

rollercoaster

Posted by chl - 22 May 2009 05:25

bs"d

Hi everybody,

yesterday i went to bed so happy. I got this filter, i was able to talk to one woman without lusting for her; i started working again (i had stopped for a week) because of something i read in ["Today is the first day..."](#).

Then i woke up this morning to find a had a mikre layla r"l. And due to some sex dream (not too much food etc). So that usually throws me, and makes my day miserable. But ALL THE CHIZUK from your website stood up and i actually davened upbeat and happy; i DID NOT GET DEPRESSED. That is THANKS TO HASHEM AND THANKS TO YOU ALL.

Then i started talking to my wife, and for a minute I was civil, then we got into a fight. Our fights are not loud/screaming, but we both are left with the bad feeling that we can not communicate. We want to see a marriage counselor. I think i really love her, but sometimes i just don't want to continue anymore. But i do. Such mixed messages... I don't know if i am angry at her, and if yes where does the anger come from? Is it justified?

I hope it is ok i talk about this here, since my marriage problem might be part of what led me to lust again (looking at other women, fantasizing). But let me know if it is out of bounds for this website.

Thank you for reading this. Thank HaShem and you for giving me a taste what it is like not to be depressed and in control, even just for some hours.

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