

Engaged and struggling

Posted by artymcgee - 16 Nov 2023 17:26

I had a porn problem years ago. Recently after I got engaged my life has been falling apart due to poorly handled stress. While my devices are filtered, I stumbled on another device I had access to.

My kallah, the woman with a heart of gold, sees the best in me and knew I had a struggle to win. She is still firmly committed to me. However, it's time for me to be more proactive and become the person I need to be. We communicate about these things openly as necessary.

This is not a day to day issue but it's time to make sure I grow past this for good.

(If anyone is wondering, we both are seeing professional therapists so we are getting advice on what to expect and how to handle things.)

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Re: Engaged and struggling

Posted by true_self - 16 Nov 2023 20:45

Welcome! and Mazel tov! May it be b'sha'ah Tova.

Your kallah indeed has a heart of gold and you should treat her accordingly.

Seeing a therapist is definitely the right thing, I hope you both get the support you need.

What steps are you taking to break free of this for good? and what do you expect from the community?

Wishing you good luck!

True self.

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Re: Engaged and struggling
Posted by eerie - 16 Nov 2023 21:19

Hi! Welcome to the family! Many, many have come here, sounding just like you, and have BH broken free. There's lots to learn, so please stick around! Share anything with us, we are here to stand at your side, we care about you, we want to hear from you, so as you keep trucking please let us know about it!

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Re: Engaged and struggling
Posted by tp1 - 16 Nov 2023 21:51

Mazal Tov!!

this is something i struggled with while engaged.

Good for you for jumping on board early on.

Lots of good info on here and people to talk to if you need help.

Hatzlacha

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Re: Engaged and struggling
Posted by artymcgee - 16 Nov 2023 23:24

Largely having filters on all my normal devices has solved the issue most of the time

At this point it's doing the right thing in unusual situations. I only have issues infrequently.

So I'm focusing on techniques to control the impulses in situations where I can't just filter everything.

As far as the community I'm hoping to get a partner I regularly communicate with, and I think just interacting with other people to be able to discuss the issues with someone so as to not burden my kallah with more (obviously if I slip up she will know right away, but if I'm just looking for general support she's busy enough already)

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Re: Engaged and struggling

Posted by HeChochma - 17 Nov 2023 05:49

Welcome! Sounds like you have your head on straight! Kudos to you for working to try to get everything set up in the right direction even tho you don't have a totally out-of-control problem - good for you!

There is a wonderful yid on here by the name Hashem Help Me who has helped innumerable people here on GYE including myself - he's my accountability partner as we speak.

Reach out to him - you won't regret it!

As far as friends to help share the burden of whatever is going on - GYE is the place to be! You can always IM me if I'm around!

Joining you for an iyh incredibly successful ride!

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Re: Engaged and struggling

Posted by Captain - 17 Nov 2023 14:12

Welcome! You might also want to consider strengthening yourself with these great free resources:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

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