

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 Singularity - 06 Jan 2017 07:21

I haven't told my wife. But sometimes the covenanteyes filter picks up blocked guardureyes websites the SA white book link, for some reason >.

I listened to a recording of Dov's phone call. He discusses how the joy of abstaining is not true *Avodas Hashem*. What I mean is that if that's all you're doing, just not acting out, well, it's not a real *achievement*, per se, in the broader spectrum. You won't get an award for 500 days' clean. If you make that the end-all, then you're not really living, *still*. Service. Proactive behaviours. To focus solely on recovery and draw others in can also be selfish. It's a refreshing insight, I think. The recovery enables the rest of your life. Now you've gotta build it.

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Re: Feelings of Relief

Posted by Shlomo24 - 06 Jan 2017 08:21

Word of caution: If you decide to tell her, speak with professionals/sober members beforehand. I am not married, but I've had unhealthy disclosures in the past.

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Re: Feelings of Relief

Posted by fresh start - 06 Jan 2017 16:55

[cordnoy wrote on 06 Jan 2017 07:05:](#)

[fresh start wrote on 06 Jan 2017 05:13:](#)

Thanks Mark!

I am not too hopeful about how it will be taken. However, I will check it out tomorrow iy"h. Maybe we can sneak it in under the captain's nose.

Not a #&\$@%in' chance.

I figured you would react this way... there's no chance she would appreciate the letter.

My mother showed me an article in Ami magazine, around y"k time, about a wife who was struggling with forgiveness and understanding.

She wanted to know if my wife would appreciate it.

There was no chance. It usually sets my wife off and triggers her to anger.

When she reads the forum for spouses of strugglers she gets so angry that these ladies "stay married to their addict husbands" and "why do I go through with this".

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Re: Feelings of Relief

Posted by fresh start - 06 Jan 2017 17:08

[cordnoy wrote on 06 Jan 2017 07:05:](#)

I'ml still chewin' over the therapist post.

Whatever. It was just an emotional 24 hrs. Something had triggered her. She was cranky before seeing the therapist.

I felt the need to post because I didn't want to get into a 'defending myself' style conversation.

Unfortunately we ended up talking about it later and needless to say it was not the most accomplishing of talks.

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Re: Feelings of Relief

Posted by cordnoy - 06 Jan 2017 20:38

Sorry.

Il understand.

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Re: Feelings of Relief

Posted by fresh start - 08 Jan 2017 02:07

[Singularity wrote on 06 Jan 2017 07:21:](#)

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Thank you.

Interesting insights. Hatzlacha to you.

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Re: Feelings of Relief

Posted by Singularity - 09 Jan 2017 07:44

And to you too, brother.

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Re: Feelings of Relief

Posted by silentbattle - 13 Jan 2017 01:47

Working on recovery and being healthy is a wonderful feeling...and then our wife's hurt resurfaces, and it's not a good feeling at all.

I'm much fresher in my recovery than you are, but it's definitely a difficult thing that makes it tough to feel good about the improved version of ourselves.

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Re: Feelings of Relief

Posted by cordnoy - 13 Jan 2017 13:56

My wife doesn't wanna know anything about my recovery or about others. She also doesn't wanna know my past. Is this healthy for her/me/us? I don't know, but it's the way it's gonna stay, for the time being. Yes, it does make things difficult here and there and it does lead to lies which I hate (but good at), but there is a serene status quo that seems to work.

B'hatzlachahl to all

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Re: Feelings of Relief

Posted by Shlomo24 - 13 Jan 2017 13:57

You're a good man, Reb Cords.

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Re: Feelings of Relief

Posted by Singularity - 16 Jan 2017 07:15

[cordnoy wrote on 13 Jan 2017 13:56:](#)

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B'hatzlachahl to all

My wife doesn't wanna know about my past. I don't wanna know about hers, either. I don't think we're in denial, though. Not everything needs to be known. That's why we can't hear one another's thoughts. Hashem's built it into the construct of the world. Even from my wife, I have my privacy. Now it's my choice whether I wish to keep my compulsive masturbation and pornography issue a secret, or if I wish to keep my SA meetings and recovery methodologies a secret. That's my choice.

I've also come to the realisation that, if I ever do need to tell my wife, well, it will suck. It will be tough, and hard, and I will hurt her fundamentally. Because my actions hold consequence. But I wish to have built myself up by then, to accept it lovingly. I know it will hurt. But sometimes, you just gotta sit with the pain. That's what we lust addicts aren't good at doing. But the *l'chat'chila* of the world was just to "sit with the pain". If only Adam could have done that a little while longer....

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Re: Feelings of Relief

Posted by GrowStrong - 16 Jan 2017 09:43

I told my wife of my issues before we married, it was one of many interesting twists and turns in our relationship over the years.

What it means is that she stopped believing my lies many years ago.

I wouldn't compare my pekeleh to anyone else, we all have unique circumstances that lead us to this group mission of recovery.

Whats amazing is how much we can all learn and identify still from each others unique and different (sometimes opposite) circumstances.

Chazak!

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A word of advice: ODAAT. I did many things that I thought I never would have, in both the positive and the negative. Stay sober today. When it's *shayich* it's *shayich*.

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