

My Return

Posted by cantdoitmyself - 09 Aug 2013 01:50

I discovered GYE a few years ago. Since then I have been coming here in spurts and then leaving for a while. To make a long story short, a few months ago, my wife of 2 years found out I had an account here and saw my posts. My cover was blown. She was unbelievably supportive. She said all the right things. She was amazing. After that, feeling that I had support, I made it 90 days, the first time in about ten years. I was ecstatic. But to be honest, I didn't work on myself or the addiction. I just refrained from falling, which is great but not a key to long-term success. Therefore, I ended up falling. My wife was supportive again, and things were good, but then I fell again today.

Basically, my wife has been the greatest thing to happen to me. I thought I didn't need GYE, but I need to work on myself, and I need this community if I am ever going to get there. I need all of you and I hope you can be there along this wonderful and painful journey. I have been here before and I know how great all of you are. I hope you can accept me again as you once did.

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Re: My Return

Posted by Pidaini - 09 Aug 2013 01:52

We're all in this together, Welcome back!!!

So what's on the plan for stopping?

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Re: My Return

Posted by skeptical - 09 Aug 2013 02:07

Hi!

I'm looking forward to getting to know you!

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Re: My Return

Posted by cordnoy - 09 Aug 2013 03:04

Likewise...and you're ahead of the game if your wife is a willing partner in this

Bhatzlachah

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Re: My Return

Posted by cantdoitmyself - 09 Aug 2013 03:30

I honestly don't know my plan for stopping or at least I don't have a concrete plan. I would welcome tips. Right now the hardest thing for me is at the office when I don't have much to do and I start to wander online. I have webchaver on my comp at the office and at home sending the information to my wife but I seem to find ways to mask what I am doing.

My plan as of now is to get back into the swing of things on GYE. That will keep me occupied at work. That means reading emails posting online and keeping in touch with all of you. Hopefully I can use this forum and emails to start working on myself. If any of you have any suggestions please toss em my way.

Thank you so much for being there for me. All of you

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Re: My Return

Posted by MendelZ - 09 Aug 2013 05:17

Firstly, welcome!

Secondly, wow! Your wife busted you on GYE? That's a new one. At least she didn't actually bust you on porn. It was nice to read in your post that you realize how blessed you are. Baruch Hashem.

Yeah, check out the handbook. Boost up your filter situation at work if that's the only place you have access. But in the long run, as you see from all the threads here, you need a strong, real commitment to getting to the bottom of whatever it is that is driving you to "fall".

All the experts here will have great advice when they wake up. Until then, know you are not alone and there is light at the end of the tunnel.

May Hashem be with us all.

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Re: My Return

Posted by gibbor120 - 13 Aug 2013 00:05

WELCOME BACK CDIM! Your name says it all, we can't do it ourselves or we wouldn't be here. Keep us posted!

Wow! You seem to have an amazing wife! It is not easy for them at all. Do you have a Rav you can talk to? Have you gotten in touch with anyone on GYE (other than posting on the forum of course)?

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Re: My Return

Posted by cantdoitmyself - 14 Aug 2013 01:24

I used to talk to a Rav, but it didn't really help. It kind of seemed like he was over his head. Either that or he just didn't handle it well.

I used to be in touch with some guys, but I haven't heard from them in a while.

Anyways, I just want to update my topic, in case any of you are interested. Past few days have been hard...not easy after a fall. Also, things have been difficult. My boss embarrassed me in front of other people, and my friends haven't been available for me to talk to. It has not been such an easy road the past few days. Anybody have advice?

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Re: My Return

Posted by cordnoy - 14 Aug 2013 01:33

find a Rav that you are comfortable speaking to

Join the phone conference

I assume you have read the handbook by now

Keep us posted here please

b'hatzlachah

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