

Strong everywhere except here NEED HELP why can't
Posted by Nachshon - 22 Sep 2013 21:08

God has blessed me with so much...wife that is crazy about me...wonderful children...career that is going well...friends..etc.

Why can't I just control this part of me...why do I need this escape. Yes life is hectic...have 60 employees I am responsible for...but I love having the responsibility...I feel so weak and self loathing every time I slip. I feel as I am I giving god reasons to take away all that he has given me.

When The moment it is over...a wave of guilt/disgust washes over me....I tell myself I will stop...but in short order I return. I made a donation to GYE...before RH....as a hope that god will possibly forgive some of my sins. I go through starts and stops with cutting back...just seems like right after YK...desire and tests come at me. Feel like I keep getting these challenges...woman into my life...that weaken me. All my fault....not blaming anyone.

Need help...feel lost...not sure what else to do....going down the rabbit hole...need to keep trying...feel no matter what I will revert back.

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Re: Strong everywhere except here NEED HELP why can't
Posted by Nachshon - 14 Jan 2014 02:07

Dov...Ouch.

That really stung...mostly because its so true. I wish it were only phone...crossed that line several years ago. I do feel shame of the double life...when I look in the mirror the pain realizing I committed many horrible sins. Not sure why you feel feeling horrible about the sin is immature...but not really important.

I admit I cant beat this alone. I have a sponsor that sounds like an expert and I am committed to calling this week and getting real.

For me the final blow is when we were together last she said something about how clueless your wife is...made me sick to my stomach the person that is so good to me amazing mother and wife....this is how I thank her. I have this weakness that I just cant overcome on my own.

I SURRENDER!

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Re: Strong everywhere except here NEED HELP why can't
Posted by Dov - 14 Jan 2014 04:28

If you indeed truly surrender, then you are luckier now than you have ever been from the very first day that you started playing with the porn, phone sex, and women. I know what you are going through as I have been there, too. And I do not doubt you - but I do recognize that our sincerity is not always that clear to us ourselves! After all, we have spent years and years lying to ourselves...that's weird. How do we expect to get honest and remain honest w ourselves suddenly?

And yes, that last post of mine was worded more starkly than it should have been, soory. But it describes me as I am in my addiction, and thank-G-d do not need to be today. All because I suffered enough and finally took the real steps.

You will make it!!

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Re: Strong everywhere except here NEED HELP why can't
Posted by SIB101854 - 14 Jan 2014 07:20

Dov-I think that the following is the essence of the reason why we are here together :

"We are just real fools in our addiction or habit, nothing more and nothing less. We make fools of ourselves. We are not 'victims', but make ourselves this way. And can get help if we are willing to shed the shame and to quit feigning the 'respectability' - and start being real."

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Re: Strong everywhere except here NEED HELP why can't
Posted by sayingHallel - 14 Jan 2014 10:30

Made me cry.

My heart goes out to you.

Join a 12 step call, it changed my life, with all the torah, tefillah, and tzedaka that I was doing, nothing could compare to seeing g-d EVERYWHERE!!

This clarity came from joining a 12 step call

B'hatzlocha!!!

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Re: Strong everywhere except here NEED HELP why can't
Posted by Nachshon - 14 Jan 2014 18:12

Thank you Hallel no need to cry for me I made this mess.....

Took my first real step last night called my sponsor for the first time....we spoke for nearly an hour.

Was the first time I admitted to another human being all of what I had done. I wish I had the right words to describe the soul crushing (here is where I really need the word)

disappointment/sadness/disgust/ when the two mes were in the same place. This other being I created with its own persona is me....I am that guy in the mirror....no longer able to compartmentalize him away...and believe I am the good person that everyone knows and loves.

My sponsor was great and we were able to connect....there was a moment when he said to me....what you are doing is having affairs (will spare all of you the details...in a nut shell I was able to rationalize...I am not soooooo bad since I don't go all the way) when that was said that was a seminal moment....I had no answer...the compartments were annihilated at that moment....what a painful realization exploded my world. Must sound crazy to you....but hit me like a ton of bricks...my self image is shattered....and that is probably my first step in the right direction....

Have to figure out what the next step is....have to try and not slip into depression....the people around me sense something is wrong...

If my sponsor is reading this....thank you for the candor....and not holding back...

Me Kimamcha Yisroel.....

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Re: Strong everywhere except here NEED HELP why can't
Posted by cordnoy - 14 Jan 2014 19:26

i can relate

look back at my thread someplace where someone told me (forgot who): "hey cords, web-camming the same woman for 16 months, constant chatting and texting with her....you are havin' an affair." and you know something, he was damn right!

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Re: Strong everywhere except here NEED HELP why can't

Posted by Pidaini - 15 Jan 2014 19:23

WOOOOOHOOOOO!!!! GREAT JOB!!!

Just want to let you know something, and i don't mean to make you feel good, we have porn to
. But the truth is that you are a good guy!! Really, you, I, and most of us here are
really great guys. We are also somewhat "touched" internally, and that doesn't make us bad!!

Yes, it takes away the childish gleam, twinkle, sparkle of being "Mr. Perfect", and that hurts. But
there is no reason that we have to become bad guys, no, we just have to become responsible
guys. guys who acknowledge their shortcomings as being human and having made mistakes
and being continuously able to make mistakes. It's sobering, somewhat humiliating, but not bad,
not evil.

do that for us

You've arrived!!! Arrived at the place that you can actually start from, and that is from where you
are!!

KOP!!! You're a true inspiration!!

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Re: Strong everywhere except here NEED HELP why can't
Posted by cordnoy - 15 Jan 2014 19:59

[Pidaini wrote:](#)

WOOOOOHOOOOO!!!! GREAT JOB!!!

KOP!!! You're a true inspiration!!

Keep On Porning?

Keep On Perfecting?

Keep On Plowing?

Keep On Propulsioning?

Keep On Pidaini?

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Re: Strong everywhere except here NEED HELP why can't
Posted by Nachshon - 16 Jan 2014 00:10

Day 2...not counting clean days anymore....but the single me....

Thanks God over the initial shock (I know that sounds crazy)...but I literally created this other being that partook in these forbidden things....was able to block it out. As I write that must sound nuts to anyone reading...now that he is gone and only me left....hurts. Self loathing for first 36 hours...but believe I am going to come through this.

What is my next move?

Am I really an addict that needs to join an SA meeting (no insults meant to anyone)...but I conjure in my mind a seedy room filled with child molesters and former rapist...I am sure not the reality...is that my Sub conscious getting me not to take the next step since I made a big one already? Can I bring myself to join? What if I recognize someone? What if someone recognizes me? Do I have the guts to put myself that far out there?

My sponsor mentioned getting a copy of the White Book SA...have to figure out how to get that without the wife wondering what the hell I am doing with that. Is kind of funny...used to have to hide meetings for bad things now have to do the same for good?

I really appreciate all of the encouragement and I hope others are gaining from my struggle....

I feel like I am at ground zero need to keep motivation and take concrete steps to build my way out of this mess I created.

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Re: Strong everywhere except here NEED HELP why can't
Posted by kilochalu - 17 Jan 2014 06:15

[Nachshon wrote:](#)

Am I really an addict that needs to join an SA meeting (no insults meant to anyone)...but I conjure in my mind a seedy room filled with child molesters and former rapist...I am sure not the reality...is that my Sub conscious getting me not to take the next step since I made a big one already? Can I bring myself to join? What if I recognize someone? What if someone recognizes me? Do I have the guts to put myself that far out there?

ouch! I really relate to this one, and how! it took me a few years of these kind of cheshbonos (and more suffering) until I finally took the leap like Nachshon into the yam.

What a surprise - no seedy room with anyone scary just guys like you and me (a litvishe and a chassiddishe, a kollel yungerman and a baalobos, young and old, bochurim and married, and a lubavitcher too!)

I was also afraid of meeting someone I knew "for good reasons" and guess what? I did,
and nothing happened. We see each other every day.

Afraid you don't have the guts to do it, I did not have the guts and suffered for a few more years, do what works for you. (Maybe Hashem will be good to you and your wife will catch you and that will make your decision easier.)

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Re: Strong everywhere except here NEED HELP why can't
Posted by cordnoy - 17 Jan 2014 21:42

I do not know if anyone here has had issues with rape or molesting, but if they had, and are

interested in recovering, please do so.

The point (or one of the points) of these meetings is to be non-judgmental.

Please do not deter anyone from choosing his path of recovery.

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Re: Strong everywhere except here NEED HELP why can't
Posted by kilochalu - 19 Jan 2014 06:29

fixed my post, thanks for your he'ara

Hashem should help all of us have the guts to join the meetings and to take the necessary steps

like rashi in yisro (19:5) says (from the mechilta) "kol hascholos koshos."

it would seem like Chazal are saying afterwards is easy but Rashi says a davar nifla "im ata tikablu aleichem, ye'erav lachem mekan v'aylach" (if you accept it on yourselves, it will be sweet to you from here on)

it will be sweet from now on, not that its easy but we will appreciate it and enjoy it! also Rashi explains the haschala as accepting to do it, once we truly accept to work on it the whole picture changes!

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Re: Strong everywhere except here NEED HELP why can't
Posted by Dov - 20 Jan 2014 23:26

Last week, my SA homegroup (original and usual) meeting consisted of the pretty typical mix:

a few older men who have been sober a long while

a few younger men who have been sober a while

a few older men who have not been sober at all but really want to be

a few younger men who have not been sober at all but really want to be

a homeless guy

a priest

a rabbi

a guy recently thrown out of his home

a few doctors and lawyers

a few (5 or 6) frum guys

a CEO or two

a guy of one of the above groups who was arrested for soliciting sex

a guy who is pretty sick (me!) - but good enough for you...

some of them are also alkie, most are not

some of them have been through sexual trauma, most have not

some have inflicted sexual trauma on their wives or girlfriends, most have not

some are divorced, most have not been

some have some a religion, some do not

and just for the record, even most of the *goyim* there mainly suffer from internet porn and sex with self, rather than sex with anyone else...

It's yarmulkahs sitting next to crosses, the despondent sitting next to the happy, the closed-shut sitting next to the opening and getting free, the fearful sitting next to the accepting.

It's quite a mix, brother.

P.S. Kilochalu, I doubt *all* of us here on GYE need to go to SA meetings. But I also hope as you do, that Hashem helps us out of our fears to take whatever right steps are needed.

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Re: Strong everywhere except here NEED HELP why can't
Posted by SIB101854 - 21 Jan 2014 06:39

Obviously, this machala , phenomenon or however you want to describe, knows no ethnic or sociological boundaries. You have to realize totally as Dov pointed out that "Hashem helps us out of our fears to take whatever right steps are needed."

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