

Please Hashem Aneini

Posted by 25lysp - 25 Jul 2016 20:47

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Guys I'd like some help with how to explain SA to my wife?

Also how do you balance really being with ur wife and not thinking shmutz.

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Re: Please Hashem Aneini

Posted by Markz - 25 Jul 2016 21:05

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Brother your "Introduce yourself" page is missing too much info that would leave your question out in the cold. This is a big reason why it's beneficial for users to keep posting on their personal thread so we can all keep on track together and help each other the best we can

You can choose which page you want to be primary, this or

[guardyoureyes.com/forum/19-Introduce-Yourself/290191-My-story](http://guardyoureyes.com/forum/19-Introduce-Yourself/290191-My-story)

In the meanwhile the first thing you may want to clarify is are you on a recovery Trucking road, or are you struggling...

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Re: Please Hashem Aneini

Posted by proudchabadnick - 26 Jul 2016 01:31

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S-Anon (group for the spouses of addicts) may be able to help you.

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Re: Please Hashem Aneini

Posted by gibbor120 - 26 Jul 2016 15:52

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She cannot understand. I found it helpful to read the handbook and show my wife parts of it. She still did not "understand", but she can start to understand that SA exists, and there is hope.

I'm not sure how to answer your second question specifically. Work on recovery in general, and the specifics will take care of themselves. Don't just focus on "how do I stop x". What have you been doing until now to stop?

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Re: Please Hashem Aneini

Posted by 25lysp - 28 Jul 2016 19:00

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Ok MArkz you asked for it. :blush:Just kidding.

But you're right I should fully introduce myself. So here goes:

First of all I didn't have such extreme Nisyonis experiences like other people I've read about here BH but I enough to share although I can't truly relate to some of you.

I don't feel comfortable using my name but you can call me YID.

I am in my early to mid-20's. I was brought up in a house with a TV and from the age of twelve was exposed to p\*\*\*. I never chose this upbringing but He has a master plan and we better accept it or life will not be worth living. The only thing that has kept me from becoming worse and worse is shame and fear meaning that when I was a bochur I would not risk anyone finding out. But let's get back to my story. When I was a young child, my parents kept the VCR (TV) machine out of my reach (in their closet), and I had to beg them to take it out for me, but when I was not feeling good, (which happened quite often if you can guess why), it was out for me and my father even went to rent movies and vids for me. So basically they were feeding my Yetzer from the first minute WHY? Because in my experience also from other people I know a typical healthy child will want to watch vids rather than learning or growing and doing healthy things. At first I did not even know the effects it was taking but as I became older I began having this background awareness that all is not good when divulging in Goyishe things be it books movies etc... But the worst thing for me was when my family went through a difficult time and we had to

move and I found in the 'closet' a collection of bad vids that (now I know) my father had brought into the house. I am saying that basically my father educated me in the worst things possible. I kept it a secret from my parents that I had found these things (out of fear). I don't know either if it would have helped had I told them. It's taking me too long already So To be continued IYH.

I just want to say I love you all and can't wait to get to know more (eitsoz) about all of you!!

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