

I will make it b'e"h

Posted by MayanHamisgaber - 19 Dec 2016 23:17

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Just started my 90 days journey (hopefully indefinitely) a little nervous as for years i have had very long stretches with feeling nothing and then WHAM massive fall which would then spiral out of control until someone found out. But now i have gye and everyone here who are so

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Re: I will make it b"h

Posted by cordnoy - 09 Feb 2017 14:19

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[Hashem Help Me wrote on 09 Feb 2017 14:17:](#)

encouraging and thoughtful that i know i can do this for good !

[Singularity wrote on 09 Feb 2017 07:45:](#)

[cordnoy wrote on 08 Feb 2017 19:11:](#)

[MayanHamisgaber wrote on 08 Feb 2017 18:16:](#)

since coming on to gye yes with the exception of talking to my wife no-one knows about this

Food for thought

You say you're listening to Dov's calls. Have you gotten to [this one?](#)

Disclosing just to your wife may not be as pious as one thinks... give the call a listen ;-)

Although in some cases people may have ulterior/manipulative motives in disclosing these challenges to their wives, in the vast majority of situations, if the wife can handle it, it is extremely proper and beneficial.

Vehemently disagree.

Where do you derive your statistics from?

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Re: I will make it b"h  
Posted by Hashem Help Me - 09 Feb 2017 14:35

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Numerous therapists including sex addiction therapists.

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Re: I will make it b"h  
Posted by cordnoy - 09 Feb 2017 14:53

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[Hashem Help Me wrote on 09 Feb 2017 14:35:](#)

Numerous therapists including sex addiction therapists.

Perhaps try speakin' to some real live people here.

There are times when it works outl and it depends at what stage, but maybe have a conversation, or two, or three with some fellows from this site.

Some will agree with you, but not the vast majority.

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Re: I will make it b"h

Posted by Gevura Shebyesod - 09 Feb 2017 15:36

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[Hashem Help Me wrote on 09 Feb 2017 14:17:](#)

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There's a pretty big "If" in there, and the answer to that is not always known beforehand.

In my case I disclosed to my wife before I found GYE, and not even knowing that recovery was an option. I was just so desperate to get out of the double life and it really didn't matter to me if she could handle it. I just knew I had to choose a path and I couldn't choose. So I decided that I would tell her and however she reacted that would be my signal what to do. You might consider that the ultimate in selfishness but I was so far gone I didn't care. B"H she took it better than I had any right to expect.

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 18:34

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[cordnoy wrote on 09 Feb 2017 13:34:](#)

[MayanHamisgaber wrote on 09 Feb 2017 08:12:](#)

[Markz wrote on 09 Feb 2017 02:38:](#)

[MayanHamisgaber wrote on 08 Feb 2017 12:59:](#)

[cordnoy wrote on 08 Feb 2017 04:36:](#)

Forget the addict question.

What are you doin' to change?

And please don't say, "I'm not lookin' at porn and I'm postin'," for that's not inner change.

for inner change I'm trying to be honest with myself about my ego anger and self esteem figuring out when and why I get angry/egoistic and working on these middos thru mussar and talking to friends and family.

Also listened to the chossen shmuzzen by R' Fuerman(or however you spell it) also downloading and listening to Dov's calls and reading the different advice found here and trying to decide what works for me from all of these places.

Is there something else should try?

(From a later post) True having a mentor or rebbe to talk to is a good thing but so far I have made very good progress by talking to my wife parents and friends and I see no reason why this cannot continue to work.

Thank you for takking time to help me

Can we have a convo. Do you mind if I inquire my dear brother what's goin on

1. Can you explain working on these middos thru mussar. What does that mean exactly
2. "figuring out when and why I get angry/egoistic". Im clueless how to do that myself. How are you managing
3. "Talking to my wife parents and friends" about the weather? About porn?

All the best - my brother!!

GET YOUR SNOW TRUCK OUT AND KEEP ON TRUCKING!!!

1) learning the basic seforim (sha'aray t'shuvah m'seilas y'sharim orchos tzadikim) about each midda then understanding in a practical way how they apply to me and where I am holding with them and then

2) looking back after I get angry or whatever what happened why did I act like that what mentality did I have that should be changed or my outlook at situations or people

The biggest challenge for me is not looking down at people for the faults that I see for I probably have bigger faults than them

3) about my middos and where I am holding with my lusts (am I down,up,need soe help....)

is this what you wanted to clarify

thank you all for helping me express this

Very nice.

Perhaps do a search for a 4th step resentment sheet. It might prove to be beneficial.

Continued hatzlachah

thanks does this mean you think I am an addict?

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Re: I will make it b"h

Posted by cordnoy - 09 Feb 2017 19:30

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Nope.

Nothin'l to do with it.

I think fourth steps and most of the stepsI are good for all.

I have stated that many times.

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 19:47

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Phew just making sure and yes I have read those statements

but on a forum like this I like things to be spelled out as miscommunication is rampant

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Re: I will make it b"h

Posted by MayanHamisgaber - 09 Feb 2017 23:28

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[cordnoy wrote on 09 Feb 2017 13:34:](#)

Very nice.

Perhaps do a search for a 4th step resentment sheet. It might prove to be beneficial.

Continued hatzlachah

Very interesting I can not say this is exactly what I have been doing but it is the same idea

Thank you it definitely gives me much more of a structure

I see what you mean that the steps can help even those that are not addicts

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Re: I will make it b"h

Posted by Markz - 10 Feb 2017 01:48

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thank you all for helping me express this

#1) Can just make someone more depressed sometimes

#2) Can help lower your self esteem

#3) Talking my wife's parents about my lust and middos, is a good way to ruin my day

All in all a recipe for lust to flourish. oh ok you're a strong guy and manage to hold back... but it's a thin rope that can snap at any given moment

Hey I'm trying to throw you a rope! Catch!!!

(disclaimer: I'm only taking about what does and doesn't work for me. It does not reflect on other Truckers, Janitors, Moderators, Affirmed second cousins of non addicts or their families)

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Re: I will make it b"h

Posted by cordnoy - 10 Feb 2017 02:03

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I think if he does it consistently, it can pay off.

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Re: I will make it b"h

Posted by MayanHamisgaber - 10 Feb 2017 10:02

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Markz I am catching the rope just not sure ow to hold on

#1&2 I do not feel that these things happen to me

#3 I DO NOT TALK TO THE IN-LAWS about this they do not know I only meant my parents

Thank you for your continued support

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Re: I will make it b"h

Posted by MayanHamisgaber - 12 Feb 2017 10:07

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Just letting the oilam know I might not be so active this next week as the shviger is going to be around for the next week or so.

Daven for me that it should be a pleasant experience for all

Thanks

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Re: I will make it b"h

Posted by Hashem Help Me - 13 Feb 2017 00:07

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Hatzlocha!

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Re: I will make it b"h

Posted by Singularity - 13 Feb 2017 07:55

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Thanks

it might help if she confides that she goes to SA meetings. Then you'll be the best of friends!!

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But let's not complicate matters further