

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 - 05 Apr 2014 00:01

What does balei batim mean in English and where can I find the balei batim section of the forums? Gracias.

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Re: BT on 90 day chart struggling with mental anguish
Posted by skeptical - 05 Apr 2014 00:15

Baalei Batim - Homeowners, referring to married men.

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Re: BT on 90 day chart struggling with mental anguish
Posted by tryingtoshteig - 05 Apr 2014 00:30

guardyoureyes.com/forum/17-Balei-Battims-Forum

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Re: BT on 90 day chart struggling with mental anguish
Posted by TehillimZugger - 05 Apr 2014 00:39

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Re: BT on 90 day chart struggling with mental anguish
Posted by Dov - 06 Apr 2014 06:19

Have you no one more qualified to speak with than a group of well-meaning, virtual people who are just about as lost as you are? Sorry but I do not recall if you wrote yet about what therapy/work you have done/not done, either by yourself or as a couple, so far.

The forum is great and I love it and I would never suggest you or anyone leave. Communication and expressing feelings is always a great thing. But seriously, for a thing as delicate and important as my sobriety and my marriage, I would personally use tools that are a lot more solid, proven, and well...real. The forum may be a great place to start to get one's head screwed on straight, to calm the inner maelstrom of drama in their lives a bit, and to learn about some great tools for lots of people. But with a thing and precious and important as my sobriety/addiction/recovery/marriage, I would eventually seek a lot more help than this milieu can provide.

I am *not* saying 'you ought to think of it the way I do', but just sharing what works for me.

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Re: BT on 90 day chart struggling with mental anguish
Posted by gibbor120 - 07 Apr 2014 19:49

[Dov wrote:](#)

I am *not* saying 'you ought to think of it the way I do', but just sharing what works for me.

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Re: BT on 90 day chart struggling with mental anguish
Posted by Dov - 13 Apr 2014 19:06

[gibbor120 wrote:](#)

[Dov wrote:](#)

I am *not* saying 'you ought to think of it the way I do', but just sharing what works for me.

Hey dov, maybe you should add that disclaimer to your signature. It may save you a lot of grief

Thanks for the advice. It's always been the truth, though.

As Tolkien's Gandalf said (in the book): "The treacherous are ever distrustful." People know what Maslow said, too, along the same lines: "The man who only has a hammer in his tool chest, sees every problem as a nail." I am sure that at least some of the time, it is a reflection on the reader's approach. The ones that are focused on *teaching information* and 'telling' rather than on sharing their *own* personal experience naturally see what others write as exactly that and may feel threatened by it.

Yeah, I have bad days, feel on edge at times, and post without the proper serenity then. But the guys who are 'tellers' are usually the ones who see what others write as 'telling'.

If the disclaimer would really work, I'd do it all the time - but I doubt it really does. If you really think it would, I'll trust you and use it, though...

Thanks amigo

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 27 Apr 2014 15:49

Earlier in this thread, I complained about the Hebrew/Yiddish being spoken. There's no doubt that makes it harder for me to understand some posts, but I can easily look up the words on the internet, so it's not such a big deal that I made it out to be.

Just to review: I'm a baal teshuva living in a very frum neighborhood and I complained about the neighborhood in addition to the Hebrew/Yiddish in the forums. I'm starting to realize that I have prejudices inside myself and just don't feel so comfortable around some frummies, especially Ashkenazim (I'm Ashkenazi). I relate much better to secular Jews who are returning to Judaism or are BT with a modern style. I also don't think I'll ever change. I'm hoping it will be different for my daughter since she's going to a very frum yeshiva and has friends that are also FFBs.

I grew up in a very secular home and in a neighborhood that was mostly not Jewish. I went to Hebrew school (and learned essentially nothing) until I was Bar Mitzvah and had a big celebration. Sadly, I didn't know what the point of Bar Mitzvah was. I remember one of my mothers friends saying that Bar/Bas Mitzvah means you can start dating!

The point is that I didn't really learn anything about Judaism or was around anything or anyone you can call observant until I was almost 30 years old. Even since then, almost my entire "orthodox" experience has been at outreach organizations or Chabad. I even belonged to a very frum shul that was made up of overwhelmingly BTs. I feel uncomfortable (intimidated maybe) when I see men in shul with the Shabbos uniform: black suit, black hat, tzitzis hanging out. When I see a man wearing a streimel or dressed like Amish, I just can't relate at all. I really don't think I can ever change that aspect of myself. I'm just beginning to explore these feelings, so I'll report back again at some point.

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Re: BT on 90 day chart struggling with mental anguish

Posted by cordnoy - 27 Apr 2014 18:43

We think the same of our addiction.

We/I lived with porn for over 30 years; thought I'd never change.

Similar? Different?

Perhaps....just sayin'.

Wishin' you success in all your endeavors

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Re: BT on 90 day chart struggling with mental anguish

Posted by SIB101854 - 27 Apr 2014 18:55

There are BTs on this site who can be characterized as "BT with a modern style" and who are MO with great respect for the best elements of the modern and Charedi worlds, and who both reject and utterly unimpressed with the extremes , urban mythes and stereotypes that one can find in both worlds.

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Re: BT on 90 day chart struggling with mental anguish

Posted by Dr.Watson - 27 Apr 2014 21:45

It sounds like a self-esteem issue IMO. You're pinning it on the BT /FFB scenario but I think if it wasn't that it would be something else.

I get it too. I'm an FFB who spent a few years in yeshiva. Now I'm a working man and I feel inferior and intimated by friends of mine who are still in yeshiva/kolel.

That's my issue. It's really got nothing to do with how well I really think I'm doing, or how I think Hashem or my friends see me, but much more to do with how I see myself. Is there any reason for me to feel guilty that I can't learn 12 hours a day? I'm trying to earn a living here! My feelings of inferiority is really nothing do with my religion.

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Re: BT on 90 day chart struggling with mental anguish
Posted by SIB101854 - 28 Apr 2014 02:41

Dr Watson wrote:

"I get it too. I'm an FFB who spent a few years in yeshiva. Now I'm a working man and I feel inferior and intimidated by friends of mine who are still in yeshiva/kolel"

Look at it this way-look at quality, not quantity-if you spend all of your spare time learning, no matter what the subject, that is what counts. I think that it is said that a person who is learning as much as in his free time is learning more than someone in yeshiva and kollel who isn't maximizing his time in Limud HaTorah.

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Re: BT on 90 day chart struggling with mental anguish
Posted by startrekuser - 02 May 2014 19:13

I want to share this with everyone. It's from Aish.com.

2 lyar:

It is better to go to the house of a mourner than to the house of feasting (Ecclesiastes 7:2).

Progress and achievement in life come from identifying the challenges of reality and dealing with them effectively. Anything that constitutes an escape from reality is destructive, because an escape from reality is actually an escape from life itself.

The house of feasting which Solomon criticizes is literally "a house of drinking." In his era, like modern times, the participants at some social gatherings put themselves into an alcoholic stupor, talked senselessly, and made believe that the world was free of stresses and problems. Such "feasting" constituted an escape from reality and contributed nothing to the betterment of the participants.

The house of the mourner is a solemn place, which confronts people with the reality of their own mortality. There we recognize, at least momentarily, that our stay on earth has a limit, and that so many of the things that we spend our lives to attain are left behind when we die. Our only permanent acquisitions are our spiritual achievements, such as our good deeds and our positive effects on others. The house of the mourner actually brings us to an enhanced appreciation of reality.

Is it more pleasant to go to the house of the mourner? Of course not. It is "better," however, because it can contribute to our betterment.

Today I shall ...

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try to avoid activities that provide an escape from reality and realize that growth consists only of dealing with reality.

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Re: BT on 90 day chart struggling with mental anguish
Posted by Gevura Shebyesod - 02 May 2014 19:37

On the other hand see the Gemara in Kesubos 8b where the custom was to ply the mourner with lots of wine. Rashi there references the verse in Mishlei 31 "Give strong drink to the one who is perishing and wine to those of bitter soul."

The Gemara says that originally they would drink 10 cups, then they increased it to 14 but the sages saw that people were getting too drunk so they went back to 10. So it seems that there is some place for using wine escaping pain but only within controlled limits.

(Perhaps we can even say that the "house of mourning" and the "house of feasting" in the original verse are actually the same house, but in one the drinking is controlled and in the other it is not.)

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