

Near death experience

Posted by Jew - 14 Apr 2011 06:41

Hi All

Its been some time since I posted when I joined here. I have to say that I am having the cleanest time since I became frum and its a wonderful feeling. However, I have had three of those near death experiences where, somehow, I have found myself alone, without filter (we have different profiles and my profile is only a few white listed websites) and end up taking a peak. I found it so awful to follow this by going to bed next to my wife, who does know about my issue and has been fairly good apart from feeling now completly not good enough for me!

1) How do you get past this stage of doing well, but still looking for and tking every opportunity for a peak?

2) How can I restore the feeling of unconditional love that i know my wife felt from me before she knew about this?

I must say that I never thought I could go so long without and I will today post 32 days clean and the thought of starting again feels like death and therefore I feel like i have had near death expereinces and i'm so grateful to still be here on the chart and with you. But how long can I go if i'm always looking to grab that moment to take a look at things I shouldnt be looking at?!

I pray that in time, I will get better, I have found the book windows of the soul quite helpful.

Any comments, advice very welcome!

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Re: Near death experience

Posted by Jew - 04 May 2011 21:14

[dov wrote on 03 May 2011 23:10:](#)

[Jew wrote on 03 May 2011 18:38:](#)

I have been reading posts on this site everyday and it has given me tremendous chizuk and I am now 53 days clean and about 30 days without a slip thanks to those who clarified why I needed to be more cautious about slips.

I actually cant belive how far I have come. I feel a little more confident to begin posting on other posts although there are so many here who have far more expertise on this than I.

It makes all us feel great to know that there are people 'out there' who are actually benefiting from what is going on here. We forget that so easily.

Alei v'hatzlach!!

Well, it is really working! changed my marriage really, although my wife wasnt aware of the extent of my addiction she is aware that something has clicked.

I'm doing some work on triggers the last few days and noticed a post of yours where you had said that the addiction is to lust and not to women generally (hope i've not misquoted you) This i've found hard to think about because when I see a trigger, I have a whole story going on in my mind about THAT women.

I'm not asking about how to deal with the trigger, i'm dealing with this and its going well but incredibly slowly. what i'm asking is for you to define what the difference is.

Jew

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Re: Near death experience
Posted by Jew - 04 May 2011 21:16

[heuni memass wrote on 04 May 2011 17:05:](#)

Are we at 54 days... ?

54! - although waking up at 4am and not being able to sleep wasnt easy to get past! in the past that has been my weakest point.

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Re: Near death experience
Posted by Eye.nonymous - 05 May 2011 05:33

[aaron4 wrote on 04 May 2011 16:10:](#)

Eye.

I agree with you. But I have a hard time convincing myself that I've correctly identified my resentments and sources of pain or that I'm dealing with them properly.

Quite often I don't know EXACTLY what's bothering me. BUT, I do know I am spending my energy brooding, on resentments, on fears. Sometimes, if I go into and try to figure it out, I get MORE bogged down, and can even slip and fall. SO, it's enough to know I'm preoccupied with fears and resentments, which means I'M FOCUSING TOTALLY ON MYSELF. To stop the cycle, I have to DO SOMETHING to get involved with helping other people, and to get my mind in a mode of BEING HELPFUL TO OTHERS.

--Eye.

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