

Be'ezras HaShem (BehS)

Posted by BEHS - 29 Mar 2016 13:06

I used to think my story was uniquely bad and that the fact that I couldn't kick this habit made me a bad Jew. If it's such an *ever katan* why couldn't I control it? I've been on GYE for a while now but only recently have I realized that I'm going to need to do more than the 90-day challenge to fix this. But I guess I might as well go back to when this all started...

I was in 6-7 grade and a few of my "friends" would talk about their favorite websites. They would just blurt out some seemingly innocuous URL in front of teachers. (I guess they thought that made them "cool" for some reason.) Being the naive and curious pre-teen that I was, I'd go home and find out what these were all about. At first it was just curiosity, and it was certainly regular, but I don't think it really began affecting my life until college. My first year was relatively OK as I had a roommate. But from my second year on I found out that an 18 year old male with a laptop and a room to himself is a terrible recipe for disaster. I'd watch porn almost every night for hours, often until after sunrise. I stopped getting up for *minyan*, was always late for *seder*, and I completely wasted the opportunity to learn from and gain a relationship with my Rebbe, something that I desperately feel I could use now.

My wife and I got married after college and I tried stopping for her sake. I couldn't stand the husband I was being. There were many nights I'd stay up late on the internet and she'd come out of bed to find me at 3 AM. I'm always good for an excuse so she never found out. And that's how 5-6 years later it's still the same. She eventually came to peace with the fact that my lack of *kvius* with *minyan* and a bedtime was my problem and not hers, so it doesn't bother her anymore. But I know that she deserves someone much better than me, both from a Jewish standpoint and just as a husband.

I have good periods here and there with a few weeks clean, but inevitably I'll click on a link that I know leads to a slippery slope and 5 minutes later it's a fall and 4 hours later it's 3 AM and I know there isn't a shot at getting up for *shacharis*, yet again.

So I guess that's my story in a nutshell. I've never told any of that to anyone before but I hear it's an integral part of the process. I'm also planning on starting another thread on my new approach to the 90-day journey. Thanks for listening.

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Re: Be'ezras HaShem (BehS)

Posted by BEHS - 08 Apr 2016 03:54

I'm sure I'm not the only one with some basic knowledge of covering my internet tracks in order to hide things from my spouse. I was wondering what the *olam* felt about covering tracks to hide GYE-related activity? On the one hand, I don't want my wife to just stumble across something and find out on her own, but on the other, I feel like at least then she'll know I'm working on it and we can have the conversation with that knowledge in the forefront. Obviously I'm not just going to leave the window open for her to stumble over, but if she happens to come across it, is it really that terrible? Thoughts?

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Re: Be'ezras HaShem (BehS)

Posted by markz - 08 Apr 2016 09:12

[BEHS wrote:](#)

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How would she feel if you happened to walk out right now and she read what you just wrote?

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Re: Be'ezras HaShem (BehS)

Posted by BEHS - 08 Apr 2016 11:59

I guess I could be a tad more specific with my question. I noticed that GYE showed up on my browsing history. If it was a porn site, I'd delete it for sure and make sure nothing else was showing up either. But if she sees it there and asks "what's GYE?" is that a problem?

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Re: Be'ezras HaShem (BehS)

Posted by cordnoy - 08 Apr 2016 12:09

Only you can answer that question.

B'hatzlachah

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Re: Be'ezras HaShem (BehS)

Posted by realsimcha - 08 Apr 2016 12:18

I confided in my wife about these struggles from the beginning. I was very fortunate that she was supportive and understanding. Not to say that the roller coaster of the struggle didn't cause issues, but overall it worked. The most important thing is that I didn't go through the nightmare of "getting discovered". Its hard to imagine the feelings of betrayal that a wife has in that scenario as so many of our friends know. So, I think its really a bigger question. Have you shared your struggle with your wife? GYE is a side point. Once she knows, she will be happy that you have a healthy place to work through some feelings and thoughts and get chizuk.

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Re: Be'ezras HaShem (BehS)

Posted by markz - 08 Apr 2016 13:18

[BEHS wrote:](#)

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When your internet is open, how about logon incognito, and no history is saved

Hit Shift+Ctrl+N

Regarding your wife....

Checkout "[Truck Towing #4 - Great Posts - Recovery](#)"

Check the links in number 8 - disclosing to wife

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