

Falling and struggling lately

Posted by sonicReducer - 31 Jul 2013 16:27

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Hi chaps,

I was a frequent poster (and struggler) when I was still single. B'H I've been married for nearly 3 years and was clean for about 966 days or so.

I fell for the 4th time last night in the past 5 weeks or so.

We had twins about 10 months ago (b'H both healthy and well), so the time has been quite difficult - lots of sleep deprivation, frustration, adjustment. My wife's cycle has also been completely out of whack, we have now been apart for about a month.

I feel like a complete idiot. I keep looking at things and falling expecting it to make me feel good and balance me, but it does the opposite. I feel awful and scared about what I've just done. This weekend was really bad - our twins were sick and Shabbos and Sunday were very difficult. I've found I have real issues with my anger, after a while I lose my patience and get pretty angry, throwing things and kicking toys.

Last night I lost my temper again (in private at least) - I tend to have to do most of the housework (or so it seems to me) and really got pretty mad about it last night. I think I acted out also in a way to 'get back' at my wife.

I think I should be posting here more often - I don't have anyone I feel comfortable talking to about it so I might as well be here.

Does anyone know of any anger management resources? I think I need some help there - it's probably the cause of my acting out more than anything

Thanks, kol tov

sR

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Re: Falling and struggling lately  
Posted by Dov - 05 Sep 2013 00:02

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So beautiful. Thanks!!

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Re: Falling and struggling lately  
Posted by sonicReducer - 10 Sep 2013 12:56

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[ToAdd wrote:](#)

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There is just so much work to do and so much stress trying to handle them both.

It's pushed me back into patterns I am not happy with at all.

...

I think that some of my acting out is actually me begin passive aggressive and trying to hurt her.  
It really doesn't help.

Yosef.

Hi Yosef,

Yes, I can definitely relate to that. I would also feel like acting out as a way to 'get back' at my wife - especially if there was a lot of housework that hadn't been done or we had been snapping at each other a lot. Thankfully I usually realised how childish it would be to act like that. After all, it's not like she would know. I'd never tell her or show her, so the only one actually suffering would be me. Not a very efficient means of revenge!

Mazel tov on your twins. Baruch Hashem mine turned one yesterday (5 Tishrei). I am grateful they are healthy and happy and I do love and cherish them. My frustration really comes when little easy things become difficult. When meals end up everywhere except their tummies. When nappy changes turn into wrestling matches and screaming practice. That's where I struggle a lot - when little tasks become very difficult I tend to run out of patience and get very flustered.

My other issue is lack of sleep. One of my kids has always been an unsettled sleeper. I think he woke me 4 times last night, crying and moaning. I usually have to get up and try to find a dummy in the dark and hope he settles. It's usually at least 1 or 2 disturbances every night, along with an early morning. My wife is a heavier sleeper than me so he usually doesn't disturb her - just me. So my energy and concentration tends to be low every day, not great for getting things done.

Lack of free time is also hard. I had an evening free last night but spent it ironing and doing the dishes. By the time everything was done it was 10pm and I just wanted to collapse. I get a little of reading time on the way home but going home feels like going to a second job sometimes. My wife also works very hard with them so I don't blame her leaving housework for me. She has certainly been swamped cooking and preparing for all the yomim tovim. I only really get out of the house the two nights I have a chavrusa, and occasionally to a hobby club now and again which I enjoy.

kol tov

sR

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Re: Falling and struggling lately  
Posted by ToAdd - 11 Sep 2013 15:28

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Minus a point or two, I wasn't sure if you wrote that about yourself or if you were just reading my mind.

The one day when I left work, I commented to my co-workers "off to the grindstone".

It's tough at home, but there are so many cute little smiles, it's all worth it.

I'm nowhere near 41 days clean.

In fact, I'm back at one day.

Having some time to myself really did not help.

I should not do this... What am I doing... too late!

Perhaps I should join a hobby club. I was doing some krav maga for a while but it wasn't really my cup of tea. So now I'm without regular exercise or outside fun time.

That's probably contributing to my down state.

I really should find something fun to do...

Keep On Trucking

kol tov

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Re: Falling and struggling lately  
Posted by sonicReducer - 11 Sep 2013 18:39

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A lot of people at work older than me who have kids often comment "come into the office for a rest?" I usually nod and laugh but it can often feel true.

bH my wife and I have actually had some time together which has helped me immensely. I think we had about a month apart before that which wasn't fun.

I found in the past that being bored was incredibly dangerous. If I had something to do or a game or something to occupy myself with during free time I would be ok. But times like Sunday night, when I'm tired, can't concentrate, not interested in doing this or that .... wow. Those were the worst times for me.

Luckily now in the little free time I have I have so many things vying for my attention that that isn't so much of an issue.

hatzlacha

sR

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Re: Falling and struggling lately  
Posted by sonicReducer - 11 Sep 2013 18:44

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[ToAdd wrote:](#)

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In fact, I'm back at one day.

Having some time to myself really did not help.

I should not do this... What am I doing... too late!

...

I would usually append an "AARGH I'M SUCH AN IDIOT" to that

Then feel terrible and guilty and "It's not happening again!" for a day

Then the day after I'd be back at it

oi vei!

Hatzlacha rabba

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Re: Falling and struggling lately

Posted by Dov - 12 Sep 2013 12:00

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Just maybe you should stop expecting that a man who has 6 month old twin children at home and is going through stressful yomim tovim and working and trying to do teshuvah...will be able to actually stay clean completely? MAYBE IT IS AN UNREASONABLE EXPECTATION OF

Let the pressure off and speak openly to Hashem about what 'madreigos' you can expect - and which you can only fantasize about, at this point.

Then you will find that the burden will not be as heavy - and it will be more likely that you will stay clean more easily one day at a time...and we may then chat here in 6 months from now as two sober people. Surrender to win, you know that, Yosef.

- Dov

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Re: Falling and struggling lately  
Posted by sonicReducer - 25 Sep 2013 17:02

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Still clean bH - today and the last 2 days or so have been hard. Bit of bickering between my wife and I. She complained all day and evening about how much she has to do and then sat on the laptop all night. Oh, and muggins here got to get on with cleaning up and whatever. And the inevitable "just one look will make you feel better ....."

Davened by myself this morning in between dealing with the kids and needing to get to work. First Hoshana Rabba in years I've not been in a minyan. Unfortunately this has been a theme since my kids have arrived, but I try to see it as an avodah. Last year I davened Neilah in a rush by the front door by myself, with my wife shouting "you finished yet?! I need your help!"

Anyway, kulo b'dei Shemayim - if that's where the Aibishter wants me to be I'll try get on with it as best as I can

Kol tov, wishing everyone a chag sameach

sR

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Re: Falling and struggling lately  
Posted by chesky - 29 Sep 2013 07:43

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Thanks for sharing this.

On Friday (regular Erev Shabbos here in EY) i came to Shabbos, last minute as usual. I came to Shul Friday night, frustrated and resentful.

Then this post came to mind and I was able to see my situation in its correct proportion and

instead of being negative to be thankful to HaShem for what I have.

Thank you. May HaShem grant us a day of sobriety and sanity.

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Re: Falling and struggling lately

Posted by sonicReducer - 30 Sep 2013 16:51

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Struggling lately. A few nights ago I spent some time looking at things I really shouldn't be. bH I wasn't nichshal - after 10 minutes I was I convinced myself that it's not worth it.

Lot's of bickering and sniping with my wife. Little things seem to develop into big misunderstandings and we are both stubborn. Not fun. Kids have also been a bit a of a handful.

Lot's of stress in my extended family. My grandfather was niftar 2 weeks ago, it has been traumatic for my mother. My grandmother also has quickly degenerating dementia, and my grandfather's money has been stolen by a business partner.

Struggling today. Luckily I am at work and my filters at home are decent. Really struggling

sR

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Re: Falling and struggling lately

Posted by reallygettingthere - 30 Sep 2013 19:44

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You got your hands full. May Hashem give you koach



[sonicReducer wrote:](#)

Struggling lately. A few nights ago I spent some time looking at things I really shouldn't be.

Do you mean porn?

[sonicReducer wrote:](#)

bH I wasn't nichshal

Do you mean you didn't masturbate?

[sonicReducer wrote:](#)

- after 10 minutes I was I convinced myself that it's not worth it.

Lot's of bickering and sniping with my wife. Little things seem to develop into big misunderstandings and we are both stubborn. Not fun. Kids have also been a bit a of a handful.

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sR

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Re: Falling and struggling lately  
Posted by sonicReducer - 01 Oct 2013 13:00

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[reallygettingthere wrote:](#)

You got your hands full. May Hashem give you koach

Amen!

[reallygettingthere wrote:](#)

[sonicReducer wrote:](#)

Struggling lately. A few nights ago I spent some time looking at things I really shouldn't be.

Do you mean porn?

Yup!

[reallygettingthere wrote:](#)

[sonicReducer wrote:](#)

bH I wasn't nichshal

Do you mean you didn't masturbate?

yup!

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Re: Falling and struggling lately  
Posted by sonicReducer - 03 Oct 2013 12:38

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Last night and today haven't been great. Haven't done anything but the teivah is really hammering me

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Re: Falling and struggling lately  
Posted by Pidaini - 03 Oct 2013 18:40

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Hang in there, and even better try surrendering, be ready to live life without the Isut and ask Hashem to take it away.

We're all with you!!

KOT!!

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Re: Falling and struggling lately

Posted by Dov - 10 Oct 2013 01:30

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U doin anything besides just posting abt it?

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