

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 Geshmak! - 18 Nov 2022 04:01

[iLoveHashem247 wrote on 18 Nov 2022 03:56:](#)

Thank you, TeshuvahGuy, that's really how it felt this week. Very observant of you!

BTW I know this thread gets lots of views so just putting this out there - I am a huge fan of Rabbi Eli Portal's "Rolling With The Punches" podcast where he interviews people who have gone through adversity. Would LOVE to hear someone from GYE give an interview on how they overcame their lust addiction and became a healthy functioning and successful person in this aspect and how it affected their life before and after breaking free (Maybe HHM? Nudge, Nudge?).

Just listened to his latest podcast of an anonymous interviewee who at 16 years old found out (kind of by mistake) that he was adopted as an infant.

These interviews give so much chizuk to so many people, and it could be a big help for people who are struggling, and can also help a lot of people get onto GYE.

Food for thought

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I would pm this to you...but I'm locked out of my pm for a good reason (I think you know why

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Re: My Story, Being Honest For Once
Posted by Teshuvahguy - 18 Nov 2022 04:12

[iLoveHashem247 wrote on 18 Nov 2022 03:56:](#)

Thank you, TeshuvahGuy, that's really how it felt this week. Very observant of you!

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These interviews give so much chizuk to so many people, and it could be a big help for people who are struggling, and can also help a lot of people get onto GYE.

Food for thought

Keep up the good work and positive vibes. Success is self-propelling and contagious! Proud of you. Lots of progress in these posts. One of the most powerful things for me on GYE is the amazing honesty of the guys. Good or bad, we're sharing our truth and for me, it's so helpful to know there are guys out there who "get it." Thanks for sharing.

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Re: My Story, Being Honest For Once
Posted by pvibes - 18 Nov 2022 04:39

I want to tell you that I have been hesitant to post on the public forum on GYE and have yet to do so until today.

The reason I am breaking this fear of mine for your post is because it really made an impression on me. You are on a much higher level than you think. I have seen few people open up about as vulnerable and personal of a topic as you just have. The fact that you were brave enough to express all of this on a public forum, even anonymously, is nothing short of admirable. I already look up to your openness and honesty.

I know that with your willingness to improve, with Hashem's help, you will beat this!

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Re: My Story, Being Honest For Once
Posted by Geshmak! - 18 Nov 2022 04:47

[pvibes wrote on 18 Nov 2022 04:39:](#)

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I know that with your willingness to improve, with Hashem's help, you will beat this!

First of all welcome to the family!

Second: nice post! I'm so maskim to you- I love to read lloveh247 s posts I get tons of chizuk
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Third: looking forward seeing more post from you R'pvibes!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 22 Nov 2022 03:41

Was super depressed for various reasons. Mostly because I had a date planned with my wife and she shut it down for a stupid reason ("sensitivity" to someone else's feelings) with zero communication. We ended up going out. It sucked.

called hhm Got validated that I'm a normal human being

i told him I have no energy to pray

he told me now you know how Hashem feels when we don't communicate.

got the message, went to pray in the woods behind my house

feeling slightly less like garbage

going to sleep

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Re: My Story, Being Honest For Once

Posted by Geshmak! - 22 Nov 2022 03:46

[iLoveHashem247 wrote on 22 Nov 2022 03:41:](#)

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Wow such power you have! That you were able to get yourself to go out and daven!! I'm sure your ????? were answered! Lucky you... I'm sure you'll wake up in a fantastic mood! You'll feel like a new man bhy!

guta nacht shluff geshmak!!

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Re: My Story, Being Honest For Once

Posted by Geshmak! - 22 Nov 2022 04:00

It's so upsetting to get turned off by anybody especially by your own wife(because your so close and love each other so much that's why it hurts su much more) like I would fall the must after my wife turned me off for some stupid reason... it's amazing to watch you act how you controlled yourself and keep doing so .. keep up the inspiration!!

I wish you can call me now just to shmuz ... like I'm in a pretty good mood. Some times when your down it's good to just shmuz with a good friend. Like I wish there can be such a program that people can get to speak to others just to cheer them up when there down... sometimes just hearing one good joke from a friend can snap you out of your mood... if you got such a friend

like they say in my language- hak a laben!!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 23 Nov 2022 22:09

Feeling much better. I reviewed rabbi Shlomo wolboe's chapter of ??? ????? ????? in the Seder alei shur. That helped me snap out of the depression a bit - discussed the cycle of ups and downs in life as well as recognizing one's mission in life and that within our greatest challenges lay our greatest potential and our life mission.

by the way last night I sat down in the bed next to my wife to let her talk and pour out her feelings instead of going to learn. I absolutely believe I made the right choice because she was bottling in a lot of pain. Later that night I gave her a back rub and chills and went to sleep. She woke me up shortly after and I was forced to act in a very unselfish way which was very beneficial for all involved.

so following HHM advice and giving without strings attached was a very positive experience

also have been trying to focus on judging my wife favorably, because....

Warning: Spoiler!

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Re: My Story, Being Honest For Once

Posted by Teshuvahguy - 24 Nov 2022 00:56

[iLoveHashem247 wrote on 23 Nov 2022 22:09:](#)

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Warning: Spoiler!

I love everything about this post. Every word. Everything you did for your wife and the awesome news at the end. I have a huge smile now!!!!

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Re: My Story, Being Honest For Once
Posted by chizuk613613 - 24 Nov 2022 11:15

Unbelievable!

Can tell you're a chasuva guy with an elevated neshama. Keep on shteiging and inspiring everyone here!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 28 Nov 2022 00:23

Hey chevreh, approaching day 70 (!!!)

Lots of emotional ups and downs, although I can testify that this has been a life changing experience so far, and one of the better life choices I've made.

I've developed closer bonds with my loved ones, and have come clean (literally) to my rav. I've acquired a very special mentor/rebbe/friend in HHM, who has been indispensable throughout this journey, and may Hashem continue to bless him with a long and healthy life! I actually am starting to love my wife - not just "like" her and live peacefully with her as my "roommate with benefits."

If there's one thing I know I'm good at, it's lowering my ego and changing my attitude and behavior when faced with the truth, but until I started on my current path of recovery I did not

realize just how humbling it is to truly face the bare-bones ????. Acquiring humility is a painful process that requires a person to be honest with themselves in their assessment of the strengths and weaknesses within them.

This week I ventured into an eatery in which a non jewish woman found my contact info last year and proceeded to chase after me, and I had a partial fall. I went in there this past week to say hello to a Jewish man I know who I saw through the window - halfway through our conversation, I saw *her* staring at me and trying to catch my eye, and I ignored her. Not planning on going back in there again, but this was a big win for me.

I also recognize that my "erev shabbat" lechaims had spilled over into shabbat day and I was starting to lose control of proper behavior, so I'm taking a break from the bottle for the time being.

All in all, it's been amazing so far, and I am filled with gratitude for the chevreh on GYE - thanks to your encouragement, I am starting to veer away from sexualizing my painful feelings (shoutout to HHM). I've come quite far in recovery from technology addiction as well. Now when I am somehow bored and find myself unoccupied for a while I can actually sit and think, or read a book, or look outside even spend time talk with and listening to my kids (what an interesting concept) - I do not go crazy anymore just because most of the internet is blocked (rightfully so) on my devices.

It is normal to feel feelings. Without the downs there are no ups.

And it's ok to be kind to yourself. If you're reading this, do me a favor (as a stranger / friend) and do what a good friend of mine once told me to do - look in the mirror, deep into your eyes, and tell yourself over and over again that you are a good person who deserves to be happy!!!

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Re: My Story, Being Honest For Once
Posted by Vehkam - 28 Nov 2022 00:39

the things you describe take super human strength. It is amazing to look back and see that even in a situation that you describe as a non kosher experience, you were able to stop and say no. Very much like Yosef Hatzadik!

It is beautiful to read about your continued growth and awareness.

Thanks for posting and keep inspiring us.

vehkam

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 28 Nov 2022 03:02

Ty for the kind words - but I did fall in that situation, but did not succumb fully.

I did very painful Teshuva on it, but as the Rambam explains full Teshuva must be in the same situation in the same place with the same woman - so I believe I finished my Teshuva this week when I didn't allow that situation to even start.

regardless it did take a lot of strength, and recognizing my strengths while not holding myself above others is a big factor in success. My mother always taught me that this is the definition of humility and that, along with never giving up, is the recipe for success.

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Re: My Story, Being Honest For Once

Posted by Human being - 28 Nov 2022 17:26

[iLoveHashem247 wrote on 28 Nov 2022 00:23:](#)

Hey chevreh, approaching day 70 (!!!)

I actually am starting to love my wife - not just "like" her and live peacefully with her as my "roommate with benefits."

Good quote. I'm going to start using it with my clients*.

*(lol i don't have clients)

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