

Looking for chizuk

Posted by mike dupont - 25 Aug 2016 08:57

About two months ago I had a fall, for some reason (which both myself and my therapist considered valid) I decided not to tell my wife straight away but to postpone it. After talking it over again with my therapist I told my wife which resulted in her losing her trust in me (she caught me last year, her condition to try build up again was honesty).

She keeps telling me I'm a liar which I find exaggerated. I do relate to her issue of honesty, understanding I haven't been as straightforward as she expected but I find the term 'lying' to be too much.

Yesterday over the course of an hour she managed to tell my parents I'm a lousy boss (too kind with the employees), she told me that our marriage is a total failure (in the sense that she expected a faithful husband, now she knows she will never have that from me) and that I don't understand the first thing about feelings (which is more or less right).

Basically after working on my recovery for almost one year and being sober most of it I feel like a total loser. Although my wife did apologize later on I know what she thinks about me and that doesn't give me much hope.

Besides fighting for myself I'm kind of asking myself now what's the point? She might be right on some or all points but right now I'm quite desperate.

=====
=====