

Feelings of Relief

Posted by fresh start - 10 Aug 2015 21:41

Hi, I just joined GYE today with the blessings of my therapist (as I am seeking help for my addiction of calling chat lines). The reason im writing in is to share my thoughts a bit and see if anyone felt the same way... In my situation it was actually my wife who discovered my addiction that i had for abt 7 yrs (3 b4 marriage and 4 once i was married). My first reaction was a feeling of relief, it was weighing down on me so strongly all these years that even with the seriousness of the situation (facing the uphill battle that i am, and my marriage being on really shaky ground) it was still bittersweet.

Im sure many out there can attest to the guilt that enveloped us any time we were machshil in a nisayon. to have the oppurtunity to, bezras hashem, break out of it completely was the cause for my positivity.

That being said, the more im reading up and researching the psychology of addiction ive learnt that its a long road ahead and regrets alone won't solve the issue. so there may be feelings of relief and strong motivation originally but we have to keep up a support system to keep us in line.

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Re: Feelings of Relief

Posted by serenity - 27 Aug 2015 04:17

I remember having that exact same thought, so I can relate. Be aware that the strong nisayon may not seem that way at first. For me it was a vacation and I had zero worries about it.

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Re: Feelings of Relief

Posted by fresh start - 08 Sep 2015 01:30

Long time no speak!

So i'm b"h still going strong but my biggest challenge is keeping my head up at times when my wife get's down and sad about her plight. It hurts me tremendously and i feel so weak by it.

It's at those times that i feel like i don't have any strength left.

I get filled with guilt but not self pity...

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Re: Feelings of Relief

Posted by cordnoy - 08 Sep 2015 02:03

[fresh start wrote:](#)

Long time no speak!

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there are groups for women but you cannot push her to go.

It is tough and one slip that they know about brings it all back.

We gotta start strong and positive and keep repeating the correct decisions. We cannot make her change, but we can change ourselves.

B'hatzlachah

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Re: Feelings of Relief

Posted by fresh start - 08 Sep 2015 03:10

[cordnoy wrote:](#)

We gotta start strong and positive and keep repeating the correct decisions. We cannot make her change, but we can change ourselves.

B'hatzlachah

That's so true!

Shkoiyach!

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Re: Feelings of Relief
Posted by gibbor120 - 08 Sep 2015 20:24

[fresh start wrote:](#)

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My strongest motivation to stay sober, is that I can't go through that awful period when my wife found out again. I'm scared to death of it. It was hell, and I don't wish to repeat it.

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Re: Feelings of Relief

Posted by kilochalu - 10 Sep 2015 00:17

[fresh start wrote:](#)

agav, my wife tells me that the spouses of addicts side of this website is really shvach with very little interaction with other ladies...

there are several options for spouses of addicts, meetings phone meetings s-anon etc.

my wife has gotten tremendous chizuk from a phone shiur/meeting for spouses and also from live meetings (in yerushalayim, they have several in eng and heb)

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Re: Feelings of Relief

Posted by kilochalu - 10 Sep 2015 00:32

[fresh start wrote:](#)

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I get filled with guilt but not self pity...

there is not much you can do for quick fix solutions for her worrying about her plight, bez'h her seeing your sincerity should help for the long run,

but if she is interested there are eitzos for her to get chizuk thru phone meetings or live meetings or thru speaking to others who have seen the light at the end of the tunnel,

i think my wife would not mind sharing with her her experience making it thru the shver tekufa

and different things that gave her chizuk to manage with all of the understandable angers,fears, worries etc (if its nogeya send me a PM)

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Re: Feelings of Relief
Posted by cordnoy - 10 Sep 2015 03:13

And Mr fresh start, if Mrs kilo is half the woman as reb kilo is (not discussing weight here), that is an invitation that should not be refused!

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Re: Feelings of Relief
Posted by kilochalu - 10 Sep 2015 17:34

many times more

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Re: Feelings of Relief
Posted by fresh start - 18 Sep 2015 04:32

thanks for the help kilochalu!

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Re: Feelings of Relief
Posted by kilochalu - 18 Sep 2015 15:12

thats for your wife,

what's with you?

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Re: Feelings of Relief

Posted by pischoshelmachat - 18 Sep 2015 16:24

I second that Gibbor. How are you doing? I miss our conversations.

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Re: Feelings of Relief

Posted by fresh start - 18 Sep 2015 20:22

im b"h doing well! staying really strong and bli ayin hara have had no thoughts to return to my previous life.

we are currently in therapy with a specialist psychologist focusing on me and pinpointing my triggers and vulnerabilities.

we've had only 2 sessions, i started last week. so far so good.

we go together as a couple but try to keep the focus and me and my personality make up...

i feel like i have a good frame work to get started and turning myself around as a person, husband, father and ovoid hashem.

Thank you to all out there for the help and chizuk.

gmar chasima tova

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Re: Feelings of Relief

Posted by kilochalu - 19 Sep 2015 21:08

wish you much hatzlacha

if you ever need the oilam you know where to come

or if you want to be mechazek others with anything you have learned you are always welcome

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