

It's been a long time but I'm back...

Posted by riskbh542 - 14 Oct 2016 12:06

Well, I'm back...

I think my last post here was in 2009, so let me quickly reintroduce myself.

?I struggled intensely through high school with a porn and masturbation addiction that carried over into my twenties but developed into something more with the discovery of various websites that offer services. I never hit rock bottom and "went all the way" but started frequenting massage parlors etc. Not good stuff.

When I met my wife something clicked inside of my and I just stopped. The urges were there but the motivation to be pure and straight with the person you love overcame that. I was clean for over 3 years!

And then it all started with one innocent trip back to a massage parlor. I figured I'll indulge myself but won't go all the way. Well I did. It started a cycle of masturbation and from time to time seeking out these places. My wife never knew and for now I don't plan on telling her. What is crazy is that porn doesn't even appeal to me! It's more perusing online ads and calling these places that gets me going. To be clear - I have never gone "all the way" with any of these.

One thing to note is that my sex life at home has become not exciting at all. I try - and i really mean this - I try to make things exciting and interesting. I want that feeling of excitement that I get from these outside lusts! But real life doesn't always allow that. Maybe I just have expectations that are unattainable. Maybe I'm a sex addict - I don't know. But I justify these visits and masturbation with these reasons.

In May, I was at a "session" and when it was over I realized I had hit the bottom. I could not go back to that ever again. I have fought tooth and nail to overcome those urges and B"H I have been successful for now. Ironically, I have used masturbation as a way of thwarting those urges. If I "get off" then I don't care about going else wear to get off.

Since the start of Elul I have been clean. I have been close and I mean really close to giving in to myself. But the voice inside my head that's telling me to let go is not strong enough - for now. Of course, the day after Yom Kippur I have had the worst urges in months. I perused all the adds, came close to giving in. I even discussed how hard it was for me with my wife (as we can't have relations at the moment) who understood and was very sympathetic to me and told me she wouldn't judge me if I "did what I had to do." That actually helped me get through the day.

But I came to the realization that I can't survive this by going day by day myself. And after years and years away - here I am. Clean since the first day of Elul and struggling like everyone else. I found some of my older posts and my younger self had some very encouraging words.

I am here because I want to make this work. It's a struggle that I am willing to go through.

So chizuk is of course appreciated but advice on how to utilize relations in a marriage is another area that I would love some help with.

Thank you GYE!

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