

Allow me to RE-introduce myself...

Posted by DesperateJew - 09 Jun 2010 02:17

I am desperatejew, and I am an addict.

Last time I introduced myself, I said the same thing. That was months ago. I posted periodically, felt good, stayed clean, made the 90 mark, and then... I fell. Hard.

So, I want to try this again. I want to try to post here without thinking what others will think and without trying to say the right thing. I want this to be my open book. I hope I have the courage to do this with you all.

I am 29, married for under 10 years and have 4 healthy, wonderful children. My wife is a wonderful mother to them and I am blessed for that. I wish I could say the same about our marriage.

I have been using for about 14 years. Wow. It's shocking to put that down in writing. That is a long time. I had periods of daily abuse and periods of lengthy 'control'. Even more than a year, at a time.

Of course as an addict, I think that I am the only one facing my specific circumstances and . Here's what I mean. I am faced with a wife that is totally unsupportive of me. We have spent months and thousands of dollars (that we don't have) on marriage counselors, to no avail. As a matter of fact, anyone that I have spoken to me, recognizes that I am in a tough situation. A typical marriage should have at least something positive. Emotional, intellectual or sexual relationships are some of the key things that keep a relationship going. Some have one or to but not the other. So they go to therapy to figure it out. I have none. Even our marriage counselor said he feels bad for me.

I know what you may say about my addiction affecting my view on marriage and that once I stop trying to take, and start giving, I will be loved. Honest to goodness, I've done that for years. I don't want you to think that I am excusing myself. I am just setting the record straight as to who I am and what i deal with, for future reference.

In my latest fall, an interesting thing emerged. I was not surfing the web searching for ways to act out. Besides in one way. I wanted to chat with people. I wanted to connect with someone that would hear me out. I wanted to talk to people who would relate. And of course, I wanted to chat with people who would lust after me.

So, I justified it by saying to myself 'Hey, you don't get any attention at home, so it's okay to talk to others online.'

I'm embarrassed to say that the only reason I stopped the madness of this past week is because my wife asked me if anything was going on. I said to myself "Heck, why lie? Just tell her!" And I did.

I just realized how much I've been rambling so I don't know if anyone will even be reading this to the end. If you did, thank you!

As I said, this is just a way for me to keep an open book with the hopes that some of you might care enough to support me through this.

With love to you all,

DJ

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Re: Allow me to RE-introduce myself...

Posted by DesperateJew - 10 Jun 2010 13:21

Thank you Dov and Briut for your insightful words. I do have a bunch to say/ask in response, but it will have to wait until later when I am at a computer.

Thanks and we'll talk soon.

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Re: Allow me to RE-introduce myself...

Posted by Dov - 10 Jun 2010 18:40

Thanks Briut, that was big.

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Re: Allow me to RE-introduce myself...

Posted by yedidya aleph - 29 Jun 2010 19:11

how r u? i can relate to some of the loneliness within a marriage. i can imagine some of what u r going through. Baruch Hashem ,this is a safe place and the chevra is gevaldige at giving chizuk. My heart goes out to u.

hope your children are not suffering from the lack of Shalom bayis.what else is going on in your life?

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