

**Just Getting Started**Posted by mepop - 29 Apr 2015 03:48

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I guess I'm not really sure where to begin...my own personal story began over twenty years ago when I was still pretty young (10 or 11). I grew up in a non religious home (I have since gone to yeshivas and have been learning in Kollel for years with a family and children, KA"H) where cable TV was always accessible, and I certainly viewed many things that can detrimental to the developing psyche. I later found my older brother's pornography collection, which I viewed into and through high school (in yeshiva) in addition to accessing internet pornography. I imagine I'm not the only one who dreamed of really trying to deal with this alone...I still remember one elul in yeshiva (I think it was erev rosh hashanah) putting my head down and trying to concentrate on "ridding" myself of the yetzar hara, waiting for the epiphany to hit me, "I'm cured!" Needless to say, years later its still part of me, and I've realized it ain't going no where (if life were easy, it'd be boring). I think its almost two years ago when my wife caught on. Boy, that was terrible. The truth is she is amazing and still supports me, but the trust has never quite felt the same. Then again, I can't blame her, after staying sober for a while I fell back into old routines. I guess being handy with computers is a good thing, but it also means that even after trying to put filters and other safeguards in place, I'd find a way around them. It's kinda funny, but I realized that while in the grips of a lust compulsion, ALL logic goes out the window. I mean beside for being able to reason with yourself at the time you're fully engulfed by the compulsion in order to stop, I also lost sense of logical expectations of being caught (i.e. severely embarrassed). I really realized I needed help when I was using a computer in a more obscure place at work...but still visible if someone walks in on you(that's only a problem if you're thinking logically). Well a co-worker did, and to this day I'm not sure what they saw or made out (I'm certainly not bringing it up). That's when I realized I got a real problem. This stuff has warped my perception of intimacy and women, ruined (hopefully not irrecoverably) my wife's trust in me, left my angry and short temper with my kids, and stretches into ruining my relationships with my friends and colleagues. Sorry for the long rant, but does anyone who has made to the end have any advice on building back up my wife's faith and trust in me? She know's that I've began using GYE and is quite happy about it, but is there more to do about it? Thanks and Kol Tuv.

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**Re: Just Getting Started**Posted by lifeisawesome - 30 Apr 2015 23:53

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Stillgoing. I hear you and it definitely is not an easy thing to have a wife that you can't be opened with.

Like you mention that you just got a, glimpse into the source of where your addiction comes from.

It's so important to deal with life and not just a porn Addiction.

Because if not, the issue will be there forever Bec you haven't replaced it with something healthy.

I've battle with this for over 15 years now just now am I realizing that it goes beyond porn ect.

I know it's scary and uncomfortable to deal with life but it must be down .

we need to do anything to help ourselves weather it's, getting a sponsor (a must), phone calls, live meetings, writing on this form, doing the 90day challenge or working the 12 steps.

Everything helps if we want it to help us!

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Re: Just Getting Started

Posted by stillgoing - 01 May 2015 01:44

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lifeisawesome.

I'm very open with my wife. We have many deep searching conversations about many topics. Just not THAT one. You know when I wrote that I wont even have one chance, I don't think it even had to do with what she would do. I think it's more about how I would feel, knowing that I in my stupidity caused this to her. The husbands job is protect and care for his wife and I've back stabbed her so bad

pischoshelmach, I really feel for you, There really is no difference in what I have done and what you have done except you have already begun a kaporah, while I am terrified waiting.

BUT! We don't have to wait! The rest of our lives are made up of single days, one after the other. If we can be good today, then we can be good tomorrow. So long as we keep it in mind,

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Re: Just Getting Started

Posted by mepop - 06 May 2015 18:46

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Hi everyone, what's the best way to interrupt slipping back into old habits when you feel the stress of life building back up? I'm feeling tremendously grateful to G-d for being able to hold on and feeling good for over a week now, and I haven't fallen, but I know that feeling of stress that begins small and just keeps on growing. When the day just can't seem to get off to a good start, it starts me worrying about where it might lead. Any advice?

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Re: Just Getting Started

Posted by gibbor120 - 06 May 2015 19:09

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