

Talking to wife

Posted by obormottel - 11 Aug 2011 07:26

Hello everybody

For some reason I thought that coming clean to my wife and having her hold my filter password would be a good idea. She cried for two days, and threw everything at me: from "breach of trust" to "unconditional support?! no way!".

What should I have done? Is coming clean to your wife not part of recovery? I put up bravada of course, that I can do it without her, I've quit smoking, after all...

Also, am I allowed to be with her while on my first 90 days? In the past, my being with her could be a trigger for the following day, no web browsing needed...

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Re: Talking to wife

Posted by ur-a-jew - 12 Aug 2011 14:34

[gibbor120 wrote on 12 Aug 2011 12:56:](#)

[ur-a-jew wrote on 11 Aug 2011 22:16:](#)

You obviously did not have that great of an "open and great relationship" with your wife if you've been hiding your lust addiction from her all of these years.

I strongly disagree and don't think you can adequately judge their relationship.

You're right, they may have a "great" relationship. I was focused on the "open" aspect. Truth is I thought I had a great relationship too and I probably did, but a relationship in which the husband is sober, giving and fully focused on his wife's needs is incomparable to the "great" relationship I thought I had. Hatzlacha

[obormottel wrote on 11 Aug 2011 23:54:](#)

It's just that by helping myself I hope to make it right b'eyney Elokim v'odom.

Obormottel what's done was done and with Hashem's help will be for the best. Making it right "b'eyney odom," however, does not always mean that we have to tell a person who we wronged that we wronged them. Sometimes telling the person that we wronged them will just hurt them more. I can make it right to a person that I've harmed --- particularly one that I have an ongoing relationship with --- by changing my conduct going forward. Also, next time our spouse asks us to do something that we really don't want to do, we can do it anyway to "make-up" for our past wrongs.

But let's address the basic question, what steps are you taking to make sure that it doesn't happen again. You look like someone who wants t and is trying to grow. I imagine you have tried to stop before. How will this time be different?

Hatzlacha.

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Re: Talking to wife
Posted by ZemirosShabbos - 12 Aug 2011 15:02

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Re: Talking to wife

Posted by obormottel - 12 Aug 2011 21:03

I didn't realize that I should post my recovery plan here, it seems pretty straight-forward: follow the steps etc.

But since you asked, and everyone here seems to be very wise and know what they're talking about, I'll be happy to share which steps I am taking and in which order, to get me where I need to be.

Since this is not Talking to wife anymore, I'll start a new thread.

I would still welcome input on Talking to Wife, I think it's important to have this info available, so that other new guys don't do what I did (if we agree that telling my wife was wrong, which I am still not fully convinced - I know I did it wrong, but perhaps there is a right way to do it, and early on in recovery, too).

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Re: Talking to wife

Posted by ur-a-jew - 12 Aug 2011 21:41

[obormottel wrote on 12 Aug 2011 21:03:](#)

I would still welcome input on Talking to Wife, I think it's important to have this info available, so that other new guys don't do what I did (if we agree that telling my wife was wrong, which I am still not fully convinced - I know I did it wrong, but perhaps there is a right way to do it, and early on in recovery, too).

There is a nice long thread on this in the balei batting forum.

www.guardyoureyes.org/forum/index.php?topic=938.0.

Sounds good about the new thread it will help you in your journey.

Have a wonderful shabbos

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Re: Talking to wife

Posted by obormottel - 12 Aug 2011 22:52

thank you, ur-a-jew, ur-a-man! I just got access today to the married folk forum, so I'm off to read what you sages say there.

Gut Shabbos.

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