

Double life syndrome

Posted by unanumun - 31 Mar 2014 22:06

ok so i am new here (maybe i'll get to the "introduce myself" forum eventually)

One big idea that hit me based on some of the things I read here is this Double Life business. Apparently there are a lot of people that have been or are disturbed by what seems to be a contradiction between their public life and their "private" life. I have seen people saying that owning up to your problem in "real" life is important and helps start the process of recovery. This has led to some introspection and I thought I would share some thoughts here because obviously at this point I have nowhere else and I have also seen over the last few days that expressing what's in your mind helps.

I have been noticing that in my life, besides the P and M thing, I have several areas in which I sort of run away from who I really am. Or more specifically I have managed to split my life into several facets. People who know me from one part of my life, for example, the shul where I learn, know me as a different person than the people in the shul that I am heavily involved in. And I have many small things like that. I have a wide variety of friends ranging from guys that I talk politics or joke around with, to the guys that I speak to in learning. They all think I am one of them.

Perhaps I have a hard time coming to grips with, or rather merging all these aspects of my life into the one person that I really am. Perhaps the time has come to realize that these are all the real me and then I will actually have to admit that part of the real me is addicted to porn and not some anonymous guy behind closed doors that no one knows.

Interesting idea. A bit overwhelming but a new way to look at my life. Heck, I may just end up growing from this whole ordeal. Which might just be why Hashem has sent this nisayon down my path.

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Re: Double life syndrome

Posted by Dov - 06 Feb 2015 19:17

[unanumun wrote:](#)

So the two Captain Kirk's have officially collided. I told my wife over the last week (posts to come about that on my regular thread) and boom!!!! everything that has been said about breaking down the barriers between the two worlds being important for recovery has become clear to me.

For the first time, I had the REAL feeling that the ME that everyone knows has had a problem with porn and masturbation. It was a very humbling experience. As the dust settles and the

emotions come to grips with it, it is becoming a real freeing and growing experience as well.

This thread was the first one that I started, and now I guess I can say that to a large extent, the thread has ended.

Yes, most people that I interact with don't know my secrets, but there are plenty other secrets they don't know about me. The only one who knew everything about me except for these issues was my wife. And now she knows absolutely everything about me, so with the help of the Ribbono Shel Oilam and all the wonderful fellow members of GYE, I can say with tears in my eyes,

I no longer suffer from Double Life Syndrome.

The end

Alei v'hatzlach, chaver. This is the opening of the door only, as I think will become more and more clear to you.

Isn't it amazing how oblivious we are, how insensitive to so much of reality, until we actually start *doing* things differently, walking the walk instead of just talking the talk? And I am amazed in my own life on a *continuing* basis how much I am still growing up simply because of continuing to work/live my program honestly in everyday life in small and big ways.

Your share here is so wonderful, man...

I rarely have time for the forum these days but popped on and saw this. What a gift!

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Re: Double life syndrome

Posted by climbingdan - 08 Feb 2015 00:03

You asked if it is early for you to take on the 90 day chart. It is wonderful. But the main thing is not the acting out or not. The main thing is the change in direction. Being "clean" is the result. It

may take time.

This is true. But the first thing is to stop the acting out. True, staying abstinent will not work on the term. But as long as one is drunk then the new way of thinking and dealing with life cannot

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Re: Double life syndrome

Posted by unanumun - 08 Feb 2015 16:46

[Dov wrote:](#) possibly enter a full brain and a WACKED body.

I rarely have time for the forum these days but popped on and saw this. What a gift!

You deserve the gift Dov!!!!

And you are so right. I have moved on to alot of introspection and the biggest point has been seein myself honestly. Where am I really holding in the many areas, I thought I was holding in.

The honesty just keeps opening up more and more doors to knowing myself better, becoming a better person, and living life.

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Re: Double life syndrome

Posted by Dov - 04 Mar 2015 12:46

Wow.

What gave you what you now have, though, was *not* introspection, right? It was the magic of opening up honestly to another. The 'battle' most of us professional hidrs (read: porn and

masturbation users - especially among the frum) have, is opening up. And believe it or not, it *remains* the battle!

We often open up as you have, then start to see the 'magical' self-honesty that results from our great act of honesty...only to start believing that now that we have made the 'right of passage' we are cured, different somehow.

Sadly, it's not that way.

You started finding that honesty with self does not come from introspection, but as a result of opening up to others. I implore you to keep doing what got you here, rather than what many of us do: run off enjoying a gift we really do not own. It was a gift we *got* by opening up uncomfortably - and will *remain* a gift we keep only by opening up uncomfortably.

You may find that your wife is not the best person for that job...

Hatzlocha whatever you find, chaver!!

- Dov

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Re: Double life syndrome

Posted by gibbor120 - 04 Mar 2015 19:18

Thanks dov, you said exactly what I needed to hear!

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Re: Double life syndrome

Posted by cordnoy - 10 Jan 2016 02:54

[unanumun wrote:](#)

[Dov wrote:](#)

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And Una, as you keep tellin' us this, it must really be true.....honesty leads to even more honesty!

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Re: Double life syndrome

Posted by unanumun - 10 Jan 2016 17:38

To be honest, -- You're right

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