

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 the.guard - 17 Feb 2010 22:48

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It starts will being selfless with G-d and then moving on to the rest of my relationships.

Actually, our Sages teach us that it works the other way around. As the Pasuk says, "Love your fellow man as yourself, I am your G-d". Only when we act selfless with those around us, can we learn to be selfless with G-d. And the reasoning is, that G-d is abstract. To truly be selfless with an abstract being is much harder. We need to start with those we can see, and then move on to

And that is why G-d gave us, parents, siblings, children, and especially a wife. They are all there to teach us "selflessness" so we can then move on to doing for G-d with pure motives...

Thank you for the thank you! I edited your 90-day post for today's chizuk e-mail as well

Keep up the beautiful work and inspiration.

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Re: SCI1977, How I got here

Posted by Momo - 18 Feb 2010 06:12

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**MAZAL TOV on 90 days!!!**

**We're proud of you.**

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Re: SCI1977, How I got here

Posted by imtrying25 - 18 Feb 2010 12:10

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LOOK OUT GUYS THE MOMO'STER IS BACK AND ROARING LOUDER THAN EVER  
BEFORE!!!!!!!!!!!!!!

ITS A NEW EDITION OF MOMO-MANIA!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

AND JUST IN TIME FOR PURIM!!!!!!!!!!!!!!

WHAT COULD BE BETTER!!!!!!!!!!!!!!

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Re: SCI1977, How I got here

Posted by sci1977 - 18 Feb 2010 14:16

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[imtrying25 wrote on 18 Feb 2010 12:10:](#)

LOOK OUT GUYS THE MOMO'STER IS BACK AND ROARING LOUDER THAN EVER  
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momo back is great!!

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Re: SCI1977, How I got here

Posted by sci1977 - 19 Feb 2010 19:09

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I have been thinking about my 90 days and 91st and 92nd days and I want to make something very important to me, public knowledge to the GYE crowd.

I am a firm beleiver you do the best work you can do for yourself in your own thread. I think it's where we dig the deepest and find the most crucial parts of our recovery. Having said that, I also think you need to go back and look at your thread and read it often to see how you are getting where you need to be and what you have thought about this all along the way.

BUT, posting in others peoples threads is where you find out that you have thought provoked someone. That to me is selfless. If it's a quick repsonse or a long one it does not matter as this has been a constant source for me to go forth on this journey. (Yiddle2 I had this all written before I read your thread.)

Remember we are here for ourselves first. Posting in other threads is what makes us understand that we are and always will be here to help others as well. Getting to each day without others posting in my thread would have been boring. I have had times that many do not post and I started to think, am I so far off what everyone else is feeling? I made sure to announce all the names on my 90 post for a reason. It meant the world to me you stopped by and said something. Without knowing I had support I would fail. I have support from my wife, my friends and family. But I have a GYE family also and supprt from there is not measurable. I

can honestly say, I don't know if I would have made it!!

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Re: SCI1977, How I got here

Posted by imtrying25 - 21 Feb 2010 22:28

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Couldnt agree more!!!

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Re: SCI1977, How I got here

Posted by sci1977 - 23 Feb 2010 16:50

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On project sci1977 I realized something new this morning. My temper really needs to be looked at internally. I need to find where my short fuse is and why it explodes sometimes.

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Re: SCI1977, How I got here

Posted by imtrying25 - 23 Feb 2010 18:57

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[sci1977 wrote on 23 Feb 2010 16:50:](#)

On project sci1977 I realized something new this morning. My temper really needs to be looked at internally. I need to find where my short fuse is and why it explodes sometimes.

Why not just check the fusebox?? I mean thats where the fuses are usually, no?? :-\

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Re: SCI1977, How I got here

Posted by sci1977 - 23 Feb 2010 19:20

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very true buddy!!

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Re: SCI1977, How I got here

Posted by silentbattle - 24 Feb 2010 20:11

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Figuring out why we get angry is very important, and can help us learn a lot about which areas we need to grow in.

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Re: SCI1977, How I got here

Posted by Steve - 24 Feb 2010 20:28

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The figuring out helps but takes time. meanwhile, how to we control our anger while we're waiting for the analyst to get back to us?

prob is emotional reactions happen so fast, there's almost no time in the moment to stop and step back and get perspective.

I think the best way is to role play. Visualize the situations that get us angry, then imagine overcoming the anger till you can be in a calmer made that can deal with the problem at hand. Play it back a few times in your mind, like when you were learning to drive and had to imagine what to do if you would skid on ice. Helps to prepare for the next round. Enough drills, and it should hopefully become second nature to not get angry right away when it comes to the REAL thing.

Also, if we could just train ourselves NOT to react right away, to pause, give ourselves time to think clearly. Then we could ask "how would G-d want me to handle this?"

This is what i've had suggested to me. I'm far from putting it into real practice, but I'm sharing

the advice.

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Re: SCI1977, How I got here

Posted by sci1977 - 15 Mar 2010 21:25

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I thought I answered you my friend steve. I am so glad you shared that. Anger and stress can lead to such bad things.

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Re: SCI1977, How I got here

Posted by Eye.nonymous - 16 Mar 2010 20:30

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Another thing that sometimes helps me is to ask, "Will this matter to me in a week?" Often the answer is no.

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Re: SCI1977, How I got here

Posted by sci1977 - 24 Mar 2010 21:00

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[Eye.nonymous wrote on 16 Mar 2010 20:30:](#)

Another thing that sometimes helps me is to ask, "Will this matter to me in a week?" Often the answer is no.

TRUE!! I said that yesterday to myself. Is what is happening to me today matter in a few



days? I had to answer myself about 5 mins later and the answer was no.

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