

mischaretani's climb to 90

Posted by mischaretani - 21 May 2014 16:04

Hey everybody,

I'm new to GYE, and I figured it would be a good idea for me to open a thread to help me on my journey to 90.

I struggled with masturbation throughout high school, and on rare occasions I viewed pornography. But for the most part, masturbation was my problem. I quit pornography years ago, and was also clean from masturbating for a while. Until a few weeks ago I fell. Then I discovered GYE.

My wife knows about it, and she is extremely supportive and helpful. She is my daily inspiration, and I owe it to her that I am now at 25 days and counting!

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Re: mischaretani's climb to 90

Posted by Bigmoish - 02 Dec 2014 09:03

Highlight the text you want hidden, then click the "spoiler" button. It's in the top row, above the smileys, 10th button from the right side.

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Re: mischaretani's climb to 90

Posted by ted - 02 Dec 2014 20:04

[mischaretani wrote:](#)

1) After I broke my porn-free streak of over a year, I completely broke down and tearfully told my wife about my problem. (I should point out that I was only addicted to masturbation. Porn was an occasional thing) I am not advising anyone else to do this, but given my situation, and the

, telling my wife helped me greatly. I was literally sick before I told her, and when she accepted me I felt like a ton of brick was lifted off my

fact that our shalom bayis was excellent and has only gotten better
I am interested in people's thoughts about telling your wife.

when and when not should one be telling his wife that he is a porn addict?

I feel like I would never be able to bring my self to tell her the truth about myself but I feel

Thanks for the help.

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Re: mischaretani's climb to 90

Posted by Bigmoish - 02 Dec 2014 22:14

I wish I could help you. I really can't, though.

I'm still trying to get a feel for my wife's own emotions after finding out.
terrible that I am living this lie

They have certainly not "stabilized" completely yet.

We are trying to figure out a way in which she can feel comfortable and confident that I am being honest (because I kind of wrecked that "trust" thing we had going, duh), while at the same time not "burdening" her with having to know every time I feel uncomfortable.

Much Hatzlocha to you.

Moish

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Re: mischaretani's climb to 90

Posted by reallygettingthere - 02 Dec 2014 23:44

[ted wrote:](#)

I am interested in people's thoughts about telling your wife.

when and when not should one be telling his wife that he is a porn addict?

I feel like I would never be able to bring my self to tell her the truth about myself but I feel

Thanks for the help.

I told my wife after I had been involved with GYE and was clean for a 3 months. She was sad but did not freak out and was calmed mostly by the fact that I was actively pursuing a solution.

Every situation is different though...

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terrible that I am living this lie

Re: mischaretani's climb to 90

Posted by mischaretani - 03 Dec 2014 00:02

I'm not qualified to give you an answer. I broke down and told her because I was literally sick, had zero appetite and she knew something was bothering me. After a few days I told her. She was initially shocked and by now has stabilized. A few days after she told me that she was happy I told her. We don't talk about it anymore- it's a thing of the past and she knows that I am working on it.

Every situation is different. Sorry I can't be of help.

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Re: mischaretani's climb to 90

Posted by mischaretani - 03 Dec 2014 00:04

Hurray! Hefsek tahara was good! There is a light at the end of the tunnel- thank you Hashem!

Warning: Spoiler!

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Re: mischaretani's climb to 90
Posted by cordnoy - 04 Dec 2014 13:49

I'm happy for you.

You probably don't wanna hear it, but for the sake of honesty, I just need to write: No matter what, there is always light at the end of the tunnel....some tunnels are just longer and darker than others.

b'hatzlachah

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Re: mischaretani's climb to 90
Posted by mischaretani - 07 Dec 2014 06:55

Thought I would share this ??? ??? with everybody:

After the episode with ??? and ????, the ??? tells us that ??? commands his children "????
?? ???? ???? ??? ?????? ?????? ??????? ????????"

A few ?????? later, we are told that they comply: "????? ?? ???? ?? ?? ???? ???? ??? ????",
except that when ??? speaks, he uses the word "??????", whereas when his children comply,
the ??? says "??? ????".

The ??? ??? explains as follows:

Every action is preceded with a ??????. Therefore, ??? gives the command to remove ??? ????
??? ??????, telling them to be ??? their ??????. Then he tells them, ?????? ??????, referring
to their actions. ?????? refer to actions, as per the ??? in ??? which states "??? ?? ???
????? ??????".

When the ?????? comply with the command, they give to ??? the ??? ???? ??? ?????. The ???
??? states that "????? ?????? ???, ??? ??????, ??? ?????? ??????". The ?????? first were ???
their ??????, and then were able to give their father ?? ???? ???? ??? ???? - they were able to
hold the ??? ??? in their hand and control him.

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Re: mischaretani's climb to 90

Posted by mischaretani - 17 Dec 2014 07:55

Happy Chanuka to all! I always wondered what it was like to be clean on Chanuka... Okay,
maybe I never wondered- but I'm sure glad I found out! Thank you Hashem for two hundred and
thirty something days!

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Re: mischaretani's climb to 90

Posted by cordnoy - 22 Feb 2015 15:56

Mazel tov on your latest milestone.

We miss your posts.

b'hatzlachah

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Re: mischaretani's climb to 90

Posted by mischaretani - 18 Mar 2015 19:29

But I am getting back up. Today is day 1.

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Re: mischaretani's climb to 90

Posted by mischaretani - 18 Mar 2015 19:34

Why did I fall? I'm not sure.

Hashem gave me a test. There was a glitch in my k9 filter. I discovered it at a particular time of weakness. I could have blocked it right away (because you can add blocked sites to k9 without the password). But I didn't.

I guess I failed the test.

I have fallen

But at least all the clean days are still clean and I can keep moving on. I'll be stopping in to GYE more often to post.

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Re: mischaretani's climb to 90

Posted by TalmidChaim - 18 Mar 2015 21:37

Sorry to hear about the fall. But yeah, what an amazing accomplishment so far! All those clean days are still there. The 90- Day chart is just that, a chart. Focus on the cumulative clean days, and rack up another streak.

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Re: mischaretani's climb to 90

Posted by mischaretani - 20 Mar 2015 01:13

2 days clean! (plus all the days from my last streak - mods, maybe you can help me out. all of my cumulative days disappeared for some reason. is there a way to get it back?)

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