

Hello to GYE community

Posted by blackbigday - 07 Sep 2011 20:46

Some people have a bad hair day. I think I'm having a bad gilgul. 40ish, house, married, family, baruch Hashem. I have always had a strong pull to aryus, but it wasn't until later in life and seeing this site that I realized how far out there my tyvas may be then the 'average' person. My wife is a tzedaikus, and I am attracted to her. She had been sexually abused and neglected as a child, not to mention emotionally abused by a caregiver. She is also Bi-Polar II, which is mostly depression with a little fluxuation towards the manic. My children have ADHD, and a day doesn't go by that I don't worry what will happen in school. The combo of my freak of nature tyvas and a pressured family life is a bad combo, and I felt like I was going to burst. This makes the temtation to act out so much harder. Why do I write this, am I looking for sympathy or a shoulder to cry on? Does it sound like a big excuse? I don't know.

Couple of questions for the forum:

1. I'm having trouble wrapping my head around a comparison between acholol addiction and lust addiction. Seeing women is always there, and it can't be stopped. I assume most men look at a women they think is attractive, and fantisize about them on some level. Is everyone then an addict? Sure, there are levels, but the idea isn't clicking with me. Everyone agrees being drunk on the job is unacceptable. Society doesn't relate to porn like that (they are wrong and distorted- but I'm saying it is not like being drunk). All women want to be admired, that is how they function. The man is hardwired to relate to that.

2.What does Hashem want from me? Why build me and raise me in an environment where by the time I am an adult I am a totally nutcase pervert? I go to sleep with this and I wake up with this, and almost every woman I see restarts the whole process. Why, what, and how?

3.For me, it seems more about imagination (dimyon) then lust. I am imagination addicted, which gravitates towards aryos. Can anyone relate to that?

4.Has anyone noticed that the major points on this website are straight out of Breslov thinking? Hope, Simcha, Starting Over, Being with Hashem when falling, ect. Yes, these ideas are all over the Torah, but Rebbe Nachman focused on them and refined them to a science. I have started learning Breslov for the past couple of years, otherwise I am the cold, learning, yechay, litvak type. But I find it amazing that when dealing with the issue of aryos (which Breslov does all the time), Rebbe Nachman's teaching seem to surface.

Thanks for creating this forum and allowing me to get chizuk and understanding from you all,

Black Bigday

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Re: Hello to GYE community

Posted by blackbigday - 21 Sep 2011 20:47

My friends-

Who could have imagined that an online(the vehicle for so much of my torment) forum could provide such a solace. I have never been a part of such a collection of wisdom, wit, love, compasion, chizuk, and sharing before. I am amazed.

1daat- It was a releivation to hear the 'other side'. To hear you say 'suck you dry', needed, limitations. Things I thought were going on but could never be sure were really happening because reality is so elusive, and the moods subtly change so quickly. Entitlement. Wow. I never expressed it that way, but that is how it comes out. I give, and still feel like a selfish fool (which I am anyway- both selfish and a fool). I needed you to tell me I am not a crybaby . I needed you to tell me to cry. I did, right as the brochos of shachris were starting. Promise me bli neder that the next one won't be shorter, I needed every word of that, and I cherish them.

To continue with my narrative..... My wife is getting really good help. It was a insane road to get there, but she and we did get there. Her meds are perfect for her, and thank Hashem she has not been on the verge of suicide for over 5 years. I want to revisit that fork in the road conversation with a Rebbi on Rosh Chodesh MAR Chesvon 2 years ago. Yes, it was divorce or give supremely. There was another area, which 1daat hit upon. He did tell me to take my own space, create a little happy area of life. The question was how. We did not nail down specifics, he is the type of special Rav that gives you the room to figure out that part of the decision. What would give me that little pep? I read novels, with a mystery or a cop story. I also started, as I mentioned before, to watch movies. There was a line- no nudity. I am not proud that that is what I wanted to do- but the fact is that I thought that would give me the little space I needed. My wife hated it (not fully understanding the whole picture) and about a month ago made it clear to me that I can't do that anymore (now you see why I say she can't know about what is in my mind). I respect her. She wants tahorah. If she knew where my mind has been and where it

wants to go, maybe she would look at movies differently. She doesn't have a tiny mean bone in her body, which is amazing after what she has been through. I tried to let her into what was going on with me, just a drop. I told her I didn't have a lot of simcha in my life, and that it wasn't only because of my really difficult adhd son. She flipped out, devastated, and cried for just about literally the whole night. We have come to grips with this, somewhat, and moved on. I respect her, and don't watch movies now, but I worry. This forum is a big chizuk- but what happens when I am pulled low again? Where is that space? You guys told me movies are an escape, which leads to all the problems I have to begin with, and it is not a solution. I probably believe that. It's just that I'm looking for an easy way to get that little happy place that won't require me to leave home (my family needs me a lot), or spend money (that is a whole different post to be had). Some other things I can do, like make a special food (I like to cook) are okay, but she can dampen them. That is where I am, sort of floating in limbo, waiting for the next low to hit me and worrying about that. Meanwhile this forum had been my bright spot in life. thank you guys.

Black Bigday, trying not to have a Big Black Day

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Re: Hello to GYE community

Posted by struggler - 22 Sep 2011 00:30

I am a little bit late responding. I hope I was not being too nosey for asking about when you find out about her issues. It sounds like you guys are in very tough spot. It looks like you guys are went & going thru a lot of bad stuff. I do not know anyone who was sexually abuse or has bipolar and unsure what to even say. I am unsure why your wife does not what you to see even clean movies sometimes one needs time to unwind. Making you could get in to working out or taking long walks. Do you guys see marriage councilor?

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Re: Hello to GYE community

Posted by Yossi.L. - 22 Sep 2011 16:34

Taking walks is definitely helpful. Is there any particular profession or subject that you enjoy? You can read educational books etc.. If cooking is something you enjoy then work on your cooking skills.....

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Re: Hello to GYE community

Posted by alexeliezer - 22 Sep 2011 16:38

Bigday,

In terms of doing some things for yourself:

Take care of yourself physically -- exercise both aerobically and with resistance (weights). If you have a bicycle, put some air in the tires and take it out, or power walk, or run. Need to get motivated? take a look at Dr. Robert Arnot's Guide to Turning Back the Clock, a book for men you should be able to get used for practically nothing online.

Take care of yourself spiritually -- "Ain simcha ela Torah." Set up a time to learn (preferably with a chavrusa, even over the phone but better in a bais medrash).

Whatever you decide, make it a commitment, not just something you'll try and see about. Making the commitment feels good. You're committing to doing something right for yourself. It will also help you follow through.

Hatzlacha,

Alex

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Re: Hello to GYE community

Posted by Gevura Shebyesod - 22 Sep 2011 20:35

[Yossi.L. wrote on 22 Sep 2011 16:34:](#)

Taking walks is definitely helpful. Is there any particular profession or subject that you enjoy? You can read educational books etc.. If cooking is something you enjoy then work on your

cooking skills.....

There are some people here that can give you some interesting Cholint recipes to try..... ;D ;D ;D

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Re: Hello to GYE community

Posted by blackbigday - 22 Sep 2011 23:13

I love to learn: gemara, nach, chasidus

I have tried to exercise, but time is so tough and I get too tired to workout.

Some of the fun things I want to do are kind of ruined by my wife, however. If I'm cooking, she'll tell me that oil has gotten expensive, and that besides which it's not healthy for me. These kind of little comments suck the life and fun out of my existence sometimes- thus the drive for escape.

I think my YH is so advanced I only like learning or movies, black or white. The grey hobby area other people enjoy hold no interest for me. I can't follow sports, which seems like a smart way to channel the YH, because it bores me to tears.

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Re: Hello to GYE community

Posted by Yossi.L. - 23 Sep 2011 15:49

Interns of your wife's negative comments.....I don't know if this applies to you but in my personal experience....if my wife makes a comment like that there's,100% of the time, something else bothering her. It can be something very deep or something simple but it's

always something that I did wrong. Women by nature are very supportive of their husbands...if she's going against that nature and hurling negativity at you then there's something that's ripping her up inside. Sit her down...tell her you enjoy cooking and you really need it as an outlet...tell her gently that her comments bother you greatly....and it might take some prying but stick to it and find out what's bothering her...and FIX IT...for yours and her healthiness, which is one and the same.

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Re: Hello to GYE community

Posted by ontheedgeman - 23 Sep 2011 17:10

Wow that quote from the Tanya was incredible. If I understood it correctly, if a person is plagued by addictive lustful thoughts all his days, he can simply perform a positive mitzvah by battling such thoughts - lo sasuru. And thus achieve constant devekus H". Amazing! I've always wondered how to stay connected to H", and to think the very lust that causes me to act out, is the key to constant awareness and devekus!

Yeah BB I second the thoughts of 1daat. Sounds like you have multiple addictions - not just shmutz, but also controlling your wife. I guess that they call "co-dependence". and your wife is surely beyond control. You can't control her comments, her outbursts. nor can you control your kids, etc. All you can control is your own reaction. H" does the rest.

Read Netivot Shalom by the Slonimer Rebbe. It has been the best thing for my soul since sliced bread.

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Re: Hello to GYE community

Posted by blackbigday - 23 Sep 2011 17:25

ontheedge- I'm confused, where did 1daat say that I have an addiction to controlling my wife?!?

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Re: Hello to GYE community

Posted by blackbigday - 23 Sep 2011 17:29

Yossi- I think your comments make sense for a basically regular person. That is not what we're dealing with here. Bipolar combined with s*x abuse and emotional abuse at home since birth means that she can not controll this (and I can't either, as ontheedge pointed out). The avodah is simply how I can deal with it. She (whom I'm telling you is a tzadokus) is giving me a hard time about 1/4 of oil AFTER she knows that I need this outlet and I'm about to crack. She is needy, and can't stop. Yes, there are things wrong, but she is not upset with me, and doesn't need to work anything out with me. That is about her and the baggage she has from childhood.

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Re: Hello to GYE community

Posted by Gevura Shebyesod - 23 Sep 2011 17:40

BB you are a huge Tzaddik! I can't begin to imagine how someone can deal with all of that day after day and not going totally nuts.

KVT & KOT!!!

Gevura!

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Re: Hello to GYE community

Posted by alexeliezer - 23 Sep 2011 19:12

Bigday,

I'm a big fan of positive self talk, because feelings follow actions and thoughts. Instead of "I'm about to crack," how about "I'm dealing with a lot of stress." No cracking please!

Have a wonderful, geshamke Shabbos with your family!

Alex

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Re: Hello to GYE community

Posted by Yossi.L. - 25 Sep 2011 01:11

Blackbigday,

I shared my personal experience with my wife in the hopes that maybe it would help you. I do not know or purport to understand the workings of bipolar disorder. I know how incredibly tough it is to deal with this lust disease, and it must be triple as tough to deal with this disease on top of another disease. I sympathize with you greatly, and I have great admiration for you. Everyone on this forum is truly great for being part of the minority that deals with their sickness, but you stand out one notch above the rest. Thank you for being mechazek me, and i will continue to glean nachas from you. I will also continue to share my personal experience in the hope that it might help you even though it probably won't.

Yossi

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Re: Hello to GYE community

Posted by 1daat - 26 Sep 2011 08:01

After the messy stuff (the ashes) he changed his clothes.

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