ANNIVERSARY OR BIRTHDAY?
Posted by Chaim2009 - 03 Dec 2017 18:35

Today 10 Kislev 5778, is a year form 10 Kislev 5777 that marks today as the special day for me.

In order to comprehend the significance of today, let's roll back the calendar 15 years back.

As a bucher in Yeshiva, I was introduced to masturbation by a friend who was sexually triggered by me. He pursued me and in the end, I fell.This turned my lust on, and I didn't reject it when I was pursued.I ended up having sexual relationships with several Bucherim in that yeshiva, and that went on when I changed Yeshiva to a Yeshiva in Israel.

At age 18 I got engaged, but that did not change my behavior of masturbation nor acting out with others.

Mazel Tov I'm now 19 years old and I got married, I was convinced that marriage will solve my sexual issues.

A few months later I was pursued by a guy that I knew from Israel, and that is when I realized that my lust is not over although I was married.

As I got access to the internet porn was part of my routine.

Fast forward a few years and I was pursued by someone who saw me in a mikvah, and we had a relationship for years. He told me how much he loves me, and he did everything to satisfy my sexual desires.

Later I went to night spas where I would meet more people in order to satisfy my lust.

A little about myself,I come from a worm chassidish home, wonderful family.I am a smart popular person, I own a small business. and I am a happy go lucky type.I am blessed with ADHD, that in a way makes life wonderful but on the other hand, has many side effects, sticking to a schedule, being on time, and doing responsibility are extremely hard. (with that said I still believe that my ADHD is to me much more of a blessing than a course).

My schedule was a mess. I came home very late at night 2-3 AM. Financially I was a mess barely making the minimum.

At home, we lived like dorm roommates, me and my wife, 2 people together living their own lives. My wife was bothered by this lifestyle, But I was mainly happy, I thought that we have a good relationship where each of us is not stepping on the toes of each other, we had very little arguments, And I was happy-go-lucky.

In the summer of 2016, I was introduced to the idea of massage therapists, and I started searching and chatted with a massage therapist about how it works.

One day I see my wife is very unhappy, as I asked her for the reason, she didn't want to say, after begging her she told me that last night she checked my phone and she sews the chat I had with the massage therapist.

I promised her that it was just an inquiry and that I never actually went to one of them.I was convinced that the crises are over and I lived my life as nothing happened.

On 10 Kislev 5777, we had a family Simcha out of town, with the kids in the car I drove to Simcha. On the way, I had to stop for a few minutes by someone, as I came back to my car I saw my wife in tears as she held my phone in her hands.

The world was coming crashing on me, I knew it's all over. She now knows everything, My life is over.With fake smiles on our faces, we went to the Simcha and as quick as we could we are on the way home.

In the car, my wife kept crying and asking me questions. I broke down and cried along with her, I have no idea how I managed to keep control of the car.

Hashem gave me the courage and the sense to admit to all my wrongdoings, I told her everything, and that I am willing to do whatever it takes to stay with her.

I blocked all my unhealthy contacts and stopped going to the mikvah where I can get triggered.

She found a therapist who specializes in marriage and sex addictions, for 6 months once a week we went together to that therapist.

2 months later my wife told me about GYE, where I found my new family, ppl who struggle with me and a place where I can be myself (without a name).

On GYE I found the 12 step program that introduced me to the fact that as an addict I am not in power to say no to lust, all I can do is to talk to Hashem in my language (for me Yiddish) that he should be with me and save me. (I don't follow the 12 steps in the order nor do I listen to the teleconferences maybe because of my ADHD).

In the past year, I got a wonderful wife (that I didn't realize until then how special she is) we are now partners, best friends, and yes we now have real Shalom Beis.I have no secrets and I'm not hiding anything from her.I'm no longer in the relationship with her that she should be the mother of our children, and to accommodate my needs. I am now in the relationship to give, and my main focus is that she should be happy.(coincidentally I receive a lot more than I got before)

And yet another relationship improved the relationship with Hashem.I am now talking to him daily, and my davaning improved a lot. and I made a new Kivas Item that B"H I haven't missed

since Shvuas.

There is still room for improvement and with Hashem's help, we will get there.

I don't feel secure yet and I know I'll never be this will be a lifetime struggle, I have to stay focused and watch from triggers, along with a lot of asking and praying to Hashem.

At this time I want to take a moment to thank,

- My therapist who helped us so much guided us in the right direction, she cared so much about us beyond what we could ever expect.
- GYE both the people behind GYE that gave us all the tools and such an amazing platform. and to all members, I had the honor of meeting and the chizuk I got from you along with the opportunity to mchazek others.
- Last but not least my dear wife, who not only didn't reject me, but she understood and accepted me and is my backbone along this journey. I am beyond words to thank her, without her I would be in the dumps now.

And my graduate to Hashem is above all.You, Hashem, showed me your love even though I don't deserve it.

- Thank you for the beautiful and supportive wife you gave me.
- Thank you for the great kids you gave me.
- Thank you for the financial stability you gave me.
- Thank you for GYE.
- Thank you for the therapist.
- The list goes on and on.....

Now I ask you do I celebrate an anniversary, a year of sobriety, or a birthday a year of my new life?????

Chaim

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by AnonyJew - 01 May 2020 04:40

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This is an amazing story. It really gives me and I'm sure many other chizuk to see that from some of the darkest places we can get out. I hope I should be *zocheh* to improve like you have and to improve my life.

Bracha v'hatzlacha

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by aryehdovid85 - 01 May 2020 06:27

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thank. for reposting

YES it is mamesh ur birthday! btw Chaim how r u doing?

brocho v'hatzlocho,

ad
Warning: Spoiler!

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by Chaim2009 - 03 May 2020 15:43

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aryehdovid85 wrote on 01 May 2020 06:27**:**

thank. for reposting

YES it is mamesh ur birthday! btw Chaim how r u doing?

brocho v'hatzlocho,

ad
Warning: Spoiler!

Thank You AryahDovid and all others for commenting.

B"H doing amazing and still clean. but I keep reminding my self that I'm sick and i can fall very deep with a blink of an eye.

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by Singularity - 04 May 2020 03:22

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Don't take the humble advice of a quadruple-digiter lightly!! Only hatzlocha!

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by Chaim2009 - 26 Nov 2020 23:54

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Thank You Hashem
?I don't have the words to express my gratitude feelings I have to Hashem for the gift he gave me 4 clean years.

?Not that its always easy but Hashem was always a call away.

Chaim

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by Hashem Help Me - 29 Nov 2020 04:05

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Mazel tov!!

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by doingtshuva - 30 Nov 2020 23:15

Chaim2009 wrote on 26 Nov 2020 23:54**:**

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Chaim

Wow,

How have you done that ?

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by Markz - 30 Nov 2020 23:52

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doingtshuva wrote on 30 Nov 2020 23:15**:**

Chaim2009 wrote on 26 Nov 2020 23:54**:**

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Chaim

Wow,

How have you done that ?

Always a good idea to read the 1st post on a thread. Isn’t your avatar CuriousG?

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by mypersonallife - 28 Apr 2022 20:24

Thanks for sharing this story with me in private. I'll take a lot of chizuk home with this.

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by Vehkam - 28 Apr 2022 21:19

This is a remarkable story. Thank you for posting and bringing it to my attention. In some ways I too feel like I am six months old. (Actually Sunday will be six months).

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by Horizon - 30 Mar 2023 21:09

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wow chaim, i just read through your emotional story and tears came to my eyes. you are a gibbor.

also you're so lucky to have such a wonderful wife bh

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by doingtshuva - 31 Mar 2023 05:32

Hashem Help Me wrote on 08 Sep 2019 03:44**:**

Chaim2009 wrote on 06 Sep 2019 20:17**:**

Thank you Hashem I made it to 1000 days.

Mazel tov! Please share how you got there. Others need to know that b'ezras Hashem this is possible.....

Amazing story,

Please share how come your wife gave you a second chance, and how did you avoid setbacks?

Thank you

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Re: ANNIVERSARY OR BIRTHDAY?
Posted by hashemyishmor7 - 09 Jan 2025 23:06

Hey @Chaim2009 was nice chatting with you you are an inspiration

Btw you skipped ur 8th ANNIVERSARY OR BIRTHDAY celebration here!!!!!!!!!

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