

BT on 90 day chart struggling with mental anguish

Posted by startrekuser - 20 Mar 2014 02:44

I just passed 40 days on the 90 day chart. I was on this website once before about 1.5 yrs ago but left. So what made me come back? I've been corresponding with another member of GYE and I've shared my story with him and I'm going to share my story with the group. I need help to deal with a lot of pain.

I'm a 47 year old BT and married with a 13 year old child. I've always struggled in my marriage to the point where I didn't care anymore. I let myself get emotionally involved with a woman at work (WAW) and I thought my marriage would be ending soon. We would tell each other about our problems and support each other with advice, etc. We would talk every day and have lunch once a week. I definitely felt strongly connected with her emotionally. I wanted to do all kinds of things for her: buy her gifts, give her compliments, other things, etc. I held back from doing these things knowing that was totally inappropriate.

I was very confused - thinking I was going to get divorced and get more involved with this woman. Then I decided that I have to stop masturbating b/c that was definitely interfering with my thinking and was preventing Hashem's divine light from shining on me. I didn't like what I had become. I also decided to do for my wife what I wanted to do for this woman.

So on Monday the WAW wanted to discuss a guy she is dating and I told her that it's inappropriate for us to discuss each other's relationships anymore since she's a single woman and I'm a married man. She was shocked, but understood. I'm experiencing a lot of emotional pain because I still feel a strong emotional connection to her. It upsets me a lot to think of her dating other men and that's one reason why I set up these rules between us. In addition, I've never felt such a strong emotional connection with my wife. She is often very harsh and critical of me and I don't feel safe discussing any negative feelings with her. It's this emptiness that contributed to my having an emotional relationship with the WAW. So I'm giving up the one person that I can share my feelings with to focus my positive energies on my wife. This is causing me tremendous pain. I don't have a best friend and I don't have a shoulder to lean on, but I'm putting my faith in Hashem to change my situation for the better. I took my wife out for dinner on Sunday night (sort of a private Purim Seudah), bought her a nice gift and card and said romantic things to her. She loved it! I plan on keeping up this treatment of her and hope that she will change also.

That's my story. I need moral support at this point b/c I suffer and cry every night from the emptiness. With Hashem's help, everything will get better. I was using the masturbation to mask the empty feeling from my unsatisfying and failing marriage. Now I've decided to take

responsibility for my marriage.

During the first few weeks on the chart I would have about 1 horrible day per week of just massive negative emotions including thoughts of suicide. I don't seem to have those anymore, but just a constant nagging feeling of emptiness that's worst when I'm alone.

=====

Re: BT on 90 day chart struggling with mental anguish
Posted by Dov - 18 Nov 2014 11:59

Dear chaver, I believe we spoke once on the phone, no? I am truly sorry, can;t recall the details of your situation though. I assume she is not aware of your online emotional affairs with dating service women, etc, nor with your frequent masturbation. Were you only masturbating since your wife stopped having sex with you? Was your masturbation not a problem before marriage as well? i do not remember the answers to those questions and they are vital to gaining an objective perspective on what your side of this is, as well as seeing where her part fits in, here.

Why is she not going to the mikvah? Are *you* clear on that? Is *she*? I asked a lot of questions, sorry. Thanks for your patience w that.

And now to your post:

[startrekuser wrote:](#)

Why is not OK for a married man to have an affair? If the man's wife won't have sex with him and won't even let him touch her, what's his alternative? Suffering until death? It's not spilling seed. My wife stopped going to the mikvah. According to Breslev, Rabbi Brody, etc, I'm not even allowed to complain.

1- You are assuming a lot for Breslev, Rabbi Brody, etc, chaver. I doubt they would say that no married man has a right to complain, ever. They would also never say that divorce is not an *option*. If your situation is because of a real mental health problem they would suggest you get

help first, before running to sex to fix it - even sex with your wife. Please don't rush to blame them for being insensitive and monolithic.

2- So, regarding your solution of having an affair because your wife won't allow you to have sex with her: If you'd *have* an affair that would *fix* something? You'd get your rocks off, congratulations.

Then what?

Happiness would be yours? Satisfaction that "you 'showed that bitch' that you can get it elsewhere!"...hmm. Given the utter selfishness of your proposed solution, I'd actually not be surprised if "Breslev, Rabbi Brody, etc" *would* recommend you to not complain! You have bottled yourself up for a long time with your resentment and not gotten the right (or maybe **any**) help. Your solution is borne out of pain, not sense, just lots and lots of pain with no one to blame but the person you want to blame. But there **is** help.

And thankfully, there are better solutions to your problem than an affair. They are based on

- 1- facing the problem instead of blaming,
- 2- being open and honest with your wife about it, and
- 3- getting help instead of back-biting or betrayal.

And whether they end in peace or divorce, they are better than tearing your family apart by screwing around to let the teenager in you run the show into the ground. The wreckage would be far greater than any clean divorce would be...though running from this problem with divorce-at-all-costs is a close second to the 'affair' idea. Divorce doesn't make the relationship issues leave your life, anyhow...

3- If you have only 'opened up' here to virtual people behind a username instead of being a man and meeting face to face with a real, live, trusted and skilled advisor about **all** the facts yet - *including* your sex surfing, dating services you have used, emotional affairs you have pursued with women and all the sex you have been having with yourself - then this is a tragic situation made far worse than it has to be. You are suffering much more than you need to. Help to face your life as it really is, helps. Satisfying our penis will not fix our life up.

I know I have been blunter than usual here. You have been through a boatload of pain and resentment and surely need a lot of love and understanding...but first I feel you can handle a bit of bluntness to derail the current run of self pity that leads us all nowhere. I hope you get help. We all need it sometime.

You have had a lot of time for venting and bitterness here so far. If GYE only gives you a place to openly and bitterly complain and blame (while hiding yourself), then that's a pity. GYE should give you hope and advice. That is what the guys here are saying over and over. I am just saying it a bit louder. Hope the message comes through as sincerely as I mean it.

- Dov

=====
=====

Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 30 Nov 2014 06:42

Thanks.

=====
=====

Re: BT on 90 day chart struggling with mental anguish
Posted by Asher S. - 02 Dec 2014 02:47

.

=====
=====

Re: BT on 90 day chart struggling with mental anguish
Posted by cordnoy - 04 Dec 2014 13:16

Continu bein' grateful!

That's a good middah to possess.

Then, take it to the next level....action!

Yes, we are all in this boat together, but we wanna be goin' upstream.

Bein' complacent just sweeps us to the back - that's where the sharks hang out.

b'hatzlachah

=====

Re: BT on 90 day chart struggling with mental anguish

Posted by startrekuser - 18 Dec 2014 12:59

I read somewhere that the three major challenges for an observant Jewish man are Shabbos, kashrut and lust. Overcoming lust is definitely the hardest one. When other Jews tell me that they just can't do Shabbos, I feel like laughing. It really is SO EASY. Basically, you take a vacation one day per week. Kashrut is a little harder, but eating only kosher food is not really a sacrifice. It can be an inconvenience at times, but that's all. Lust is always with you and a constant challenge.

=====

Re: BT on 90 day chart struggling with mental anguish

Posted by startrekuser - 18 Dec 2014 13:10

Hi Dov,

Yes, I had a minor emotional affair that I broke off last February or March. I also looked at women's profiles on a dating website and stopped doing that around the same time.

I have been seeing a therapist to discuss my marriage and I keep that a secret from my wife. In the past, when I've gone to therapy with her knowledge, she demanded I get rid of the therapist whenever there was some negative behavior (real or perceived) on my part that she attributed to the therapy. It's very costly and my father agreed to pay for it going forward. The bottom line is that the therapy is helping my relationship with my wife (a little bit) and is keeping me

relatively calm about how poor our marriage is. Also, my wife's mother passed away (she was living with us) from cancer about two months ago. Of course we miss her, but that has lessened the tension in our house.

My masturbation frequency was down to about 1 per every 2 weeks, but has increased to about 1/week recently. Over the last three years, I've had two major pushes to stop and made it to about 90 days each time. I'm not sure why, but I just don't have any enthusiasm for GYE lately. I'm here tonight though.

=====

=====

Re: BT on 90 day chart struggling with mental anguish
Posted by cordnoy - 18 Dec 2014 18:05

[startrekuser wrote:](#)

I read somewhere that the three major challenges for an observant Jewish man are Shabbos, kashrut and lust. Overcoming lust is definitely the hardest one. When other Jews tell me that they just can't do Shabbos, I feel like laughing. It really is SO EASY. Basically, you take a vacation one day per week. Kashrut is a little harder, but eating only kosher food is not really a sacrifice. It can be an inconvenience at times, but that's all. Lust is always with you and a constant challenge.

Why only an observant Jew?

Why even a Jew?

I can't live with my lust, for my LIFE is unmanageable with it...nothin' to do with sin, Gehinnom, God and stuff!

All of that is mighty important, but it's not part of my impetus for recovery. [And yes, thru recovery, one can and does get closer to God.]

=====

=====

Re: BT on 90 day chart struggling with mental anguish
Posted by cordnoy - 18 Dec 2014 18:07

[startrekuser wrote:](#)

Hi Dov,

Yes, I had a minor emotional affair that I broke off last February or March. I also looked at women's profiles on a dating website and stopped doing that around the same time.

I have been seeing a therapist to discuss my marriage and I keep that a secret from my wife. In the past, when I've gone to therapy with her knowledge, she demanded I get rid of the therapist whenever there was some negative behavior (real or perceived) on my part that she attributed to the therapy. It's very costly and my father agreed to pay for it going forward. The bottom line is that the therapy is helping my relationship with my wife (a little bit) and is keeping me relatively calm about how poor our marriage is. Also, my wife's mother passed away (she was living with us) from cancer about two months ago. Of course we miss her, but that has lessened the tension in our house.

My masturbation frequency was down to about 1 per every 2 weeks, but has increased to about 1/week recently. Over the last three years, I've had two major pushes to stop and made it to about 90 days each time. I'm not sure why, but I just don't have any enthusiasm for GYE lately. I'm here tonight though.

Sorry on your loss.

Only simchos in the future.

Stay strong with the therapist; it seems like it's helpin'.

b'hatzlachah

=====

Re: BT on 90 day chart struggling with mental anguish
Posted by Dov - 29 Dec 2014 00:48

[startrekuser wrote:](#)

Hi Dov,

Yes, I had a minor emotional affair that I broke off last February or March. I also looked at women's profiles on a dating website and stopped doing that around the same time.

I have been seeing a therapist to discuss my marriage and I keep that a secret from my wife. In the past, when I've gone to therapy with her knowledge, she demanded I get rid of the therapist whenever there was some negative behavior (real or perceived) on my part that she attributed to the therapy. It's very costly and my father agreed to pay for it going forward. The bottom line is that the therapy is helping my relationship with my wife (a little bit) and is keeping me relatively calm about how poor our marriage is. Also, my wife's mother passed away (she was living with us) from cancer about two months ago. Of course we miss her, but that has lessened the tension in our house.

My masturbation frequency was down to about 1 per every 2 weeks, but has increased to about 1/week recently. Over the last three years, I've had two major pushes to stop and made it to about 90 days each time. I'm not sure why, but I just don't have any enthusiasm for GYE lately. I'm here tonight though.

As always, if you want to talk, just email me and we can arrange a time. I am not a coach or

Have you directly discussed when and if to tell your wife about the therapy you are using, w the therapist?

Also, I asked you a few questions above. Among them were:

1- Your marriage is very disappointing to you. Now after you succeed at getting a pleasant sexual and/or emotional affair, what are your real plans for continued happiness and/or fulfillment?

2- You feel a boatload of pain. Are you ready to switch from bitterness and self-pity, to something that really helps you? Is your therapist helping you do that?

3- Your wife does not know - you detailed problems w her knowing abt your therapy. But you did not explain *what is so bad about* the fact that she demands you stop the therapy or about her blaming perceived negative stuff on your therapy. Are you not independent?

And if she threatens you with, say - divorce - over it....then what? You yourself are hoping for that at times already!

I am a chicken and know how it feels to be too sensitive and scared of a loved one's feeling...but are you independent? Or are you being so dependent on her not hating you that you haven't even the basic freedom to take care of yourself?

If you do, what does that mean to you?

I would suggest that is a way bigger fish to fry than your masturbating or not masturbating...

=====
=====

Re: BT on 90 day chart struggling with mental anguish

Posted by startrekuser - 20 Apr 2015 15:06

Well, the woman from work just got engaged to be married. I'm upset, but not because I'm envious or jealous. She never converted and is marrying a Jewish, non-observant man. Of course, this happens everyday, but it's still upsetting. She did start the conversion process a while back, but then started dating that guy, who is now her fiance. The rabbi that she started with won't take her back b/c she was involved with the non-observant guy.

So she told me she got engaged. What should I say? "Mazel Tov" doesn't seem appropriate. Neither does "you shouldn't be marrying a Jew".

I might be invited to the wedding, but I can't go. If I went, that would be like approving a mixed marriage.

The good news is that I don't feel an ounce of envy or jealousy, just concern for another mixed marriage and Jewish dead end.

=====

Re: BT on 90 day chart struggling with mental anguish
Posted by cordnoy - 17 May 2015 04:40

Good thought process!

We gotta focus on fixin' ourselves; not the world.

b'hatzlachah

=====

Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 21 May 2015 15:45

I was listening to a Tanya lecture and the Rabbi said that sexual fantasies in your mind are equivalent to pornography. So that helped motivate me to stop those transgressions. I've been clean since then. It's been 9 days.

=====

Re: BT on 90 day chart struggling with mental anguish
Posted by Dov - 12 Aug 2015 01:21

[startrekuser wrote:](#)

I was listening to a Tanya lecture and the Rabbi said that sexual fantasies in your mind are equivalent to pornography. So that helped motivate me to stop those transgressions. I've been clean since then. It's been 9 days.

That's great!

It's been about 3 months since then, would you fill us in on how it went since you last posted?

Continued success,

Dov

=====
=====

Re: BT on 90 day chart struggling with mental anguish
Posted by Josephsbrother - 23 Dec 2015 05:32

Pain on the brain can be a line in the sand for your DNA. Take the clam, when it is hunger for food, but swallow some irritating sand. Out of that pain a pearl is born in pain, the gain of which is a costly pearl. Our Creator puts within us by A living daily relationship, that coats all the irritations that our love ones can bring. pLease remember they are hurting too. I learned in medical school that the more physical intimacy between a man and woman, the more possible for their DNA is linking, so that in old age they may look alike. Because on a physical level the two are becoming one, it is with Abba we should make every effort to find a way to reconcile a marriage relationship. Yet if one still fails, yet the parents need to make sure the children are care for.

At the center of pearl is ear, and the last word is earl, a man of distinction, in the pearl! Here is a question, what would Abba have you do? Whatever you would to Abba Himself, that we can do, for we do all things to Abba.

=====
=====

