

am husband/carer of long term schizophrenic
Posted by boletaher - 31 Aug 2014 06:21

hi. am new here. am husband/carer of long term schizophrenic. as time marches on she becomes less and less emotionally on board. even when we are together, she is emotionally detached. it is ALL my giving and her taking. so i get emotionally drained and no satisfaction. that makes me alone and vulnerable which is a sure opening for the yetzer horah and an excuse to surf in forbidden places.

please tender some well meaning chizuk

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Re: am husband/carer of long term schizophrenic
Posted by cordnoy - 31 Aug 2014 07:24

Welcome

It certainly sounds tough.

Ultimately, we all know, when we are in a good place - that the fantasies, porn, masturbation, etc. doesn't really solve anything.

It just puts us in la-la land for a while and then we come crashin' down worse off then when we started.

What is bein' done for your wife?

What actions have you taken for yourself?

Don't be a stranger; there is a lot of help here.

b'hatzlachah

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Re: am husband/carer of long term schizophrenic
Posted by Cheshbon Tzedek - 31 Aug 2014 09:49

[boletaher wrote:](#)

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Oy vey....

I can totally relate....

You're in the right place.

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Re: am husband/carer of long term schizophrenic
Posted by AlexEliezer - 31 Aug 2014 22:03

Wow!

What a hand you've been dealt.

I can't even imagine.

You must be a very special person.

Escaping into an imaginary world obviously isn't what you need.

What you may need are some normal friends and healthy social outlets.

Is there a man you are friends with that you can go for a beer or a hike with?

Do you have a chavrusa?

Are you exercising?

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Re: am husband/carers of long term schizophrenic
Posted by ineedchizuk - 01 Sep 2014 02:17

Shalom aleichem!

Wow. What keeps you going? In what ways is the relationship mutual? In what ways is there 'nobody home'?

The more you share, the more we hear, the more feedback/chizuk you'll get.

Thanks for making yourself vulnerable ,and opening up.

Keep posting.

May you have an abundance of hatzlacha, and may your wife have a refua sheleima.

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Re: am husband/carers of long term schizophrenic
Posted by dms1234 - 01 Sep 2014 06:15

WELCOME! I personally cant offer any advice. Plus you have whom to rely on by some of the people that already posted.

I can offer: [Skep's tips](#)

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Re: am husband/carer of long term schizophrenic
Posted by gibbor120 - 03 Sep 2014 00:43

Welcome! You have 2 issues that are obviously related. Have you gotten any help, professional or otherwise? For you? For your wife?

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Re: am husband/carer of long term schizophrenic
Posted by newaction - 03 Sep 2014 01:06

when you say schizophrenic thats how you put it or you are talking about a clinically diagnosed situation ? Whatever it is dont feel alone , in this site in general and some of those who posted before me are experienced and ready to listen to you and help . the more you connect the better.Hashem has definitively chosen you for something big in this world . maybe you can give us chizuk

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Re: am husband/carer of long term schizophrenic
Posted by R76 - 03 Sep 2014 04:21

[AlexEliezer wrote:](#)

What you may need are some normal friends and healthy social outlets.

Is there a man you are friends with that you can go for a beer or a hike with?

But where can I find telephone friends? I am isolated.

Finding observant Jewish telephone friends would be great for me as well.

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