

I Need Help and understanding.

Posted by Daniel1960 - 18 Jul 2014 18:47

Hello. I am from Argentine tho I can handle a good english. I have been prisoner of porn for many years and also of an online virtual reality game. They both brought my life and my relationship to the brink. Now I am fighting to get myself out of all this but it is a hrd battle specially if you are alone. I need all the help I can get. I started a psicological therapy to get to the root of my problems and I wish I could find a group in my city (Buenos Aires) but sadly I couldnt find any, except evangelical ones.

Truth is I am not a very religious person. Some times my wife understad me and help and some times she just start to take out all what she felt and rub in my face all what I did in the past years... it is a very painful and shameful moment for me and I am not sure what to say or how to react. I feel i push me down and that the effort that I am doing now to keep myself clean is not enough for her after all what I did to her... I need all the help and the advice that you can give to me... I will do anything in my power to get out of this situation and never ever fall in it again... Thanks for reading and for your help.

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Re: I Need Help and understanding.

Posted by cordnoy - 18 Jul 2014 18:54

Welcome

There are many good ideas that can be found on this site.

you mentioned joinin' a group.

That is a good thing to do - even if they are evangelical.

I belong to a group that meets in a church.

There are others here that have groups of many orthodox.

It doesn't make much of a difference.

It is important to recover for the sake of recovery - that means for ourselves.

Give to your wife; don't get upset at her for not understandin', but ultimately, find things that

work for you.

b'hatzlachah

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Re: I Need Help and understanding.
Posted by dms1234 - 18 Jul 2014 19:23

WELCOME TO GYE!

Daniel1960

but it is a hard battle specially if you are alone
It is hard battle, thats why i choose to not step in the ring and fight the yetzer. He is soooooo powerful. Rather, i like to reach out to others and concentrate on real recovery: facing life's challenges. Its tempting to fight, we want to win. But i have discovered that I cant win. But that doesn't mean i have lost. It just means that I cannot fight the yezer. I need Hashem to take away the battle from me. So yes, people help (a lot) but at the end of the day, the initial efforts have to come from us. We are the only ones that can change from us.

Anyhow (thanks for listening to my ramble) WELCOME!!!!!!!!!!!!!!

Perhaps check out: [Skep's tips](#)

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Re: I Need Help and understanding.
Posted by gibbor120 - 18 Jul 2014 21:26

WELCOME! You have come to the right place. Read the handbook and post on the forum.

It is very hard on our wives and they can't really understand. Do what you need to do to stay clean, and your wife will come to respect you. Be patient.

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Re: I Need Help and understanding.
Posted by Pidaini - 19 Jul 2014 23:04

Welcome to GYE!!

This is certainly a good place to be for someone trying to get out of lusting!

There is a lot to learn here about ourselves and our condition, so stick around!!

Looking forward to hearing more from you!!

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Re: I Need Help and understanding.
Posted by kilochalu - 20 Jul 2014 03:29

WELCOME!!

this is a great place to be to help us work on these issues

I have had a similar experience with my wife being very helpful and understanding, but other times it seems that she really doesn't get it.

When I think about it more I realize that it really is unrealistic of me to expect her to really get it 100%, especially since I myself don't really get it all of the time.

I guess that I should just be thankful for when she is being helpful and understanding, and when she is not I should express that I understand that as well.

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