

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 sci1977 - 13 Jan 2010 20:16

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Working on it and actually finding it easier then I thought it would be. True trust in G-d really helps in the forgiveness business.

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Re: SCI1977, How I got here  
Posted by silentbattle - 13 Jan 2010 22:56

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Wow...that's awesome! You never cease to amaze me!

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Re: SCI1977, How I got here  
Posted by Eye.nonymous - 14 Jan 2010 13:02

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It is really admirable that you are working so hard at trying to forgive. If you can do it, great.

I don't want to be a spoil-sport, but I am saying this because it might be helpful:

If they never acknowledged they did anything wrong, if they never asked for an apology, if they never said they're sorry, and if they never tried to make ammends...

MAYBE YOU DON'T HAVE TO FORGIVE THEM!

...and maybe that's why it's so hard to do it.

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Re: SCI1977, How I got here  
Posted by sci1977 - 14 Jan 2010 15:19

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OK, so eye you are half right. The family member never would appologize. But, I know for myself I need to forgive. I think in a weird way I have already. But SB made a wonderful point, put in the side of the road. I am very close to be able to put it to the side of the road. I think what this is called just my head getting healthy for real. I can do the steps, GUE and work on my marriage but true happiness for me needs to continue on without this. I think if I forgive, I will be able to do that.

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Re: SCI1977, How I got here  
Posted by sci1977 - 28 Jan 2010 15:37

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OK, update on forgiveness of family memeber. I was able to sit down and really talk to G-d about this a few days ago and discovered that in the middle of talking to him, I was not going to discuss it anymore in my own head. Why?? It's time to move on. Not sure what I am going to concentrate on next but will update this thread once I figure it out.

SB, it's on the side of the road.

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Re: SCI1977, How I got here  
Posted by silentbattle - 28 Jan 2010 16:25

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Moving on is good...and not focusing on it is probably a good idea.

And I'm sure you're aware that there will still be plenty of leftover feelings, but the more you're aware of them, and face them honestly, the more it'll dissipate.

You are truly incredible.

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Re: SCI1977, How I got here  
Posted by sci1977 - 28 Jan 2010 16:42

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It's at a point where I am happy to move on and think about other things I need to work on deeply. Already started to work on one, but will need to discuss with Guard if appropriate to put on the website.

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Re: SCI1977, How I got here  
Posted by silentbattle - 28 Jan 2010 16:54

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Absolutely - very often, when we work on one issue, we then need to work on other areas...and sometimes come back later and do more work on the first issue...

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Re: SCI1977, How I got here  
Posted by aryehtahor - 28 Jan 2010 20:29

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I just read your story in the first post. I relate a lot to your situation then and also now. You rock! You should have only the maximum in living from now on!

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Re: SCI1977, How I got here

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Posted by Eye.nonymous - 29 Jan 2010 06:59

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I really think you're doing the right thing.

Good luck!

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Re: SCI1977, How I got here  
Posted by imtrying25 - 29 Jan 2010 09:44

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KUTGW  
Re: SCI1977, How I got here  
Posted by sci1977 - 29 Jan 2010 21:14

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Thanks guys for the kind words. I am just trying to move forward to the next chapter of what I need to work on. I am finding if you sort of take em one by one instead of all at one time, I get much further.

Also, thank you all for have posted in this thread. I feel I have two seperate threads. One that is dealing with the everyday feelings of recovery and one that deal with the big issues that are bothering me and the ones I am working on for a long period of time. For me having them seperate is really working out well.

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Sci just caught up on this thread. your awesome!  
Re: SCI1977, How I got here  
Posted by imtrying25 - 30 Jan 2010 20:32

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[sci1977 wrote on 29 Jan 2010 21:14:](#)

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every heard the story of the turtle and the rabbit?? I should probaly ask, have you ever gone to 2nd grade!! Cuz if ya did you prob read this story. You remind me of the turtle. In a good way. IETs take things slow. And well get far!

Keep on rollin!

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Re: SCI1977, How I got here  
Posted by sci1977 - 31 Jan 2010 04:08

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[imtrying25 wrote on 30 Jan 2010 20:32:](#)

[sci1977 wrote on 29 Jan 2010 21:14:](#)

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Keep on rollin!

I'll be the turtle anyday!!!

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