

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 sonicReducer - 11 Nov 2013 03:05

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My wife, bless her, unfortunately became a niddah again about 3 days after her last trip to the mikveh, so it's a month or so apart for us. Also the past week has been incredibly stressful. We moved home so it's been a week of packing and schlepping and schvitsing and stress and aggravation and being unsettled and exhausted. What didn't help was that on the day of the actual move (between me running around like a headless chicken trying to arrange movers and deliveries) my wife spent about 4 hours in Accident and Emergency for my boy who managed to choke on a sparkly toy while leaving their play group. Thank G-d he is 100% fine but it didn't help.

I am still clean despite my constant efforts to sabotage myself.

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Re: Falling and struggling lately  
Posted by Dov - 11 Nov 2013 22:18

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So sorry you two are having things so tough and complicated and exhausting.

It's really amazing how life actually does go on...

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Re: Falling and struggling lately  
Posted by SIB101854 - 12 Nov 2013 07:01

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Maybe your wife is overly machmir on some aspects of Hilcos Nidah where there are kulos that are approved of many, many Gdolei HaPoskim. Your wife becoming a Nidah three days after

her Leil Tevilah is not just frustration, but an issue that you should both discuss with a rav.

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Re: Falling and struggling lately  
Posted by sonicReducer - 12 Nov 2013 20:43

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Things are ok now bH - just trying to get things settled and in order. Kids have settled quickly at least.

My wife is seeing quite heavy bleeding long before her period is due. This went on for a while after our twins were born and she switched pills which helped for a while. Not sure what is

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Re: Falling and struggling lately  
Posted by Machshovo Tova - 12 Nov 2013 21:18

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Sorry to read. Refuah shleima to your wife.

Just happened to read this morning in a sefer on Kiddush Levanah, a segula for people whose wives have very irregular cycles: To be mechaven when saying (in Kiddush Levana)

??? ????? ?? ?????? that the Roshei taivos of that phrase is ????? , i.e. we pray that the wife should not mess up her regularity. (This is based on the fact that a woman's monthly cycle is related to the moon's monthly cycle.)

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Hatzlacha

MT

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Re: Falling and struggling lately  
Posted by Dov - 12 Nov 2013 23:13

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As usual, these situations like unexpected niddah, headaches, etc...are all segulos for loving our wives more honestly than we ever have before. Inspiration and good times are truly great, but pain is the only way we really grow, and difficulties are the only way we truly learn what our real priorities are.

You are living through a gift...again. If you use this one right, please don't forget to daven for me and all of us to use our *own* challenges better, too.

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Re: Falling and struggling lately  
Posted by cordnoy - 03 Dec 2015 00:18

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[Machshovo Tova wrote:](#)

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Hatzlacha

MT

Wow! Nice vort.

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