

Update (and Questions)

Posted by ybachur - 03 Jul 2017 06:13

So, just to update...

I B"H got engaged about 2 weeks ago, to a wonderful Kallah who is more amazing than I ever thought I deserved, and we both (from what I can tell from her end) really feel excited and comfortable and happy with each other.

I spoke to my Rosh Yeshiva further about my issues, and he recommended that I speak to a therapist, and he found me someone to speak to.

I met the therapist (happy to give a name if it helps at all) twice (so far), but I haven't really gotten much out of it. He agrees that I don't seem to be addicted per se (I believe mainly because it hasn't really progressed much further over the years), and he seems to keep mentioning that most of these issues come from something else, but I've been able to eliminate pretty much everything that he mentioned, and I'm more convinced that it may just be "purely" a Ta'avah issue, that I've probably made worse by allowing it to continue.

I've already made decent progress, IMHO, since I haven't seen anything inappropriate online for a few weeks already, probably at least a month, or maybe more.

However, I still have been masturbating sometimes, not as often as I was, and it's been all fueled by thoughts, as opposed to actually seeing material online.

I definitely need to slow that down, but I do view the resolution that I've made to not look at anything online as progress, and so far, I've been able to keep that up.

Additionally, I've always been pretty straight up and honest with myself, and I tried giving the therapist as much info as possible, so there's no real denial here, though I've definitely been able to convince myself that some parts of it (the masturbation, etc) isn't as bad in some ways, which is probably not true, and probably why I've had a harder time stopping it...

The therapist thinks I should continue with something, but I don't really think that I've gotten much from seeing him (besides for the expense, which I'd rather avoid, but if I felt that I was gaining something from the sessions, I'd definitely continue it, even with the cost), and I think that at this point, it's something that has to come from me, and that I can work on myself.

?My plan on my end is to work on reducing the frequency of my masturbating, and setting goals where I have to go x number of days without masturbating, and then work on building it up.

Additionally, I really am looking forward to getting married, not (at least in my mind) just because of the intimacy (though I've seen people label it as "lust"), but because of the chance to really spend time together with my wife IY"H and to really understand and focus on each other, and I think that I won't have any issues with focusing on her and taking care of her, and not just focusing on myself, both from a regular and sexual perspective.

(Disclaimer - I haven't started Chosson classes yet, supposed to be starting them later this week, but I don't yet really know what's involved.)

My Rosh Yeshiva had advised me not to bring up these things earlier, but I had spoken to him (and mentioned it to the therapist briefly) again, and I feel that I should be bringing it up with my Kallah, maybe not in full detail, but to at least give her an idea of what I've had some trouble with ("seeing things online that I shouldn't be seeing") and where I've made some progress. My Rosh Yeshiva was basically Maskim to my bringing it up, though he told me that I have to figure out the right way to do it.

And based on how I know my Kallah, I think she'll take it well, and I hope to make it into something to work on together, or to at least keep her involved with my progress, and make sure she's aware of where I'm holding.

Again, I may be biased, but I really don't see it as being as much of an issue once I'm married, and I really think that I'll be able to control myself, maybe because of the "Pas Besalo" of being married, but also because it will now matter to someone else, and not just to me.

The question is if I'm missing the boat (though I'm more confident now that I'm not) that it will get better once I'm married (and I'm only basing this off of my personal circumstances and what

I've gotten and somewhat verified by going to the therapist), and if it's also a bad idea, if that's true, to bring it up at this point, especially with the (hopefully low) chance that she may not take it well.

And I'm also interested in hearing ideas about how I can get things to improve, and if there is anything that I can do on my own, or if I have to do/go to something or someone else.

Anyone here have any advice or input (and it would be helpful if it's coming from someone who has dealt with others as well, and understands my circumstances)?

And my apologies for the long and detailed post, just figured I may as well write everything up the best that I can and with as much information as I can give (though writing this from a phone after deciding to post means that there may be more mistakes, think I caught them all though).

Thanks a lot!

=====

Re: Update (and Questions)

Posted by ybachur - 03 Jul 2017 15:58

Thanks all!

My Rosh Yeshiva has been amazing, and we B"H have a very close relationship, so that definitely helps.

And I'm not sure if a therapist is a must at this point, if I can get a handle on things, but that's part of the discussion...

@getthere - I'm going to check that page, and see if there's someone there I can try, just didn't get much from the previous therapist that I tried, so I'd rather try something else before trying another one.

Thanks.

=====

=====

Re: Update (and Questions)

Posted by ybachur - 27 Jul 2017 05:15

Removed

=====

=====

Re: Update (and Questions)

Posted by Markz - 27 Jul 2017 11:02

I just wrote a long reply, then the page auto-reloaded and I lost it all, so forgive me for my short reply

Warning: Spoiler!

Whatever happens is for the good. Gd willing you'll have a great marriage soon

Enjoy the meetings, I'll have you in mind and KUTGW!

=====

Re: Update (and Questions)

Posted by Dov - 27 Jul 2017 12:04

I'd love to talk w you abt it. Please consider that you might not have discussed your misgivings w the therapist's advice to you *with* the therapist...have you? The trust there is lacking, and that's not unusual. Still, it's an obstacle to getting a really good product.

Also, it sounds like you're basically calling the shots w your rosh Yeshiva, as well. I read what you wrote carefully and that's the way it seems.

Yes, we all need to live w or own decisions and ultimately make our own minds up - that's what being human means - but when adding advice, the misgivings aught not be afterthoughts that we are only comfortable sharing with a pretend chevra like this one. Openness here is cute, but openness with the very people you have the misgivings with, is where the schoirah is.

Can you do that?

And I'd love to talk...which guy we're you? I got a bunch of emails if this nature recently.

Thanks,

Dov

=====
=====

Re: Update (and Questions)

Posted by ybachur - 27 Jul 2017 12:21

Dov -

I'd love to speak if you don't mind, going to PM you.

And not fully understanding what you're saying, but I discussed what I thought about the therapists opinion with him, and I've discussed everything with my Rosh Yeshiva as well, and he's pretty much always on target and I trust him implicitly (though we've discussed plenty of things thoroughly as well, and it's not a one way discussion) and only wrote the post (which I told my R"Y about) because I felt it might help to write up my thoughts and to share them, though I decided to edit the post because there were some details there that I didn't want public.

Thanks!

=====
=====

Re: Update (and Questions)

Posted by cordnoy - 27 Jul 2017 12:56

Just because we're sex addicts doesn't mean a girl needs to marry one, or a possible one.

Therapist, Dov, Rosh yeshiva....all good moves.

Wishin' you the utmost hatzlachah.

=====
=====

Re: Update (and Questions)

Posted by ybachur - 27 Jul 2017 13:01

Of course, agreed, hoping that she can see that I am working on it, and hoping that everything else that convinced her to say yes originally is still there and means enough to her, but that's something that she has to decide.

Thanks all!

=====

Re: Update (and Questions)

Posted by Shlomo24 - 27 Jul 2017 14:03

Life with a recovering addict (at least 12-step recovery) can be beautiful and meaningful. But it can also be hellish. Sex addiction isn't like alcoholism. My experience has been that relapse is a part of life as a sex addict. I'm probably going to relapse, and I'm ok with that. But my potential partner may not be ok with that. And that's their prerogative. They have that right to choose and it makes sense if they might say no.

=====

Re: Update (and Questions)

Posted by ybachur - 27 Jul 2017 16:22

Just to update this (though I know the last update was removed), my Rosh Yeshiva spoke to someone else who supposedly isn't officially a therapist, but supposedly has a ton of experience in this field (he got the number from the therapist I had spoken to), who seemed to agree with me on this, and thought that the therapist was taking a too strong approach (and wasn't convinced that SA was for me), still have more to clarify, and hopefully this can clarify things for everyone, but we'll see what happens...

Thanks all for the support and encouragement!

=====

Re: Update (and Questions)

Posted by YeshivaGuy - 15 Dec 2020 07:16

How u been man? Share with us what worked for you. I see ur over 570 days clean!

=====

=====

Re: Update (and Questions)

Posted by YeshivaGuy - 20 Jan 2021 07:09

Hows it goin?

=====

=====