

I want to save my marriage

Posted by withhelpfromupstairs - 21 Feb 2012 11:18

I need help.

My wife has finally found out about my problem and I'm scared about what it means for our marriage.

Her finding out that I've had a whole separate side to my life has damaged how she feels about herself, and about our relationship. I don't know what to say to her to reassure her that she'll ever be able to trust me again. I know she's my bashert and the biggest bracha that I'll ever get and that I've caused her no end of pain.

I can't explain to her why I do what I do, and I can't explain to myself either. I manage to stop for months on end, and then I'll have a fall. I know it's a big averah, and I don't know why I'll do this where I wouldn't think about eating treif, or breaking shabbos. I don't know what sets me off. I know that when I get angry or depressed I'm more susceptible, but that's not an excuse.

She found out without me telling her and so she can't trust me and worries what else I may be hiding.

Worse it impacts on her sense of worth, and makes her think that I want things other than her. Obviously I don't, but if I tell her this she points out, quite rightly, what if she was really enough I wouldn't do this.

I don't know what to tell her, because I don't know what to tell myself. I don't know why I didn't seek help earlier.

I've mostly had long clean streaks, broken up by a few falls, and then a few months of clean streaks again. Every time I convinced myself that this time I had it beat and there was nothing to worry about. She keep asking my why I didn't go to our rabbi, or join here earlier, and I don't know how to answer her.

I know that with help I can beat this, and reading all of your stories has inspired me. What scares me is that I don't know if I can undo the damage I've done to my wife and marriage by bringing so many unclean images into my head and thus into our house.

I've made bad choices. Saying I was "addicted" seems like a cop-out because I managed to stop most of the time - so why didn't I stop that last %1? She doesn't think of it as an addiction either.

Please help. I don't know how to talk to her without it sounding self-serving.

What can I tell her to give her hope that it will get back to how it was?

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Re: I want to save my marriage

Posted by withhelpfromupstairs - 24 Feb 2012 06:14

[alexeliezer wrote on 22 Feb 2012 16:29:](#)

You are the man your wife thought she married.

You just have something about yourself she didn't know.

You didn't know either.

Now that you know, you are taking it very seriously.

Once you are sober and have the freedom to grow again, you will be able to reach your full potential as the wonderful man she married.

This is very true. She still doesn't understand but she has been reading this site and some medical literature on SA. She obviously still doesn't understand and full forgiveness is a long way off I think now she sees that it's not so pshat, and that we have a way out of this.

One thing she keeps on saying is that if I'd only told her myself she would have taken it a lot easier. I really wish I had told her myself - I can see now that having her know is the only way I could break the cycle. I'm not going to say BH she found out, but there obviously a good reason why Hashem had it happen. When I was calling to Hashem for hatzlacaha in hallel today I really felt something.

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Re: I want to save my marriage
Posted by imnotalone - 14 Mar 2012 21:54

your not alone!!!

GYE just put a link in their chizuk emails curethecravings.com Thai have a program for wives it explains the wife and also shows that Thai feel and understand her hardship
i myself I'm on their recovery and it works great

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Re: I want to save my marriage
Posted by ontheedgeman - 15 Mar 2012 03:36

this isn't about scoring points in Hallel, or about what you can say to fix things for your wife. Guess what, the work from here on in has nothing to do with you and your awesome powers to fix your wife and make her feel better. It's totally and utterly in H" hands. You have nothing to do with any of what happens in your wife's heart. What comes, comes. We ask Gcd to guide us, and we open ourselves to doing His will, throughout the day.

My wife has gone through wild wild moments. It's hard for me to accept that I can't control her freak outs. ME?? NOT IN CONTROL??? DON'T YOU KNOW WHO I AM?! I'm ON THE EDGE, I can control people, make them worry, not worry, feel good, etc.

Actually, no, that's not the case. MY job is TO ALWAYS ASK WHAT THE NEXT RIGHT THING TO DO AND GO DO IT.

Speak to your wife lovingly, as you should, apologizing when and where you are wrong. If you work the programme, trust Gcd, clean house, do service, help others, the chances that your relationship with your wife won't improve is 0.00%. Yip, my guarantee to you. It iS IMPOSSIBLE THAT YOUR RELATIONSHIP WILL falter if you follow the spiritual principles of this programme.

But wait, that means you may have to turn YOUR ENTIRE WILL AND BEING OVER TO HASHEM!!

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Re: I want to save my marriage
Posted by JackAbbey - 15 Mar 2012 10:09

wow!

i admire your strength

following the truth is a very strong pinnacle

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Re: I want to save my marriage
Posted by Blind Beggar - 15 Mar 2012 11:20

Yechida wrote a letter for wives to read. It is on the old GYE Website over here www.guardyoureyes.org/?p=1795 Have your wife read it.

Problem totally solved or at least a step in the right direction.

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Re: I want to save my marriage
Posted by Eye.nonymous - 15 Mar 2012 13:24

Welcome to the forum WH,

I have been struggling with these issues since I was a kid, and well into my marriage. I joined the forum about 3 years ago. Little by little, I disclosed things to my wife. Since your wife has found out about your problem, it makes things easier. However, it's unwise to go ahead and tell her everything you ever did or thought; she doesn't need to know it and it just does more harm than good.

I once heard the definition of being "powerless" (which is a sign of addiction) as follows: You never know which time will be the one when you lose control. Sometimes we DO seem to be able to control ourselves. But it's those times when we can't that indicate the true extent of our problem.

It sounds like, despite the difficulties, you are pretty much getting along with your wife and able to communicate openly. This is a tremendous blessing.

Regarding all those worries about messing up your life and your relationship with your wife because of all those images in your head--Don't think about that now. Just focus on what you can do, from now on, to make things better.

Did you download the GYE handbook? It is full of tools and attitudes which are very helpful for this struggle. You'll find the handbook (and lots of other ideas for how to get the most out of GYE) at this link:

www.guardyoureyes.com/breakingfree/first-time-here

The best thing you can do is just keep on posting; keep in touch.

Good luck to you,

Elyah

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Re: I want to save my marriage

Posted by withhelpfromupstairs - 17 Mar 2012 13:32

BH have had a good run of 32 days, and wife has a lot more understanding as well. We had a hard time finding an appropriate therapist to talk to around where I live (Not NY or Israel) but tracker one done.

Thank you all for your help and understanding.

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Re: I want to save my marriage

Posted by mifatfait - 17 Mar 2012 22:24

Great news. I like to repeat a lot to everyone (it helps me internalize), remember to go slow - one day at a time. A fall doesn't need to become a tumble down the cliff, just keep on going.

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Re: I want to save my marriage

Posted by alexeliezer - 18 Mar 2012 13:17

Glad to hear of your success.

Keep your commitment to being sober. Your wife will come around and you will have an amazing marriage.

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Re: I want to save my marriage

Posted by 2nd-chance - 13 May 2012 07:07

Hey fellow watch your step, you are almost falling of the 90 day list

I really admire your resolve.

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Re: I want to save my marriage

Posted by Dov - 13 May 2012 14:56

NU? So sweet chaver - what's new?

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