. It's nice to hear it from outside my own head (where I can doubt myself).

I am happy to help others by sharing my experiences. But if we're being honest here, I am

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 14 Feb 2025 21:00

my wife was having a hard day today so i told her to go to our room when she got home. she was attacking everyone (so unlike her) and i was trying to sort out with her which kid should do what shabbat job, and she kept being so aggressive and picking on all of us - just being so mean! so i told her just go lay down and take your regular 2-3pm friday afternoon break from now (12:50)

she burst out crying and ran to our room

i am so confused.

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Re: My Story, Being Honest For Once
Posted by frank.lee - 17 Feb 2025 17:18

Hi ILH, how was Shabbos and Sunday? Is she ok? Are you ok?

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 18 Feb 2025 03:27

thanks for checking in. we spoke about it. i think it was a good thing - she allowed herself to feel her feelings.

we have been talking it out, and i owned my curtness and she owned her non communication

we're growing in being able to feel feelings.

Sunday was nice - both busy with half the kids at different simchas, today we chatted a bit more (traveled a bit for work - usually i work from home).

Going to sleep soon and if she's awake will have some pillow talk

life is busy and challenging but i do not need to run away from feelings anymore

heard a great line: feelings are like children. you do not want them driving, but don't want them stuffed in the trunk either. They should just come along for the ride.

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Re: My Story, Being Honest For Once
Posted by chancyhk - 18 Feb 2025 04:04

Dear ILH,

Great post as usual. SO real.....

I agree with you 1000%. Emotions should never stay tucked away and left to fester. They need to be aired out so they can heal.

Every misunderstanding can be resolved pretty easily if people would not let it fester but rather confront it and talk like adults.

Im happy that you are growing, its amazing to watch.

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 18 Feb 2025 13:58

amen to that.

are you by any chance Chancy's brother from Hong Kong?

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Re: My Story, Being Honest For Once
Posted by tzaddikvikam13 - 18 Feb 2025 18:44

Your work and perseverance is incredible.

[ilovehashem247 wrote on 18 Feb 2025 03:27:](#)

heard a great line: feelings are like children. you do not want them driving, but don't want them stuffed in the trunk either. They should just come along for the ride.

Love that line.

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Re: My Story, Being Honest For Once
Posted by chancyhk - 18 Feb 2025 18:53

[ilovehashem247 wrote on 18 Feb 2025 13:58:](#)

amen to that.

are you by any chance Chancy's brother from Hong Kong?

Crap! You caught me.....now i gotta change my name.....

Actually, I AM CHANCY2.0(as in Gandalf the white.....)

Im still here alive and kicking.....

I like to see others doing well.

Good luck stay sane and pure out there.

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 20 Feb 2025 05:17

So I just got home from a wedding located about an hour and a half's drive from my house.

I'm good friends with the chattan + his brothers. I walked in at 9pm (planning to leave at 10 with my wife), and saw the leader of the cult I used to be a part of (the man who has been threatening, intimidating, and harassing me since December 2022) sitting there with his sons and students (about two round tables).

about 30 minutes into my stay, two of the chattan's brothers come up to me and tell me to follow them. we walked to a side room in a quiet area of the hall and they told me, shaking and about to cry, that the "Rosh Yeshiva" (read: "Rosh-In-His-Butt") demanded that I leave the wedding hall immediately, or else he will make a big scene and storm out with his crew.

The brothers kept apologizing and saying that they do not know what to do, they want me there but also do not want a scene. they even tried convincing me to agree that the chattan should come out of the yichud room early to dance with me (i had to leave at 10 to get home in time for the babysitter to get home when we promised). I insisted that they should not do that and to let him enjoy the time with his wife.

i explained to them some background of how the crazy man had been harassing me and building a delusional story for the past few years. I walked in and looked him in the face, and after speaking to the brothers went back in to the hall, and looked him in the face (he didn't look my way). I didn't "accidentally" bump his chair, nor did i make a comment or send a message.

I was free tonight. free of people pleasing, free of fear of people - the Big Book promise of "fear of people and of financial insecurity will leave us" really came true for me tonight. i texted a bunch of people what happened. i reached out to my support network. I told my wife that I am aware that my M.O. is to slip into victimhood and self pity and indulgence, so I asked her not to have sex with me tonight even if I insist (need to ask sponsor if that was the right move, but she's exhausted anyway).

I was even able to be mochel - still think the guy is a wild animal - because I cannot live a sober life today if I am carrying a bitter and toxic resentment in my heart.

I really lived the program tonight - used the tool of pausing before speaking and acting in order to refrain from dumb and impulsive behavior.

I was the bigger man tonight, and although i did feel a bit uneasy, I am lucid and am going to sleep sober.

I did not drink tonight

I did not drug tonight

I did not lust tonight

I did not cruise tonight

I did not fantasize sexual or revenge thoughts tonight

I won tonight!

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Re: My Story, Being Honest For Once
Posted by simchastorah - 20 Feb 2025 06:21

Amazing story, keep being oleh maalah maalah!

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Re: My Story, Being Honest For Once
Posted by i-man - 20 Feb 2025 07:13

Incredible wow. They say that it's an eis ratzon, pray for us.

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 20 Feb 2025 11:37

may all of my brothers and sister fighting the challenge successfully recover from their traumas and find healthy ways to cope with their negative emotions.

I had a dream tonight that I gave birth to a baby girl - not sure what hole she came out of but looking forward to the day. We have only boys. I think I can properly respect and cherish a daughter now.

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Re: My Story, Being Honest For Once

Posted by chaimoigen - 20 Feb 2025 15:43

I'm blown away, deeply moved, and highly impressed! Thanks for the Bracha.

Continued Hazlacha and success, you're an inspiration!

Here's hoping that your incredibly great reaction was Misakein the story of Bar Kamtza in Shomayim, and that very soon all of us will be able to return to Yerushalayim!

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Re: My Story, Being Honest For Once

Posted by alex94 - 20 Feb 2025 18:02

You will do yourself good to recognize that the greater celebration is not of your undeniably beautiful and powerful success but of the maybe less pretty moments of fortitude and tenacity, your acts of courage and discipline along the way, many in situations you would rather not have been in. Your great win is the sum of those moments.

I wish you a meaningful celebration that you can draw on in the future for strength and motivation.

Lchayim!

You are an inspiration

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