

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.

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 30 Mar 2014 05:15

I will. Thanks. The amount of time I spend communicating with her is MUCH LESS than it was even two weeks ago.

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Re: BT on 90 day chart struggling with mental anguish
Posted by cordnoy - 30 Mar 2014 08:42

I haven't followed your entire saga, but here is a letter I wrote to my "friend" when I knew I needed to stop; perhaps there is something in it that could help you.

M,

I must do this.

It cannot continue.

This will not be a long letter, for you know me well...probably even better than I do.

I have labeled myself as an “opportunistic sexaholic.”

When the opportunity rises, I cannot stop myself.

I know what your opinions are regarding porn and masturbation, etc., so there is no need to expound on it.

When we first “met” 15 or 16 months ago, I was completely entrenched in this behavior. It was that way for many years. About seven to eight months ago, I came to two realizations.

1. My life was sick...it was being controlled by outside forces.
2. My marriage could not improve with all the current baggage I was carrying around.

Lately, my behavior has improved, with one exception, and that was you. During our entire “relationship,” you have never pushed me to contact you. You have never tried to convince me to do anything with you. If anything, you tried to help me at times. I valued and respected that in you. I was always the driving force.

It now, however, must come to a screeching halt. I must say goodbye. Not for a month; not for two, but forever. This is strong words that I am writing and I pray that I can keep it. I know that you will respect my wishes. Perhaps I will send an email, text or message. I plead with you....do not reply. I might implore you with several of them...I beg you....please do not respond.

You never were driven by money; you always had a higher value system. I need this to work for my life and for my marriage. I spoke to me wife last week, and I said that my life is even more important than my marriage. What I was saying is that I need to take my life back. We are never in control....God is, and at the same time, we cannot have our desires influence us. It is good to desire, but it must be controlled. I am not able to do that. I cannot afford to lust. I went 115 days without giving in; then I went 90. That pattern, although it is a vast improvement from my past 11,000 days cannot continue. It is a cycle that must be stopped.

I wrote longer than expected. I think I was clear. I don't know if I will ever be free from all of this, but I must do everything in my power to let God take care of the rest.

I will be deleting my yahoo and skype account. I know there are many ways still that we can contact each other, and I also know that you will respect my wishes and not contact me. It was always me who initiated.

I thank you so much. I respect you. I wish you the best things in life. I hope you obtain your degree and have success in finding a job and helping people thru it. May you see blessings from your boys, and have a wonderful life.

Thank you, Avrohom

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Re: BT on 90 day chart struggling with mental anguish
Posted by Dov - 30 Mar 2014 08:56

Now the key will be leaving her alone, leaving your worries alone, and not responding to any communique's from her even for her to apologize, explain herself, or anything else....if my personal experience in the same boat means much.

It's not about being 'tempted', not about a 'yetzer hora' thing. It's about moving on. Really moving on. For me and many others in this situation, either we move on, or we drag it out and get sicker yet.

You may be an exception to the rule. That's for you to decide, and I wish you hatzlocha!!

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Re: BT on 90 day chart struggling with mental anguish

Posted by Dr.Watson - 30 Mar 2014 13:02

[startrekuser wrote:](#)

I will. Thanks. The amount of time I spend communicating with her is MUCH LESS than it was even two weeks ago.

I can't say this as a fact but I don't think the first guy stayed sober because he walked past the pub MUCH LESS than he used to. he stayed sober because he would not walk past the pub AT ALL, even hand-in-hand with another AA member.

why is it important to eat lunch with her at all?

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Re: BT on 90 day chart struggling with mental anguish
Posted by cordnoy - 30 Mar 2014 18:53

The Doc hit it on the head!

One must make sure that it is "not at all."

I honestly feel that way every time a tayva comes across.

My life is hanging in the balance.

it is not a white-knuckling thing either.

It is a fact of life that these desires will come (and with each win, they come less and less, and when they come, they are easier to be victorious over).

b'hatzlachah

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 30 Mar 2014 21:44

Thanks for your advice everyone. Maybe I do have to move on and not have contact with her, but maybe not. I don't know yet. I do know that each week (each day really) I feel less of a desire to communicate with her.

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 31 Mar 2014 02:04

I request that nobody use Hebrew or Yiddish words in this thread, b/c I don't understand them. Also, if you send me any personal messages, no Hebrew or Yiddish, just English please. My observant experience is almost exclusively within Baal Teshuva circles, so, outside of "Hashem" and "Baruch Hashem", there's VERY LITTLE I understand. Thanks.

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Re: BT on 90 day chart struggling with mental anguish
Posted by Dov - 31 Mar 2014 04:55

Oy gevalt, Tatty in himmel!!

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Re: BT on 90 day chart struggling with mental anguish
Posted by Gevura Shebyesod - 31 Mar 2014 07:15

Is Klingon OK?

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Re: BT on 90 day chart struggling with mental anguish

Posted by startrekuser - 31 Mar 2014 18:25

Yes, Klingon is OK and also Piglatin and Urdu. In fact, I prefer Urdu, so keep that in mind.

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Re: BT on 90 day chart struggling with mental anguish

Posted by tryingtoshteig - 31 Mar 2014 18:37

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Re: BT on 90 day chart struggling with mental anguish

Posted by Gevura Shebyesod - 31 Mar 2014 18:39

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Re: BT on 90 day chart struggling with mental anguish

Posted by Dov - 31 Mar 2014 20:51

How about Syriac?

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 01 Apr 2014 05:38

I don't like the community I live in either b/c it's so "black hat". I rarely go to shul anymore since I've moved here.

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