

12 Years of Pain

Posted by NH95 - 03 Jun 2024 05:08

---

Hi all

Thanks for the opportunity to start talking here

I've been hiding my pain for 12 years not sharing for one person

Till my wife caught me!

Just wanna introduce myself and maybe get some support on my journey

Thank you

=====

Re: 12 Years of Pain

Posted by NH95 - 21 Jul 2024 22:07

---

Thanks for your words

It means the world

But I feel so bad hiding from my wife

Il promised her to tell everything from when she caught me

I feel like a liar and betrayal

I wish you can clear me my mind

=====

Re: 12 Years of Pain

Posted by yiftach - 22 Jul 2024 11:31

---

Hey there!

I wouldn't call you a liar and betrayal if you don't feel ready one second to the next to come clean to your wife.

Give yourself some time. Stand back up. Gain your footing. Then, you'll feel much more confident sharing it and adding that you even did the hardest part of standing up after a fall.

Don't be impulsive. Give urself the time you need. There's a lot of pain to get over, you'll get thru it!!!

There's light at the end of the tunnel!!

All the best!

- Yiftach'I

=====

Re: 12 Years of Pain

Posted by chosemyschem - 22 Jul 2024 13:25

---

[NH95 wrote on 21 Jul 2024 22:07:](#)

Thanks for your words

It means the world

But I feel so bad hiding from my wife

Il promised her to tell everything from when she caught me

I feel like a liar and betrayal

I wish you can clear me my mind

A question about what to tell your wife totally depends on your specific situation. It could be it is very important to tell her, it could be horribly destructive. It's really a question that must be asked to someone with a lot of experience and whom you can share all the gory details of your specific situation with. Please, do yourself a favor and call/email HHM and don't just flip a coin based off what people say without knowing your specific situation. At the very least, talk it over well with your therapist.

Regarding the other issue - are you still sober/feeling horrible. Change is hard. Really, really hard. Your progress so far sounds unbelievable, and one slip cannot undo that. Keep on climbing!

(Note that while it cannot undo your progress, it might be a sign of shaky foundations. Then again, it might be no big deal. Also something worth talking over with someone wise.)

=====

Re: 12 Years of Pain

Posted by proudyungerman - 22 Jul 2024 17:10

---

[chosemyshe wrote on 22 Jul 2024 13:25:](#)

[NH95 wrote on 21 Jul 2024 22:07:](#)

Thanks for your words

It means the world

But I feel so bad hiding from my wife

Il promised her to tell everything from when she caught me

I feel like a liar and betrayal

I wish you can clear me my mind

A question about what to tell your wife totally depends on your specific situation. It could be it is very important to tell her, it could be horribly destructive. It's really a question that must be asked to someone with a lot of experience and whom you can share all the gory details of your specific situation with. **Please, do yourself a favor and call/email HHM and don't just flip a coin based off what people say without knowing your specific situation.** At the very least, talk it over well with your therapist.

It is highly recommended to speak to HHM - Hashem Help Me. He has helped hundreds, if not thousands, present company included. He is very warm and caring, and will be of great assistance. He is available at [michelgelner@gmail.com](mailto:michelgelner@gmail.com)

Reach out, you wont regret it!

=====

Re: 12 Years of Pain

Posted by stopsurvivingstartliving - 23 Jul 2024 22:54

---

of course your still clean your amazing. 149 is a major milestone. keep it up!

=====

=====

Re: 12 Years of Pain

Posted by NH95 - 19 Dec 2024 06:46

---

Hi all

I'm back

lot happened since

Not so good things

But bh I am in much much better place now

Currently 151 days clean

And it's easy at this point

Thank you hashem

Would love to share my story and help others if I can do that

First just a check in

=====

Re: 12 Years of Pain

Posted by NH95 - 26 Dec 2024 09:47

---

A gitten Chanukah

Today I watched the lecht it had a different meaning to me my eyes were shining for simche

I decided to do something I waited 13 years

So here is my story

it's about time to give it out

12 years

I was raised in chasidish family

to good loving parents bh bh

As I got to the age that my nisyones started popping in and I wasn't told anything what's waiting for me in the coming years

I was just drove in pure evil

At first I was just Mast..

I had no idea what I am doing

I was 11 years and my shame started building up

Lust for woman also came in so hardly

And couldn't talk to anyone just doing bad things

Till one day I got access sadly to a Unfiltered Smartphone

I had no idea what it is

The first app that came up was google

I learned that I can search whatever my heart desires

So as my desires were woman I searched for that

And when google sees you searching for this

they know exactly what you need

and they are gladly helping you getting what you ask

And I got to porn of course

11 years old

I was so shocked I was in toilet for hours

this went on for 5 years

usually I had easy access

if not I would go in ppl's house without permission and using their computer

or I would grab newspaper and run in toilet or I would watch in window to be able to see one woman to fill my lust

I did more crazy things I can't write over here

It went on from day to day week to week month to month year to year

and I didn't share for one person

hours of porn that damaged me for life

at the age of 17 I got my own phone with open access to internet

so the yetzer made it easier

I didn't had to do crazy things

just go to bed and...:

Thats what I did day after day

till I got married by 20

sometimes few times a day

Ohhhhhh

writing this down breaks my heart

I wanna cry

We are in such tough times

And leaving your child dealing with it him self is nothing helpful NOTHING!!!

my opinion my experience

I was going with a cycle

and crying and crying

and couldn't say a word for anyone

one time I watched on my uncle computer and he caught me and told my father

all my father told me is



I'm not telling you what to do just make sure nobody finds out anymore

I was so mad

I still can't look at this uncle

so much shame

I wanna go on with my story

I just got stuck and heartbreaking

bringing back these memories

So I got married to my wonderful wife bh

I loved her from first second

but after a few weeks I realized that one girl will not end 10 years of garbage

and I started again watching even I promised my self that this is it

I watched and did more crazy stuff

and till one day

little bit after my first baby the day came and my wife caught me

That night was something I can't think about

but I need to give it out of me

She was on the way to her mother crying and yelling on tone 11

Ohhhhh hashem

Nobody should ever have this

The first time someone finds out in since I started 10 years before and it was my wife

My partner I promised to be a good husband and not to go under her back

and in one second I lost everything

And I begged her with tears in my eyes

Please stay here

I promise I'll stop

she wasn't impressed at all

She told me

You are not interested in me

You are working behind me

I don't trust you

I'm going to my mother

I blocked the door

I begged her

She never heard of porn before

and she just knew that I looked at other woman because I don't like her

I couldn't change her mind

I begged her

please let's call a professional

I'll start therapy

I'll do whatever it takes

After hours she agreed to wait till tomorrow and will call relief

Thank god

for this organization

in a few days I got a therapist

these days we're so hard so painful so depressing

Maybe you will look at this as crazy

but when my wife learned that it's something that's a struggle and has nothing to do with her my wife wanted to go out eat a day after

she is so so caring

I know it was her darkest day

but she worked so hard and together we are getting so much healthier and happier

I wanna thank her for everything she did to me

I was terrified from this day

I stayed clean for 155 days bh

my therapist helped me a lot

and with hashems help I reached milestones I didn't ever had bh

Just one problem I had

Something called SMARTPHONE

and with this in my pocket

Life was miserable

even if I was clean bh

I will say it again

with this in my pocket my life was miserable!!!

Hashem gave us a really hard nisoen

I know brothers and sisters its tough

But as ppl here in this family

I want to share my two cents

my experience

ITS IMPOSSIBLE!!!!!!

Throw it away please

your life will start shining

I know that's not the solution

but with this all the hard work you do to be healthy you are just making it impossible

And because of this my story is not finished yet and on day 155 after all what happened to me before after all I promised all I committed all I worked all I cried to hashem

I had a fall

=====

Re: 12 Years of Pain

Posted by Muttel - 26 Dec 2024 09:52

---

Wow, your feeling, pain, emotion, are all super evident in your post....

So powerful....

?We're looking forward to seeing the rest.... Are you in touch with a GYE accountability partner?  
Hashem Help Me ([michelgelnier@gmail.com](mailto:michelgelnier@gmail.com)) has helped hundreds, me included. Reaching out to him is a life changer.....

Muttel

=====

=====

Re: 12 Years of Pain

Posted by NH95 - 26 Dec 2024 10:10

---

For some reason second half didn't came up in my post so I wrote it again

=====

=====

Re: 12 Years of Pain

Posted by NH95 - 26 Dec 2024 10:24

---

After that fall my wife reaction was double from last time and I didn't had much to tell her

I was so lost We both cried and we were lost

During the period I was clean that 155 days I signed up here on GYE I got many feedback that HHM can help I contacted via email but I couldn't call him I had shame from years and it was

impossible for me

that night I decided that's my only way I asked my wife before you leave me please give me a chance to call someone she agreed bh

I don't know what HHM told her but this guy changed my life I gave up my phone that day and started to work with him and bh bh

The impossible became possible and bh now I am 158 days clean and I'm growing each day instead of all these years I dropped each day

there is so much more to say here but maybe In future posts

I just wanna take a moment to talk to to you my dear brothers over here I know that feeling of It's impossible Its the hardest thing ever It's never gonna stop

Please listen to me

I promise there is a way out

Hashem created this nisoen

He knows how it feels too and he is watching you and he is ready to give you strength to fight

There is a way out

We can help you

Throw your phone in garbage and start living this world erlich and peaceful It can be your reality soon I will do whatever I can to help you there are many other ppl here that can Just don't give up

the good days are right in front of you

This is very tough business

But with Hashem help this can be history you are not alone and you will be healthy and happy very soon

sorry for long posts

I hope you can learn from it

For me it was a therapy session

Reach out to if you want at [NH95.GYE@gmail.com](mailto:NH95.GYE@gmail.com)

A blessed Chanukah

=====

Re: 12 Years of Pain

Posted by Muttel - 26 Dec 2024 14:15

---

Wow, this deserves a second response.

the ????? ??????? ?? ??? are very recognizable in your writing..... you should be gebentched with everything....

Muttel

=====

Re: 12 Years of Pain

Posted by amevakesh - 26 Dec 2024 16:46

---

Unbelievable! To be able to come to the ????, that for us lusters (really for everyone, but that's a different discussion) a smartphone is poison, **and to act on it**, is ?????? to the highest degree. You're an inspiration to so many of us, that it's possible to free yourself, even after many years of struggling. Keep on doing what your doing, and please keep on posting!

=====

Re: 12 Years of Pain

Posted by chosemysheM - 26 Dec 2024 18:24

---

Wow! Al hanissim v'al haniflaos.

Thank you for sharing your story. May you go from strength to strength.

=====

Re: 12 Years of Pain

Posted by NH95 - 01 Jan 2025 08:28

---

164 days now bh

I mentioned before but had a fall afterwards

So had more important things on my mind

In the past years I got used to go sleep in the morning and wake up at night

That was literally my schedule

since I started working I have no choice I wake up last minute runnnn to work

And it's over two years and almost didn't daven shachris

I need to figure out how to be up everyday on time and daven

I feel miserable not davening

My father is giving and giving

And I couldn't care less

Feel so stupid

but tried million times



and nothing changed besides me getting more upset

That has to change right now

I am writing now this post

And we need to figure this out

Can anyone relate?

=====