

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 - 02 Feb 2010 15:04

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Thank you all for the kind words regarding the john dear letter. I actual feel a lot better that it's done. It had been weighing on me for about 40 days or so. I guess I have to move to the next project for this thread. I do have some ideas what I want to do next but think I need to take a day or two to figure how to do it exactly.

I appreciate all on GYE for helping me. Reading many other posts is what lead me to writing the good bye letter. Also, I must say thank you to guard. It meant a lot that you liked the letter enough to put in in the chizuk email.

All on GYE, lets keep trucking!!!

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Re: SCI1977, How I got here

Posted by silentbattle - 02 Feb 2010 17:31

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Indeed - we're all looking forward to seeing what you're going to do next, and we're all going to watch and be inspired...

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Re: SCI1977, How I got here

Posted by sci1977 - 02 Feb 2010 21:27

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This is not what I am going to work on next but need to post it cause I have been thinking about since yesterday.

I think it's important to thank people that help you along the way. If you have posted in my threads and or if I have posted or read yours, thank you. What we do here is very important for each other.

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Re: SCI1977, How I got here  
Posted by sci1977 - 03 Feb 2010 15:32

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OK, so the next on my list to do is actually look at myself honestly and make an actual determination of what I need to improve on as a person and start to change what I need to change. First, I will take an inventory of SCI1977 and see whats really in there. The good and the bad. As I go through this I will update this thread. I have a feeling this is going to be a long process!!!

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Re: SCI1977, How I got here  
Posted by silentbattle - 03 Feb 2010 16:39

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That IS a long process - for any of us! And absolutely necessary. Even just figuring out all the forces inside of us is a complex, long, difficult process.

There's a sefer called "alei shur." The hebrew is high-level, even people who speak hebrew well have trouble with it, but there are various mp3s of people who translate and explain it. It's a great book, and he has one whole section on understanding what makes us, personally, tick.

If you like, I can try to get you some of the classes...

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Re: SCI1977, How I got here

Posted by sci1977 - 03 Feb 2010 18:57

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SB, I would like that. Let me know what you can find. It might be helpful for everyone in GYE!!

I started this process this morning and wow it is a huge idea. But, it's time to figure this out. I'll update a little about my early discoveries later on today.

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Re: SCI1977, How I got here

Posted by sci1977 - 04 Feb 2010 02:41

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OK, so when you take on a huge challenge, get ready for what the results are going to be once you start the challenge. I started out and looked at myself in the mirror today and said Hi SCI1977, who are you REALLY!! So, since I still can't answer that question almost 9 hours later, I started to panic. I spent my day, either in the front of my mind or sometimes in the back of it, thinking who am I? So I thought and thought and thought some more and realized I am very complex. I have lots of working parts and lots of thoughts but who am I? Where do I stand? I was over come with WOW!!! So I took my question sort of on the road with me home tonight. I sat and listened to the tumult at the table and understood finally I am a man who is in charge of a household. I am a husband, son, brother, and father. But here is the part that makes everything cloudy, these are things a three year old can figure out. I need to dig deeper. So I went to sit down to do some work, I had to bring home work tonight. As I sat down to work, all of a sudden I was once again struck with something that I am. I am a worker, again a three year old observation. Then I thought well maybe it's OK to have a three year old take on the world. A three year old is not addicted to anything. They are innocent and have a way to look at things simply. I realized that for a first day to delve into such a matter of who I am, I didn't do so bad. All day I was kicking myself, come up with something wonderful or terrible that you are. Well todays discover are simple and not a bad way to start. Like we say here, baby steps. I have taken my first baby step in this project. Thank you G-d for allowing me to start this probably the way I should have and not get to deep to fast.

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Re: SCI1977, How I got here

Posted by Eye.nonymous - 04 Feb 2010 13:14

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[sci1977 wrote on 04 Feb 2010 02:41:](#)

I realized that for a first day to delve into such a matter of who I am, I didn't do so bad.

And if you realized that, you're doing GREAT!

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Re: SCI1977, How I got here

Posted by silentbattle - 04 Feb 2010 17:44

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Figuring out who we are is a scary journey...but you're on it, and that's great! Start small, build your way up.

There's a great book called "outside/inside" by Gila Manolson - it's about tznius - but it explains how it's not a dress code, it's a deeper concept connected to who we really are, as opposed to all the superficialities that we identify ourselves by.

Worth reading.

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Re: SCI1977, How I got here

Posted by sci1977 - 04 Feb 2010 18:24

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So a little more about where my journey on me is taking my brain. I realized today that I am a good friend to some and a terrible one to others. I am G-d loving. I did find out today I have a major flaw that I caught today and said, wow, got to stop that. I look at the world like it's supposed to come to me. I can't do that. I have to look at it as I need to go into the world. Hard for me to realize that, but I did. Also today, I was trying to grasp something that happened in business for the last three weeks. All of a sudden the light bulb went off and I figured out that

it's not about what you know, it's who you know to get you places. I know G-d and he is bringing me places I never thought possible. The last major idea that I am ready to share this post is I am gearing up for this road. I can't get stop now, I must push forward slowly. A little realization of what you really are is better then having no idea of yourself.

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Re: SCI1977, How I got here  
Posted by silentbattle - 04 Feb 2010 18:53

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Wow, wow, and WOW!

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Re: SCI1977, How I got here  
Posted by sci1977 - 04 Feb 2010 19:31

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Also, I am Jewish. Maybe I overlooked that the last two days in my posts regarding this. The part of being Jewish is something I don't even think about, I just am. I hope you all understand what I am going to say. I am certainly not a holy jew by any means. I am not orthodox, I am a conservative jew that grew up in the suburbs in NJ. I have been secular my whole life. I now live south of the mason dixon line in one of the biggest growing areas for conservative jews. I can't quote the torah, cause I really can't. I can't speak hebrew. I follow along here as best I can and if I don't understand something, I go and try and look it up. I hope you all understand. I don't use many hebrew or yiddish words because frankly I know how to say them and know what some of them mean but I am not going to pretend here. It says if you are going to be serious about this site you must be honest. I hope you appreciate my total honesty. I have been arguing with myself over the past 77 days to bring this up. I hope this does not make you think less of me as a person. Let's all keep rocking GYE!!!

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Re: SCI1977, How I got here  
Posted by silentbattle - 04 Feb 2010 22:40

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I said this before, and I'll say it again - we're **ALL** holy jews here (and the non-jews have holiness, too). We may not be perfect, but we're holy because of who we are - Hashem gave us a holy soul, and that's always inside us. Hashem put us in this world to accomplish something, a unique task that only we can do.

That's right. Me, Silentbattle? I have a job in this world, a purpose - and I'm unique, There has never been, and never will be, anyone just like me. So I have to do my job, because there's no one else to do it! That's holiness. Sci? You're completely unique. There never has been anyone like you, never will be. You're special, and holy, and hashem put you into this world to grow and accomplish something unique, that only you can do.

You ARE holy. There's no escaping it.

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Re: SCI1977, How I got here

Posted by Eye.nonymous - 05 Feb 2010 08:26

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We're all holy yiddin here!

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