

In desperate need of help!

Posted by committed to change! - 10 Oct 2016 11:17

Hi,

I have been struggling for probably close to 20 years now (and I'm only 32)! I managed to stay clean for 18 days at my longest and that was around 6 months ago. I am now on day 13 of being clean again but really want to keep it up. I don't like who I have become and wish I didn't have this fight....it changes my moods, and feel like I am acting different to what people in the community think I am!

I could end up watching porn for hours online and waste my entire working day on it when I had other things to do. I also ended up getting into a couple of inappropriate relationships (which have now fortunately ended) but did get me in some trouble. I am married with one daughter and IYH another baby on the way. This has been a massive struggle in itself (both on our relationship and my addiction) as we have needed many rounds of IVF to get to this stage of having kids.

My wife doesn't know anything which makes recovery a lot harder as I have tried going to SA meetings but I always need an excuse where I am going otherwise I can't get out the house. Telling her is also not an option as she would never accept it!

I would be grateful to get some support and tips on how to keep clean for good! If I slip once, my yetzer horah just kicks in and says "I'll start clean tomorrow again" or "maybe another day as there are too many stresses today to deal with" or something along those lines.

Looking forward to hearing from others who have been in my situation.

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Re: In desperate need of help!

Posted by Hakolhevel - 16 Jan 2018 01:14

On which point and for what reason?

Only cords gets to be cryptic.

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Re: In desperate need of help!

Posted by ieeyc - 16 Jan 2018 04:05

lol "If your wife distrusts you so much that you literally can't get away for a one hour meeting, you really have something to work on."

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