

A long history

Posted by AllForHashem - 21 Nov 2016 04:35

Hi Everyone,

I am a baal-teshuva but met a nice frum girl and got married 11 years ago. She got pregnant about a month after we got married and found the porn history when she was 8 months pregnant. After she gave birth she refused to go to the mikvah for a year. The routine went like this for X years till she was done having kids. She has probably gone 6 or 7 times since my son was born X years ago.

She has a long list of infidelities she likes to go though on a daily basis of a girl I talked to, checked out, thought about, or porn that runs almost 14 years.

So here I am.

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Re: A long history

Posted by gibbor120 - 29 Nov 2016 16:19

Welcome! I'm not sure what to tell you, but your marriage needs help. Have you ever sought out help? Did you ever go to therapy with or without your wife. Check out the link in my signature called "shalom bayis". Keep sharing.

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Re: A long history

Posted by AllForHashem - 30 Nov 2016 05:00

I went to a goyish therapist a year ago, he said porn and masturbation was perfect normal. I pretty much complained about my wife and my father that just passed away. Therapy isn't cheap. The marriage needs help, but I have been self destructive.

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Re: A long history

Posted by Singularity - 30 Nov 2016 10:05

I read by Rav Twerski: "I thought recovery meant God opens the gates of heaven and lets me in. I realise it's more like God opens the gates of hell and lets me out".

Basically, it's tough. And we've gotta suffer a bit. But it's better than suffering a lot. Just keep pushing. Hatzlacha.
Sounds like that therapist ain't worth a penny

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Re: A long history

Posted by eslaasos - 30 Nov 2016 17:25

[AllForHashem wrote on 30 Nov 2016 05:00:](#)

I went to a goyish therapist a year ago, he said porn and masturbation was perfect normal. I pretty much complained about my wife and my father that just passed away. Therapy isn't cheap. The marriage needs help, but I have been self destructive.

Your situation sounds very difficult.

If money is preventing you from getting to therapy, check if there is a JFS (Jewish Family Services) branch near where you live. I believe they have therapists and work with you on a sliding scale.

Hatzlacha!

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Re: A long history

Posted by gibbor120 - 30 Nov 2016 18:29

I meant more for your marriage than for your addiction (loosely used). If your wife is withholding sex from you, that is not a healthy marriage situation. You may be to blame for some of it, but either way, the situation is not healthy, and it sounds like you could desperately use some outside help.

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