

Sick N Tired of Being Sick N Tired

Posted by baalteshuvawannabee - 05 Jul 2024 21:58

Hi A Gutten Erev Shabbos.

I imagine that a lot of you are not online but that's ok

68 FFB married with lots of children and grandchildren.

I've been watching and practicing P&M since I was a kid early teens.

I've gone to strip clubs and had lap dances and with the internet I've been in Chat rooms sharing pics n watching other people on cams.

Pretty scary how it became such a normal part of my life.

I don't think I've ever gone more than 30-35 days clean my entire life.

I'm a fine upstanding active board member in my Yeshivishe Minyan Shul, I've been honored at dinners more than once and B"H I've been very smart, in protecting and hiding this part of my life.

My wife is oblivious to anything. We have filters on our phones, Ipads etc but of course I have my own laptop which is not filtered and I can surf as I please. My children all see that my laptop and devices are filtered and we've talked about the dangers of unfiltered computers for both adults and children.

I've sworn off P&M plenty of times, especially in the past 4 years but I keep on falling back, getting up n falling back down, but hey I'm back up today and for the last 6 days as well B"H.

I have a Frum therapist who knows everything and he has been a big help. My decision to join GYE is a big step for me and I hope to get the support I am looking for.

Clearly I need to take my other laptop to TAG so that's the next step, and I think I'm a good candidate for having my own mentor as well.

I just wanted to say hi and thank all of you for making this possible and if there is any way that any of you feel that you could benefit from chatting with me I'm here for you too.

Have a good Shabbos and keep up the good fight.

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Re: Sick N Tired of Being Sick N Tired

Posted by baalteshuvawannabee - 21 Jul 2024 15:33

Good Sunday morning.

I've been away from posting largely because I need to work out "my time" from my wife. I can't be reading, watching or typing on my computer and when she walks in I minimize the screen and I don't want to share with her this side of me, so I've been suggesting to her that I want to join a men's online chat group that addresses issues of Emunah and Bitachon in a way that helps me be less moody and more supportive to her and our many Hashkafic differences that we have had for the course of our 45 year marriage. She was apprehensive and felt that it would draw us further apart but BH see has agreed to a session with a independent 3 party who will hear her out and set ground rules/ boundaries that will make her feel comfortable with my going down that path.

In the interim I had a setback where I had an opportunity to check on some chat rooms I previously visited and I took advantage of that opportunity. I didn't go beyond chatting so there is that victory for me, but it is clear that for me to be successful I need a better plan and the continued support I get in here.

With established, uninterrupted "my time" I expect I'll be able to contact Hashem help me and hear his sagely advice and implement his guidelines.

I must say that it is frightening and bewildering to me the calm, pleasant, enjoyable satisfaction that I get when I'm in a chat room fantasizing about sexual gratification and pleasure. I feel so comfortable, right at home, 'in my groove' - it feels so right, so therapeutic, so just what I need right now.

It really feels real. I can only compare it to a spot on Dvar Torah where it's so genuine, it's poshut. The really crazy thing is that I know it's a real sense of immaturity on my part because I know that the people I'm chatting with are all other pervy guys who are sad addicts just like me - it's not real- but it feels so calming.

I still have a ways to go but it definitely feels rewarding as well as humbling as well as tremendously encouraging to be a part of this community.

Goal is to have mornings set aside for my time and then carve out of that daily regularly scheduled GYE time.

Thanks to all of you.

I'll try to get to the private message emails today or tomorrow morning as well.

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Re: Sick N Tired of Being Sick N Tired
Posted by bennystep12 - 21 Jul 2024 19:29

Hi thanks for checking in dear brother!

U probably know by now, there's no half measuring with lust yes you didn't cross all you're boundaries that's nice if we're dealing with random ideas you'd like to overcome, yet with lust it's too much for us to handle on our own sooner or later you will just give in & keep breaking all you're sweet promises, I know for myself it's gotta be a real hard core decision I need to make sure I'm ready to sacrifice all this delicious feelings I get from lust, all I have is regret & pain... I'm done.

You'll likely be better off if you have a real person to be real & accountable with that went through this journey & is in the other side, on this robot chat it's similar to lust chat rooms u can hide behind a silly name & nobody knows you & you don't have to know who u are...bezh may you find courage within yourself to face the truth & the truth will set you free.

Best wishes

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Re: Sick N Tired of Being Sick N Tired
Posted by chosemyshem - 22 Jul 2024 13:46

[baalteshuvawannabee wrote on 21 Jul 2024 15:33:](#)

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Buddy if there's time enough for chat rooms there's time enough for GYE.

I totally get the shame and hiding, and for a long time I hid GYE just as religiously as I hid porn. And I still don't use it openly. But the same way you were able to make a whole life out of acting out without your wife knowing, you can make a life out of recovery (and then maybe once you do that you'll be happy to have her know).

This feeling like you can't do it and the excuses that come up are coming from the very large

part of you that doesn't want to give up porn. I identify with the comfort and familiar ease of acting out for the first time in a while. It's been my go to comforter, my sweet poison for so long. We go together very well, porn and I. The only catch is that porn is killing me. And so but that's hard to remember when we've been friends for so long. And a very large part of me doesn't want to give it up even though it's killing me. So that part throws up a lot of excuses.

You gotta remember where the excuses are coming from and the pain acting out brings. It's tough. But if you wait for "uninterrupted me time" I can guarantee two things. 1) You won't get that time often, and 2) when you do get it you'll use that time to masturbate your brains out instead.

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Re: Sick N Tired of Being Sick N Tired
Posted by redfaced - 31 Jul 2024 23:26

Hey there friend . Care to stop by for a ????? or 2?

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Re: Sick N Tired of Being Sick N Tired
Posted by adam2014 - 13 Aug 2024 09:41

I am so excited to find this thread. Being "older", I find it comforting that there are people my own age struggling with this. I had a lot of posts to get caught up on and reading them gave me strength to take on this day. I am going to have a good day today, thanks to this thread!!

Thank You

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