

telling the wife -with a twist

Posted by waited to long - 08 Nov 2016 22:52

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i searched the forum and know what the feeling is about telling ones wife about ones issue. i was wondering if my wife bothers me about being on my phone/online too much (which is probably correct. and i believe that too much time online for a lot of us leads to problems as while i`m only on kosher sites- of course- there is that hidden trigger somewhere that the brains pick up and the rest is history.) she then will give the typical wife comment,that under the breath remark which our manly side doesn't handle well especially when we know they are correct. Then we are down with ourselves - which is another great trigger. should i out of the blue just tell her that i am working on my constant internet usage and if she feels that i`m online too much from now on to please just remind me nicely of my commitment. should i say anything to her - which without her even realizing it she can be helpful to the cause or is even that too much as she might start questioning - as she did realize i lately have been reading up on shmiras eyneyim- and even if i dont say anything she will notice the difference quick enough on her own (i hope)

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Re: telling the wife -with a twist

Posted by Watson - 08 Nov 2016 23:09

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IMO, don't make your wife your god.

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Re: telling the wife -with a twist

Posted by gibbor120 - 10 Nov 2016 15:07

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I'm not sure what you are trying to say.

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Re: telling the wife -with a twist

Posted by Shlomo24 - 10 Nov 2016 18:20

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[gibbor120 wrote on 10 Nov 2016 15:07:](#)

I'm not sure what you are trying to say.

I'm working on not answering questions that weren't asked so I'm not going to answer, but I've heard his sentiment before and there's good logic for what he's saying.

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Re: telling the wife -with a twist  
Posted by Watson - 10 Nov 2016 20:53

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Again, this is just an opinion, but reading the original post made me feel that WTL seems a little over-concerned about what his wife thinks of him, seeking approval from her and hoping she will help get him sober.

By allowing her to be a central part of his recovery he's giving her way too much power. But G-d has all the power, ergo we have none at all. The goal should be to move from being ego-centric to being G-d-centric. Moving toward being wife-centric is way too limited for what we face.

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Re: telling the wife -with a twist  
Posted by cordnoy - 10 Nov 2016 21:43

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[Shlomo24 wrote on 10 Nov 2016 18:20:](#)

[gibbor120 wrote on 10 Nov 2016 15:07:](#)

I'm not sure what you are trying to say.

I'm working on not answering questions that weren't asked so I'm not going to answer, but I've heard his sentiment before and there's good logic for what he's saying.

That weren't asked to you?

Thatl weren't asked at all?

That you don't relate to?

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Re: telling the wife -with a twist

Posted by Shlomo24 - 10 Nov 2016 23:22

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Weren't asked to me. I didn't realize that I forgot to type those words. Oops.

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Re: telling the wife -with a twist

Posted by waited to long - 14 Nov 2016 18:34

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I'm sorry shlomo24 that you always seem to end up on the receiving end on my threads.

update with a little more information about the situation: i decided not to tell my wife anything (thanks Watson again). It sure is scary how fast they pick up so quickly (on some things).

until now i was ready to send my wife to talk to a professional! as I had every reason to believe it was her fault things weren't good in the bedroom. as when i was given a chosson shmooze i was told that you i don't need to have only holy thoughts you can have your YH in mind as well. (well that rebbe knew nothing of how sick i was) my wife also had a slight medical condition which made sex extremely painful (which was bh taken care of early in our marriage) and she suffers from a very light case of anxiety. it all adds up to disaster and i was supposed to believe i was to blame?

then i read here about only trying to change yourself and how our sick minds are the bigger issue(takes time to accept). but totally worth it, what a difference a few weeks make.

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Re: telling the wife -with a twist  
Posted by guardshelp - 15 Nov 2016 16:02

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- adsfasdf
- afgaafga

1. asdfasdf
2. asdffasdf
3. asdfasdf

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