

Hopefully this works

Posted by Hopefulposek - 20 Oct 2022 17:55

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Hi everyone,

I recently joined GYE and have not yet posted on the introduction page, but now I'm ready to share my story...

I am 25 years old currently learning fulltime. I grew up in a home with many difficult parts, from my fathers anger management issues to all my brothers going off the derech. It has never been a very stable environment.

I was exposed to P and M by my older brothers and have been addicted since my early teens. I don't recall using it in order to escape stressful situations but my childhood and on has always been filled with stress and pressures, so it may have been subconsciously related.

I have tried to quit several times including smashing my smartphone during one fall-ridden bein hazemanim, but never with lasting success.

After I got married I had a clean streak for a year though I was exposed to many triggers I never viewed P or engaged in M. But when my daughter was born my wife became niddah and no-one told me how long it would last. I was hearing anything between a month to 3 months, and my triggers started getting stronger until I began to fall, and fall again. Since then I have notice a change in my relationship with my wife. I started wanting more in the areas of the bedroom which she wasn't ready for, and being from a sheltered home she didn't know how to progress in the intimacy very far. this led to me turning to P and M to satisfy my desires which removed one of the main glues of marriage, the intimacy shared by the husband and wife. I realized also the potential destruction which would occur if my wife ever discovered what I was doing, and became very protective of my computer, which caused more tension in the marriage.

Finally I decided enough is enough. I want to have a happy marriage and raise my family in a pure and happy home without being scared every time someone turns on the computer. I joined GYE and started my journey forward.

I am hopeful that the F2F program will help me restore myself to a clear mind and be able to have a happy marriage.

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Re: Hopefully this works

Posted by Captain - 20 Oct 2022 19:30

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Welcome!

Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

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