

Can't stop lying

Posted by ybnrml - 22 Dec 2024 04:41

4 months sober but I find I'm lying to my wife to get out of trouble. I realized that because of me she's on high alert and I'm getting overscrutinized and that's causing me to lie about little things like how much news I'm watching, did I speed when driving, how much money I spent and on what. And the more I do it the more I feel like masturbating. So recently I lied and stupidly. My wife found mexcannmoney on me from our recent trip and I lied about it and then told her the truth. However she doesn't believe me and is certain I did something else. So I'm stuck in the liars mess despite bringing sober. I really screwed up and she may divorce me over it.

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Re: Can't stop lying

Posted by icanbreakfree - 22 Dec 2024 07:21

slow down my friend.

I would love to have a longer convo about this.

but it is SOO late for me right now.

I can relate to some degree to stuff you are dealing with.

I also felt the need to lie.

Even in a past few months, I white - lied about something benign I just didnt want to deal with her being mad at me again....

Next time something like that happened I chose to be TOTALLY truthful...

I lost my wife's trust for a while.

I also kept feeling like she wants to end our marriage....

It took a long time... but our marriage is SO much better now than it ever was...

If you want to speak about it email me chaimbreakfree@gmail.com

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