

Help needed

Posted by 6545 - 22 Jun 2015 19:43

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Hi I'm officially very frum married with children, had some tough times before I got married but once I got married I was totally clean clean for 2 years until some incident and since then I went totally down meaning boel eishes ish and nidahs unfortunately to say from the nicest frumest families too and even cool women who have open minded husbands are still looking out there now I'm struggling and trying to get back to who I was for my first two years instead of the past 3 but as long as I'm not clean it's hard to fight cause even if I tell them I wanna be clean they say ok they understand me but the next day I get a call or a text I need you I miss you etc and one that lives on my block and knows my schedule is everyday in front of my house when I come home from work winking and smiling and then I fall back I explained it to those who chase me they understand but still won't let go.

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Re: Help needed

Posted by abd297 - 26 Jun 2015 00:09

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That's a great way of looking at things. Just be carefull and look for warning signs. Stay safe and don't be hesitant to get real advice if things on the other end look like they might flare up. Its a really dangerous area that can have devastating outcomes, hamevin yavin. Keep it up on your end and keep posting for better or for worse. All the best!

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Re: Help needed

Posted by 6545 - 26 Jun 2015 00:26

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Thank you I will iyh keep you updated and if I feel I have to reach out I'll definitely do it but as long as I feel I don't need it I don't want to use it.

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Re: Help needed

Posted by serenity - 26 Jun 2015 02:00

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Every time I sign into GYE I get a pop up that disappears quickly. I figure many of us don't even

get a chance to read it. I managed to quickly copy a portion of it and I was like, "holy moly"! I don't think any of us ever saw this, so I thought to paste it here for us.

----- It's best to share what has worked for us in our own experiences rather than trying to think up good advice for the person we are chatting with. We are not here to play therapist/rabbi, we are here as people who could relate to each other because we've been through similar situations. Sometimes just being understanding, even if we don't have all the answers, is helpful. -----

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Re: Help needed  
Posted by jake08 - 26 Jun 2015 02:22

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Hate being like this but if you really care to stop you must must must make them stop reaching out to you. I dont have any ideas how except change your phone number, DONT EVEN OPEN AN email from them (consider it a virus email) and the like. You will not recover as long as you have live temptation in front of you. ( I would say threaten them with the police for harassment as you owe them nothing and they are destroying you from both worlds but thats an empty threat since you cant do that obviously or you risk exposure). you definatly need serious professional help not friendly advice. Hopefully you can find someone to help you.( R Chaim Epstein ztl started a mental health group to help our community maybe try them). G-d be with you in helping you find a way to terminate their relationship.

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Re: Help needed  
Posted by cordnoy - 26 Jun 2015 02:27

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[jake08 wrote:](#)

Hate being like this but if you really care to stop you must must must make them stop reaching out to you. I dont have any ideas how except change your phone number, DONT EVEN OPEN AN email from them (consider it a virus email) and the like. You will not recover as long as you have live temptation in front of you. ( I would say threaten them with the police for harassment as you owe them nothing and they are destroying you from both worlds but thats an empty threat since you cant do that obviously or you risk exposure). you definatly need serious

professional help not friendly advice. Hopefully you can find someone to help you.( R Chaim Epstein ztl started a mental health group to help our community maybe try them). G-d be with you in helping you find a way to terminate their relationship.

[yank69 wrote:](#)

Didn't i tell you already? That's what makes it even greater! They can all send me emails. They can meet me in elevators. I can have drinks with them and play card games with several of them at once, but it won't effect me at all! I'm on a mission, and there ain't gonna be nothin' that gets in My way!

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Re: Help needed  
Posted by TriggerMeNot88 - 26 Jun 2015 03:07

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May I suggest you read this 6545

[guardyoureyes.com/forum/17-Balei-Battims-Forum/129811-HIGH-INFIDELITY?limit=15&start=90](http://guardyoureyes.com/forum/17-Balei-Battims-Forum/129811-HIGH-INFIDELITY?limit=15&start=90)

There's a lot of wisdom in there that might be nogaya to this thread.

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Re: Help needed  
Posted by yiraishamaim - 26 Jun 2015 09:35

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When communicating with these women may I suggest you mention that you must stop this altogether for "the sake of the children" -continuing the relationship will just mean tragedy "for the children", who are totally innocent. (When saying this to them get emotional and teary-eyed)

Besides being the emes-

Politicians always use "the children" when trying to evoke emotion and get their point across. President Clinton was a master at this.

In your case you want to say something emotionally potent in order for them to distance themselves from you. As well, children do not pose any threat to them, as opposed to - you simply have lost interest in them or have found another woman more to your liking.

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Re: Help needed  
Posted by 6545 - 28 Jun 2015 20:13

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Thank you I cut all communication with them!

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Re: Help needed  
Posted by 6545 - 28 Jun 2015 20:14

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Thank you for sharing this with me agree has a lot!

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Re: Help needed  
Posted by Hatzileini Na - 28 Jun 2015 21:41

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[6545 wrote:](#)

Thank you I cut all communication with them!

Congrats on taking this big step! Thanks for keeping us updated.

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Re: Help needed  
Posted by yiraishamaim - 28 Jun 2015 21:41

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[6545 wrote:](#)

Thank you I cut all communication with them!

So happy for you.

Keep up the good work. Only you really know how difficult it is in so many ways.

Be'ezrah Hashem you have saved yourself and your loved ones so much grief.

Wonderful News!

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Re: Help needed  
Posted by serenity - 28 Jun 2015 22:57

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Wishing you much success!

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Re: Help needed  
Posted by abd297 - 28 Jun 2015 23:12

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Keep it up and I hope everything proceeds well. Keep your head up, your eyes open, and remember we are all here for you. Keep on posting!

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Re: Help needed

Posted by TriggerMeNot88 - 28 Jun 2015 23:23

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Hatzlocha rabbah!

Just a suggestion that helped me a lot while going through my initial turnaround to get sober. While you are working on the ??? ??? to stop what your doing. Don't forget to focus on the ??? ???. Building a real and truly meaningful relationship with your wife. They work hand in hand. Stopping these relationships will allow you to really focus on loving your wife. And focusing on your wife will help you get out of these harmful relationships.( I'm not only talking about acting out, but also in helping you deal with your inner fight). That thread I suggested gives a lot of advice on this.

Just a suggestion. Some may argue, but it helped me a lot.

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