

Last Hope

Posted by hoplessadict - 27 Mar 2011 23:20

This is my last hope. I have been somewhat addicted to internet/porn since I was about 15. It is almost 20 years later and nothing has changed. I drive around all day wishing to be part of another culture where I will not have to suffer like this anymore. Each time I thought things would get better I would get happy but each time I am left disappointed. I am married with kids and noone knows of my issues. It has gotten to the point that I am ready to throw away my family and kids to move on. I go to shul on shabbos and during the week if it easy to. I Am starting to make plans to "move on" and as a last minute idea I am trying this. It has destroyed me to the point that I think there is no return.....

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Re: Last Hope

Posted by hoplessadict - 31 Mar 2011 17:44

Hey dov

Will respond later in greater detail but simply put - u could be my twin or better (worse) u could be me. Every SINGLE issue you have I have gone through in one way. For a while my best friend was a little thing named xanax....

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Re: Last Hope

Posted by Yosef Hatzadik - 31 Mar 2011 20:04

WOW!

Dov, This is the FIRST time I actualy *printed* a post which you wrote!!!!

[Take that as a compliment!]

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Re: Last Hope

Posted by Me3 - 31 Mar 2011 20:08

First time? How sad.

So you thought I stopped picking on you?

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Re: Last Hope

Posted by shemirateinayim - 31 Mar 2011 20:42

I'm sorta stalking Yosef's posts... ;D

Me3 send him a buncha links you feel worthy of laminating. There is about 3 on every thread, so it might take you awhile.

Brother, I switched to "digital printing". Yknow when you have no printer connected to your computer, and you click print anyway... it's free and 'virtually' unlimited.

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Re: Last Hope

Posted by hoplessadict - 01 Apr 2011 02:09

[dov wrote on 31 Mar 2011 13:21:](#)

I was married and having occasional panic attacks. I was not only not so close to this woman, but I was often sure I had screwed up and married the wrong one; that she'd never satisfy me sexually nor religiously, nor intellectually; that we just didn't relate. I acted out like crazy for a decade of marriage, especially when i discovered that the marriage was not going to 'work' for me anyhow. My wife was a decent enough person - but not for me! I hated my existence and eventually hated myself. Everything was a waste.

I tried a shrink or two, (under the pretext of 'marriage counseling' - but I really wanted to just stop hating myself and compulsively acting out) talked to some rabbis, etc. never gave them the entire story, of course. Read many self-help books, Twerski, the whole nine yards. Even got frummer for a time. It all sucked.

When did your wife find out? or did she never find out? I almost wish mine would catch me and I can be truthful with her. It will help me figure out if she is really supposed to be my wife. I have the doubts all the time that you had. I have panic attacks and for a time was living on Xanax to help me get through my day. Besides for all this, I have very little belief in God. I was brought up in mainstream schools where if you were not part of a mold you did not belong. I was also always believeing the rabbis who said if you do xxxx then you get xxxx. That is not so. I used to be a good jew and listen. I still am good but do not see the point or where it is going. I think I may be a non-believer now. I lusted internally. I was at a club ONCE in my life. I have morals and values I just wish to be part of another life/society with the yoke of what I have been brought up with. The good news is that I think I am too old to do such a thing.

Im so confused?!???!!!!!!???

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Re: Last Hope

Posted by WeWillNotBeForsaken - 04 Apr 2011 04:34

I think it may be beneficial to separate some issues into 2 different categories. The way I understand your posts, there seems to be an issue with Judaism in general and how you've become disenchanted, perhaps partially due to the conflict between the way you might have been brought up and the way things actually are. Then there is the porn (general category) issue. Now I say we should separate the 2 because I feel that they are drastically different issues. Even if there would be no halachic problems with porn, it would still be an addiction that I (we) hope one day to get rid of.

I feel that the main issue is the porn. After all, you've clearly been a "Judaism-practicing" man for many years (either with feeling or without) and a couple more months of "non-believing" wont really do much harm, and furthermore there is a good chance that once you sort the porn issue out, it may be easier to sort the religious aspects as well. You should be commended, because you have come to the best place where you can regain control of your actions.

I apologize if I totally misinterpreted your remarks!

The way I see it, all my life problems are all offshoots of my one central addiction that controls me. I hope that by solving the main problem, it will be easier to work everything else out.

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