

Marriage

Posted by newaction - 14 Aug 2014 00:28

I wonder if this addiction causes strain to your marriage or shalom bayit problems

even if your wife didnt find out

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Re: Marriage

Posted by newaction - 21 Aug 2014 01:15

Amen cordnoy i hope that day comes soon. because my marriage almost ended this year

and now is kind of "lingering" .

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Re: Marriage

Posted by cordnoy - 21 Aug 2014 01:27

'That day' will not come soon thru 'hope.'

It will come thru action.

b'hatzlachah

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Re: Marriage

Posted by newaction - 21 Aug 2014 01:32

yes i agree i am doing action i just hope it is not toolate

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Re: Marriage

Posted by cordnoy - 21 Aug 2014 05:27

If you're alive...it ain't too late.

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Re: Marriage

Posted by newaction - 21 Aug 2014 22:22

Yes alive is good . i feel i am gradually changing for the better . i am afraid

it is too late to save my marriage

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Re: Marriage

Posted by cordnoy - 21 Aug 2014 22:45

Why should you think like that?

Please explain, so the others here can show you how their marriage improved after recovery.

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Re: Marriage

Posted by newaction - 21 Aug 2014 23:04

since early childhood i had a tendency to look at women. during the years masturbation came along . i got married but the problem did not stop (as i have already read by so

many personal stories) there were times that i was hooked to pornography but were sporadic. Nevertheless even i my age (i was born in the 60's) i found myself recurring to masturbation. where i grew up the philosophy was that sex is the sublime thing on earth . B"H i never had relations other than with my wife that kind of philosophy accompanied me all the time . i am an Avrech sometimes a rabbi but the thirst for lust is my companion. My wife picked up on that , first of all like all addicted it looks that i lost contact with reality , was depressed a lot and non-motivated. my wife doesnt have much respect for me . but in an argument with her she told me that i raped her for the duration of our marriage (a couple of decades) i said what !!! how could that be ?!.

After reading some of the material in GYE i came to better understand first of all that i am addicted and second that it can make me selfish and self centered. now my situation is that i dont have Shlom Bayit. My main addiction is looking at woman . and thinking about them and having relations . I got myself enrolled in the 90 day chart not necessarily for porn or masturbation (even though i am not disconnected from them) but from looking at women. B"H i am starting to see results. To know that i was addicted to both , looking and doing , was an eye opener, i know now that i have a sickness to take care of .

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Re: Marriage

Posted by cordnoy - 21 Aug 2014 23:11

Thanks for the share...and we do understand the 'rape' concept. but why do you think the marriage is over? Focus on recovery and pleasin' her. That should be your goal. You cannot change her, but you can change yourself.

b'hatzlachah

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Re: Marriage

Posted by newaction - 21 Aug 2014 23:16

I didnt say is over but there was some damage done and she is not neither forgiving nor forgetting . She is complicated. i had also anger management issues . so i am hoping

for the best. Of course doing also . Step 3 of the 12 AA steps is fabulous . Its so essential . i think all human strife and divisions are rooted in step 3. and of course all addictions .

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Re: Marriage

Posted by newaction - 21 Aug 2014 23:23

thank you for your encouragement , 9494 , i appreciate that .

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Re: Marriage

Posted by gibbor120 - 21 Aug 2014 23:25

Stay recovery focused and take recovery actions. Selflessly focus on your wife's needs, and you may be surprised by the results. Be patient. Work on yourself. Expect nothing in return.

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Re: Marriage

Posted by lavi - 22 Aug 2014 11:42

new action.

i think that it is wow, that you are taking these steps,

looking to hear about what steps works for you, so we all can get chizzuk.

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Re: Marriage

Posted by TehillimZugger - 22 Aug 2014 23:26

Baruch Hashem there is a place like GYE where people like myself and newaction can learn to work on ourselves and become mentchen!

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Re: Marriage

Posted by newaction - 23 Aug 2014 21:48

9494 do you live in israel ?

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Re: Marriage

Posted by newaction - 24 Aug 2014 00:11

I was sitting last Thursday in front of the computer watching GYE's forums. Suddenly out of nowhere a general feeling of lust is taking over. like awakening a dormant devil.

not necessarily to do something now , but yes to sit on the brain on the thinking process. And it is like a seed . I may be lazy to do something bad now , now . But it shoots roots on my mind for the next time to awaken with more fury. In another time , before GYE, i would have thought , this is me , the lust , the desire this is who i am.

This time i was able to say to myself , i am feeling a symptom of my sickness. this is my sickness expressing itself it is not me. further more i was able to transcend . to detach myself from myself and look at me from outside . and start a thinking process saying to myself what is this lust coming to help you ? which void does it come to fill ? from which painful situation am i escaping to it ? when i was a kid i was almost never shown affection by family members , i was bullied by friends , i wasnt so socially "in" , etc . So by getting involved with lust am i solving any of the above ??

Of Course NOT !!! i am making everything much worse . Even my wife senses something very wrong with me . And so after thinking these kind of thoughts the Lust disappeared as it came . WOW !! Victory in the battleground .

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