

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 lavi - 24 Aug 2014 00:46

really good,

victory has many benefits,

one of them is that it is encouraging, that it is possible to get through this struggle.

may you go from victory to victory.

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Re: Marriage

Posted by newaction - 24 Aug 2014 00:55

Thank you Lavi , are you looking for partner-sponsor ?

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Re: Marriage

Posted by lavi - 24 Aug 2014 01:25

dunno,

gotta think about it,

how does it work?

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Re: Marriage

Posted by newaction - 24 Aug 2014 01:35

I am not sure you have to report on whats going on with you and the same me.

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Re: Marriage

Posted by dd - 24 Aug 2014 18:11

GEVALDIG Newaction!!!

new action indeed!!!

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Re: Marriage

Posted by TehillimZugger - 26 Aug 2014 18:53

newaction and lavi:

It doesn't "work" any specific way, pm each other, exchange phone numbers, and take action, CALL. Schmooze, discuss, update, touch base, befriend, reap benefits!

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Re: Marriage

Posted by newaction - 26 Aug 2014 20:44

Thank G-d Today i am 21 days clean . my problem is at the root , at then thought process. i

have been able to guard my eyes for 21 straight days and i am talking just not look when i am in the street. i drive a car , i have to go shopping , i go out to a restaurant .guarding the eyes its still a battle . going to the street is like going to a war zone. It is good that the battle is at "enemy territory" , the street . not in my home or computer Chas ve shalom . but it is still is a bloody war. in my subconscious i am not convinced at all that looking is a terrible thing if not why is it such a struggle. i hope one day it will come naturally.

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Re: Marriage

Posted by cordnoy - 26 Aug 2014 21:58

You mentioned in the past step 3 and 4 I believe.

How are you doin' the steps?

Are you simply white-knucklin' when you are on the street?

You say that lookin' ain't that bad.....perhaps for ordinary people...for me, however, it leads to seconds, thirds and eventually dessert.

As an aside, you know the feelin' when you eat a full meal, possibly with a kiddush beforehand, and you have no stomach or desire for dessert, and then, the scrumptious lookin' cake comes winkin' to the table with sugary cream curved all over its sides and all of a sudden you have a cravin' to dive right in. When you come up for a breath (50 minutes later, or two and a half hours later), how do ya' feel?

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Re: Marriage

Posted by newaction - 26 Aug 2014 22:55

yes i said that step 3 is the foundation to let go and let G-d. I am starting now .during my lifetime many family members were not lovable then my wife came . pretty much the same. i have anger management issues which with step 3 i can manage better . definitely my wife is sensing the difference in me . i am working on being calm and smiling at all times.

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Re: Marriage

Posted by newaction - 28 Aug 2014 16:05

besides the known addiction i share with the chevrah i am morbidly obese , which is another addiction . i dont know if take care of this one first then obesity or do both at the same time . they have probably the same root.

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Re: Marriage

Posted by cordnoy - 28 Aug 2014 18:12

The mindset about yourself is probably the key to both.

Keep doin' what youre doin'...it sounds like you're on a mehalech.

b'hatzlachah

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Re: Marriage

Posted by ineedchizuk - 28 Aug 2014 19:49

Hi Action,

I'm sure that beyond dieting, you'll think of plenty of other ways that you want to improve.

Wonderful. But they don't necessarily need to be lumped together.

Here's to hoping you get satisfaction for every moment that you're clean.

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Re: Marriage

Posted by gibbor120 - 28 Aug 2014 20:13

multiple addictions is common. The same methods work for both.

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Re: Marriage

Posted by TehillimZugger - 28 Aug 2014 22:03

You might want to consider OA. That way you can go to twelve step meetings without all shame and stigma of sex addiction...

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Re: Marriage

Posted by newaction - 28 Aug 2014 22:49

I think TehilimZugger includes all the above feedbacks from the Chevra . Sadly being obese has his stigmas but i guess SA is worse . I avoided going to OA's but i guess if i am faithful to the 12 steps , which i believe we all should (even non-addicts) i should really go to this meetings. i just dont have the courage to go.

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