

My First Couples Meeting

Posted by Yosef - 05 Feb 2010 21:18

BS"D

For years I kept my wife trapped. On one hand she had to live with an addict -me, and on the other hand I prevented her from attending S-Anon meetings. This was really unfair. She wanted help and support (therapy alone did nothing). I was drunk on lust and then even when officially sober drunk on **self-interest** and **self-preservation**. I didn't give a hoot about her or what she needed. So she lived with me without the proper help and paid a big price. She is not the same girl that I married, and I feel bad about that. But we went to a group and we had an amazing experience there. The group has been meeting since 1989. I met a guy who said he can't believe that 21 years have gone by and that he is still sober. Another guy said he had been sober for 10 years. I heard their wives speak and could identify with my wifes pain in their stories. I could see and hear my wifes pain as she shared. They were all such really worked-out people...so full of love and support and and a wish to give. My wife got phone numbers and email addresses and I did too. The movement is a big powerful family network and cares for each other world-wide. I even met some who I did business with. He gave me a big smile and said: wow, its great to see you here. We hugged and kissed - what else can you say!

Yosef

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Re: My First Couples Meeting

Posted by the.guard - 06 Feb 2010 19:44

That's beautiful Yosef! Are these couple meetings like S-Anon?

I'm just curious why you prevented your wife from going to S-Anon all these years. What did it bother you? (even if you were living in "self-interest" land)

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Re: My First Couples Meeting

Posted by Yosef - 07 Feb 2010 05:44

BS"D

I'm sorry for not spelling it out. I prevented my wife from going to S-Anon meetings because I was afraid that people would find out that I'm a sex-addict...and, because the other women in the meetings would "change" my wife into someone who I could not manipulate. So as a result of living with me without the support of S-Anon my wife also became sick (a co-addict). My sponsor told me the the usual progression is the following: the addict gets sick first; then the spouse gets sick from living with him; then addict starts recovering first; and the co-addict is the last to get well.

Yosef

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Re: My First Couples Meeting

Posted by the.guard - 07 Feb 2010 13:58

Interesting... What are the symptoms of being a co-addict?

Also, are these couple meetings that you went to now like S-Anon -or part of S-Anon?

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Re: My First Couples Meeting

Posted by Yosef - 08 Feb 2010 15:33

BS"D

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Yes it was through S-Anon. The concept of a co-ddict was, I think, developed by Dr. Carns. I will write more about my understanding of it, but today is moving day. Kol Tov!

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Re: My First Couples Meeting

Posted by the.guard - 08 Feb 2010 15:34

Aleh, Aleh Ve'Hatzlach Reb Yosef!

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