

SCI1977, How I got here

Posted by sci1977 - 22 Dec 2009 20:16

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After much soul searching and deep honesty, I finally feel ready to share this story as I have a little bit of sobriety under my belt (no pun intended ;-)...

I was trying to write out my story now for about a week, but I had a lot of trouble doing so. I found myself repulsed by how I had let myself get this way. Since I started writing, all that keeps pouring into my mind is, "How sick have I been?" and "what did I do to my wife?" I question whether my wife can ever forgive me, or if I can even forgive myself fully. I hope that getting it all out will help in healing me.

The beginning of my story is one of much shame. When I was little, between the ages of 7 and 10, I was molested almost every day by a close family member. This caused me to never learn what true love meant. I could only relate to "lust". When I was around 17, I started to look at p\*\*n and did that very frequently. As I got older, it was something I would do as a stress reliever.

I got married and had my first child, and all of a sudden I felt stress related issues hit me like a ton of bricks. I started looking more and more at p\*\*n. After being married for about a year, it escalated from porn to prostitution. I acted out and went to inappropriate places. I got hooked and I couldn't get out. I battled with the fact that I was cheating on my wife, however I couldn't stop.

About year ago, I struggled hard to kick the habit. It didn't work. I then acted out even more; more porn, more prostitution, etc...

It seems that Hashem had seen my efforts to stop though, and He stepped in. Not long ago, my wife found out and confronted me about it. That was my real wake-up call. She was terribly angry and almost left me right then and there. But when we started talking again she said, "we will get through this together and I will help you find help".

I ended my acting out and I have been clean now for 33 days since finding this website together with my wife.

It is very hard to admit all that I have done, but when you release everything about yourself to others, it becomes clearer in your own mind. The more you tell and the more honest you are with yourself and with G-d, the more it helps.

I admit that I used to lust for women to make me feel better. What I did not realize in all of this, is that my sex life had never been about deeper feelings like true love. Nothing was an "emotion", as my emotion had been damaged by the molestation I endured as a boy. I never thought about the other person for real. She was just an "object" for a physical act.

From now on, my actions must be more than that. They need to be actions of love, not just lust. I need to have compassion, and most of all, my heart needs to be in what I do.

I have changed my ways with the help of this website. I have worked on the 12-steps and I am reading the Handbook very slowly and carefully. I pray and talk to G-d a lot. I work on myself by learning to LIVE, and by just realizing what is around me; my wonderful family and all that surrounds me in life - like taking an extra second just to look up at the sky. I am also learning to feel G-d's embrace at all times, especially when things go well, like when I make a good business deal.

Today I am living with the knowledge that I am clean, and without the constant feeling that I am destroying my mind and soul. I was given a "wake-up call" by G-d and I need to use it in the right fashion.

I am thinking positive and living every second. I'm working hard on letting G-d take control over everything, and when I make a decision I ask myself, "is this something that G-d would approve of?" My heart - and all of me - feels so much better.

I look back now and feel very degraded that I once had to do all those things to feel good. I should have just stayed at home and not looked elsewhere, but I can't do anything about the past. I can only move forward and pray that with G-d's help, everything will turn out OK with me and my marriage.

I am living life to its utmost now. I put my life in G-d's hands and try to focus on that which is

good and decent about me.

With G-d's help, I WILL WIN THE BATTLES AND THE WAR!!

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Re: SCI1977, How I got here

Posted by Steve - 09 Feb 2010 17:56

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Sci, I'm kicking myself for not visiting this thread sooner. I can't BELIEVE what I've bee missing!

I am speechless. Good thing I can still type, tho...

I have never in my life read such a uniquely sincere and personal account as you have so bravely shared with all of us. I am truly humbled by the depth of feeling and understanding, and style, with which you write.

Your introspection, your attitude, everything about you is so inspirational! Your Dear John letter, the TIME and courage it took to accomplish it... WOW.

I see I have been fooling myself thinking I know myself so well. You have shown me that it takes time and effort, and above all sincerity, to make a soul-searching inventory of oneself. And the amazing thing is that your perspective is so positive! THAT'S A DIRECTION OF GROWTH AND PURPOSE that most of us find hard to reach.

Yesterday, if I tried to define myself, so many points on my list would be the negatives - what i am NOT or who i wish i would become eventually. I would have defined myself by my shortcomings, because I tend to be hard on myself and see them first. (funny, cuz I'm always giving other GYE warriors advice to AVOID that and see only the positive in themselves - like we know, it's easier to tell someone else what to do than live by it oneself).

But today, after reading your posts, I can actually SEE how to start defining myself in only the positive light. Bli neder (without vowing) I'm gonna try to follow in these big footsteps of yours, and make the time to find out WHO I am. Get under the bumps on my skin and see the real pickle inside. I may not be as brave as you, to post it, but I think i need to do it too.

Thank you, Thank you, Thank you.

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Re: SCI1977, How I got here

Posted by sci1977 - 10 Feb 2010 01:10

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Steve, my favorite pickle, thank you so much for stopping by and sharing here. Thank you for the kind words and mostly thank you for your friendship. We all need each other!! I think people here might get tired of it, but think positive always. It's not easy to be positive all the time. But its worth the efforts.

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Re: SCI1977, How I got here

Posted by Steve - 10 Feb 2010 06:07

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OK, OK, it's not the only reason i stayed up, but i was hoping i'd see this masterpiece of introspective discovery thingy posted already. Thought i heard somewhere that it might get findished tonite. But I guess all good things require second & third drafts. If so, fine, make mine a lager on the rocks.

Guess it's one of those times to play french, and go *Ce La Vie!*

"Lahveee."

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Re: SCI1977, How I got here

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Posted by sci1977 - 10 Feb 2010 14:21

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[Steve wrote on 10 Feb 2010 06:07:](#)

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Masterpiece didn't work out how I wanted last night. Hopefully today it will be out, but I think it is going to be in the other thread as my update for today.

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Re: SCI1977, How I got here

Posted by sci1977 - 11 Feb 2010 20:37

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ok so project sci1977 continues. In a very heated business discussion today I realized that if you let the little things bother you, it is enevitable to fail on this journey. I never once thought about slipping or falling but I am glad this happened today. It made me go deep inside on how to deal with stress. And I thought stress is something that everyone has, no matter what. So what? It's part of everything. Thank you G-d for reminding me that today and not letting me get so stupid to yell either in the arguement. One other note regarding stress, I looked at my life and now want to try and determine the factors in my life that cause me stress. I think this will help me to go even further.

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Re: SCI1977, How I got here  
Posted by imtrying25 - 11 Feb 2010 23:12

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And project sci1977 is looking better and better each day!!

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Re: SCI1977, How I got here  
Posted by silentbattle - 12 Feb 2010 07:12

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Incredible! You truly rock...and I love learning from you!

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Re: SCI1977, How I got here  
Posted by Eye.nonymous - 12 Feb 2010 08:47

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You're really deep, Sci! I think it's a huge advantage!

Have a good Shabbos.

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Re: SCI1977, How I got here  
Posted by sci1977 - 12 Feb 2010 19:56

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The road of life is really amazing sometimes. I was talking to a co worker today and he made a comment about one of our customers. He said the whole company was always looking to help others in business. It didn't matter who they helped. So my mind started thinking, forgetting the company part, am I like that. Would I help anyone all the time. I realized that when I had money I gave to charity. Now that I don't have money anymore I should really look into other ways to help people. Another thing that sci1977 needs to work on. However, at first I was sort of upset that I wasn't so great with this. But this too can be turned into a positive. We are a work in progress.

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Re: SCI1977, How I got here  
Posted by silentbattle - 12 Feb 2010 20:50

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Very true - and you clearly are looking for ideas of how to grow!

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Re: SCI1977, How I got here  
Posted by sci1977 - 15 Feb 2010 16:25

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OK a new idea has been in my head now for a few days. If you are selfless with G-d, do you need to be more selfless everywhere in your life. And I have been having trouble with the idea of this. But I think, more and more, it is true. You have to be selfless everywhere. It starts will being selfless with G-d and then moving on to the rest of my relationships. I don't know if I see a change yet in myself, but I know I am trying to be more aware of not only focusing on what I want. I must focus on the needs and wants of all that are around me.

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Re: SCI1977, How I got here  
Posted by silentbattle - 15 Feb 2010 18:07

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I think the two go hand in hand - the more we truly become selfless, whether with god or with others around us, we become more selfless and giving overall.

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Re: SCI1977, How I got here  
Posted by imtrying25 - 17 Feb 2010 12:24

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Re: SCI1977, How I got here

Posted by silentbattle - 17 Feb 2010 15:58

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;D That, too!

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