

I am hypocrite

Posted by Improve - 04 Mar 2014 07:23

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I am nearly 30 and I am a big hypocrite. I have advised people to look at this website and quit porn. I claim to hold conservative values, but my life is total mess. There is a huge difference of the values that I profess to others and how lowly I live my life.

I come from a very loving, healthy and clean family. I use to be very innocent until I met a girl who was a wreck. She drank a lot, and engaged in sexual sins (nymphomaniac, perversions, fetish) that are so horrible to describe, so unimaginable that I cannot possibly tell them to you. If I told you, you would probably think I made up this story. I helped her to gain a normal sense of sexuality again, and she became a fine young lady. In the course of this process, however, I became exposed to a world of truly unimaginable filth. It ruined my life. We are no longer together, and I wish i had never met her. I wish I had never had these experiences.

My life has improved vastly since then and I can go easily without porn for weeks on end, but not acting out is difficult. After acting out, I hate myself, because I want to live the values that I claim to have i.e. I want to marry, be a good husband, be a role model, be a good father. I want to experience mature (non-sexual) intimacy and tenderness, I long to feel loved. (Knowing that Hashem loves me is consoling, but I am also ashamed that I act like an animal in his presence).

I am curiously optimistic about being able to overcome this, because I have overcome other big challenges. May be I am just delusional?

I draw a lot of strength in looking at this through religious eyes: acting out as idolatry, acting out as killing life.

I had until recently a girlfriend that I had hoped to marry, but she has broken up with me. She has issues of her own: she says i tick all her boxed, but her issues make her afraid to commit. She does not know anything about this acting out, but i realize that this addiction has affected this relationship. A minute wasted on filth is a minute not spend on her well-being. I am heartbroken, have spent many days in bed crying, screaming to Hashem to help me, and pray to Hashem that she will come back to me.

I hope this site can keep reminding me not to get off the derech. I hope and pray that you all will be cured from this addiction.

Can anyone recommend tehillim for a broken heart?

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Re: I am hypocrite

Posted by dms1234 - 24 Mar 2014 20:50

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Have you reached out for people to talk to here? If you are saying posting on the forum isnt much of help for you, I agree. I don't think posting on the forum will cure our addiction. But have you chated with other Gyers. It has helped me immensely in getting out of loneliness. I have made many friends. But it also helps me internalize principles and its great suppport/chizzuk for me.

Try opening the chat bar and see who's online!

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Re: I am hypocrite

Posted by Hope - 25 Mar 2014 02:07

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Dear Improve,

I really feel for you, I can feel your pain, I also pick up on a sense of loneliness. I strongly suggest, like others, to see a professional you seem to have gone through a lot. I myself am in therapy, and I am proud of it, if you find the right therapist, they can really help.

I wish you lots of Hatslachah and keep strong and keep posting

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Re: I am hypocrite

Posted by Improve - 26 Mar 2014 07:20

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Thank you for your messages.

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