

**My Story, Being Honest For Once**Posted by ilovehashem247 - 22 Sep 2022 01:20

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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 Markz - 26 Feb 2025 23:44

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My brother, thank you for sharing

That letter must have taken a lot of emotional upheaval and hard work to put together, but you gotta do what you Gotta do.

I hope it works out for your favor and your wife.

I want to throw a suggestion which may be beneficial for your presentation to your wife.

Many of us go through difficult times.

Then when the going gets rough, we act out in different ways.

You highlighted many ways that you had acted out

Did you manage to share all the difficulties that you have had in your life?

Now look, if you had everything going good for you from the day you were born until today, and you carry the burden of the molestation, let's call it that, from age 11 and 12 - that is possible.

But I'm gonna throw it out there that there's is a likelihood that you had other difficulties, which many of us have growing up.

How was elementary school for you, how was high school, how were your parents to you throughout your childhood?

If you did have other little T traumas or big ones, then I would think it is essential to include

them in the letter.

We all have problems, and then we have solutions to the problems.

Many of the solutions, such as acting out are the wrong solutions - we don't always know better.

You elaborate on many of your various "solutions", but not your problems that you may carry subconsciously.

If you have, and could include those to give a background perspective, it may add to give her a better understanding and appreciation of all you had to deal with all these struggles

Something to think about from another brother over here.

KUTGW

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 03 Mar 2025 15:58

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For me, the Big T Traumas were molestation at age 11, 13, and ongoing 14-16.5

The past week was crazy.

A friend took me to a men's spa and I came home super serene and finished the disclosure that very same day.

yesterday I shared my step 1 at a 12 step group and made me recognize patterns in my life of recreating situations similar to the trauma I went thru, and trying to reprocess it in more and more extreme ways. I had no safe adults to turn to, and connected to narcissistic a-holes, hoping their strength would be the answer - if I could only connect to that maybe I could learn strength of my own. instead I was used and abused and thrown to the trash.

last night I attended a Ray of Hope event - a few dozen fellow sex abuse survivors and a handful of top trauma therapists.

I shared a statement that really was very painful to share:

"I have some shame in sharing I am an alcoholic, but have shared with a few close family and friends. I feel even more shame saying i am a sexaholic, it's extremely unlikely i would share that with my parents or siblings. but the shame I feel from being sexually abused is so much more overwhelmingly stronger than either of those. Why do I feel such intense shame when someone f\*cked with me? I didn't do it! they did it to me!"

the whole room started sighing...

it is even more confusing that it was done to me by women and girls too.

my wife and i are in a very hard spot right now. she is in so much pain leading up to this disclosure, i did not even try to share my day with her yesterday.

she finally asked over the phone and i started crying so hard, my entire body shaking, for the first time in at least 3 or 4 years.

f\*ck

so much pain

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Re: My Story, Being Honest For Once  
Posted by redfaced - 03 Mar 2025 17:31

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[ilovehashem247 wrote on 03 Mar 2025 15:58:](#)

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So much pain indeed. I'm sorry brother.

Hopefully knowing that there is a cyberverses full of people that really and truly care, helps a little bit.

Davening for y'all, I am.

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Re: My Story, Being Honest For Once  
Posted by markz - 03 Mar 2025 18:11

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[ilovehashem247 wrote on 03 Mar 2025 15:58:](#)

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We are here for you 24/7!!!!

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Re: My Story, Being Honest For Once  
Posted by markz - 03 Mar 2025 18:16

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[ilovehashem247 wrote on 03 Mar 2025 15:58:](#)  
Here's a shoulder Brother

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so much pain

Please re-read my post that you replied to here.

It sounds like you did have little T's. If true, those can a real big impact for CPTSD.

Definitely sharing with your wife ALL the T's can make a positive difference,

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Re: My Story, Being Honest For Once

Posted by chancyhk - 03 Mar 2025 19:46

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[ilovehashem247 wrote on 03 Mar 2025 15:58:](#)

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so much pain

You are going thru a deep cleansing right now. You are finally opening up to experience the pain that you have been hiding from for so long. Yes its painful, I cant even imagine. But it will get better, you will learn how to look at all of that pain and trauma from an adult perspective.

Crying is for Men. No shame in that. Its very healthy to release the pain thru crying. Much better than escaping.

I would let you cry on my shoulder for hours. I hope you can feel that somehow.

We love and support you.

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Re: My Story, Being Honest For Once  
Posted by ilovehashem247 - 06 Mar 2025 19:16

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yup

spiritual growing pains...

passed the 20 month sobriety mark from mind altering substances

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Re: My Story, Being Honest For Once  
Posted by alex94 - 07 Apr 2025 09:42

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Reb ilh247, how is it going?

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Re: My Story, Being Honest For Once  
Posted by ilovehashem247 - 28 Apr 2025 00:05

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howdy fellas

I am glad i did the disclosure. lots of ups and downs, but now we are actually able to work on our relationship.

lots to share, but for now i will leave you with this great article:

[aish.com/increasing-intimate-pleasure-in-marriage-a-jewish-perspective/](https://aish.com/increasing-intimate-pleasure-in-marriage-a-jewish-perspective/)

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Re: My Story, Being Honest For Once  
Posted by jewizard21 - 28 Apr 2025 02:39

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I am so happy for you. You are an amazing person.

(I believe that that article should be removed and shared exclusively on the baal habatim forum)

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 28 Apr 2025 14:16

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Thanks, JW.

Why do you think it should be removed? It's a great resource for single guys too.

Who here got a healthy sex education, and has a safe mentor to turn to when they have question?

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Re: My Story, Being Honest For Once

Posted by jewizard21 - 28 Apr 2025 16:12

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Most people here, especially singles, are still learning a healthy view on what sex is and how it relates to Judaism, and until married we can't actually experience that healthy view.

This article is very explicit and can/will cause fantasies to singles, even though it's intended to be informative.

I would consider myself to have a very healthy view on sex, but without having had sex to actually relate to what the article is saying it makes the mind wander and fantasize. I even closed the article, gathered myself, and told myself "this is practical information from a good source so it's not bad to read" but luckily I had the sense of self to close the article again.

I hope that once I get married Bezras Hashem I can read this article and utilize it in a healthy way. But for now unfortunately it is something that will just cause a single guy like me to fantasize even at over 1yr clean of masturbation and over 1.5yr clean of porn.

Maybe I am not giving people the benefit of the doubt but I dont think most people here have a healthy sex education. Most people just read the forums but don't actually reach out for help. Or when they do, they don't necessarily get to the important conversations like "what is sex really?"

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 30 Apr 2025 15:02

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fair point

i want to share tht i am frozen since monday when a new member in a support group for jewish survivors of sexual abuse shared some of his story.

he said that his kindergarten rebbe molested him daily for almost 10 years

i got super triggerred by the abuse of power by an authority figure and have been floating along frozen for the past few days

i keep procrastinating things

i feel so stuck

i do not know why i am so triggerred but i am frozen in place

can't work

can barely learn

hard to focus

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Re: My Story, Being Honest For Once

Posted by chancyhk - 30 Apr 2025 17:09

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[ilovehashem247 wrote on 30 Apr 2025 15:02:](#)

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Dear ILH247

How are you? Its been a while. I hope you are doing well. You give me hope for the future.

I feel your pain and frozenness, There are just some things that are so horrifying and out of this world crazy that your mind/body wont/cant accept.

Its hard for all of us to grasp with the fact that someone especially someone with such a job as a kindergarten rabbi can be such a sick dude. Our minds cannot fathom what kind of damage a thing like that or a person like that causes RL!

Now, if its hard for the rest of us, I can hardly begin to understand what this must feel like to you, someone who has gone thru and is still wokring thru the trauma of neglect and abuse on so many levels.... my heart stops to beat its regular pattern just by thinking about it..

But remember, you are alive and BH growing in your Avodes Hashem and in your pother relationships.

Such a story makes me wanna yell out to you "ILH247, We need you! The world needs you"  
Who else can heal our brothers and sisters who have gone thru this hell, if not you?

You have so much power, you ant imagine. You have something to offer the offer that no one else can.

So take time to process this horror story and dont let it get you down.

Remember "What doesnt kill you, makes you stronger" So dont let it kill you.....

Love

Chancy Hakuten

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