

need this more then ever

Posted by Mr clean - 08 Feb 2017 16:54

Hey

I joined this site a few days ago hoping this would be the time I changed my life for real. I have been addicted to porn for as long as I can remember although finally admitting that I was has been a more recent development. I am still getting used to the idea that something has been able to grab such a hold on my life and I have such a hard time letting go. I am married almost 3 years and i have a 1 and a half year old son. Until recently I though that porn wasn't effecting my marriage and that I could still be a loving husband and watch porn but I have finally accepted that such a thing isn't possible. I have been acting cold towards my wife and she thinks its her fault when its completely my own fault. i am ready to break free and I am hoping with the support of the other amazing people on this site I will finally turn my life around and have a better relationship with my wife and kid and be a better person. In the very short amount of time I have been on this site I already feel better knowing I am not alone and I have a place to speak freely about something that can potentially ruin my marriage and my life. Thank you all so much just for being here and making this site possible you are all changing my life for the better.

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Re: need this more then ever

Posted by Singularity - 10 Feb 2017 07:36

[Hashem Help Me wrote on 09 Feb 2017 22:57:](#)

I would like to explain why I asked whose wedding it is, and i would like to add to the great advice from Gibbor. Many weddings now are simply social obligations and Boruch Hashem there are so many. These simchos are opportunities to be gomel chessed with the baalei simcha (see Bartenura who gives this explanation) In such cases to decide to temporarily avoid such simchos in order to allow you to stay away from nisyonos until you are more in control would be recommended. You can spend extra time at the aufruf or at a quiet sheva brochos (and your presence will probably be more noticed and remembered) If you are buying a gift write a handwritten card with some extra brochos and good wishes.

In the event of a relative/friend's chasuna, it's all in the planning. Make sure to arrive at a quieter time. Stay by the men's kabolos ponim (even though for some reason they serve better stuff by the kallah!) Unless it's your or your wife's sibling nobody will notice if you don't dance the

chosson into the badeken - so don't! If you are present by the chupa obviously find a seat far from the aisle. After the chupa stay off to the side with someone you can have a good schmooze with while the chupa area clears out. If you are comfortable bringing a sefer to a public place, learning off to the side will work too. If it is a wedding where the kallah along with the entourage come into the men's side during dancing, believe me Hashem will forgive you for not dancing in front of the kallah.

As Gibbor suggested, knowing that you will share on the forum your experience will be a shmira of sorts to keep you focused and on course.

May Hashem help you (and the rest of us) get to the point where attending a simcha will be completely joyful and worry free. As an aside, the great tsaddik Rav Elya Lopian zt"l told a bochur going to a simcha, "I am an old man (he was in his 80's at the time) and almost blind - but when I hear the footsteps of ladies walking it ignites my yetzer", so in reality it's a lifelong challenge.

Great advice!

I do have a tendency to "check out" the kallah. Why ~~are we all~~ am I standing, staring at her? I may steal some of this advice for next time.

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Re: need this more then ever

Posted by Gevura Shebyesod - 10 Feb 2017 11:50

You are supposed to stand up for the Kallah when she walks in to the Chupah (and the Chosson too, and a baby being brought in to his Bris etc.). But you can just stand for a moment as she passes and sit right back down. And stay facing forward.

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Re: need this more then ever

Posted by cordnoy - 10 Feb 2017 14:02

[Gevura Shebyesod wrote on 10 Feb 2017 11:50:](#)

You are supposed to stand up for the Kallah when she walks in to the Chupah (and the Chosson too, and a baby being brought in to his Bris etc.). But you can just stand for a moment as she passes and sit right back down. And stay facing forward.

In the olden days, I believe, they stood up and sat down. It's not like the halachah of a rebbe to stand until he is by his seat. Someone told me that reb aharon didn't stand at all. I asked one of his grandsons, a rosh yeshiva, and he shrugged his shoulders. Someone compared it to the mitzvah of bikkurim.

Just random thoughts above. Of course, nol halachic rulings.

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Re: need this more then ever

Posted by Gevura Shebyesod - 10 Feb 2017 14:37

Yup, the Mishna at the end of Bikkurim is the source for standing up for someone who is doing a Mitzva.

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Re: need this more then ever

Posted by cordnoy - 10 Feb 2017 14:46

[Gevura Shebyesod wrote on 10 Feb 2017 14:37:](#)

Yup, the Mishna at the end of Bikkurim is the source for standing up for someone who is doing a Mitzva.

Which is why it's somewhat strange that this custom doesn't seem to apply by other mitzvos, such as shakin' a lulav, makin' kiddush, givin' tzedakah, puttin' on tefillin, etc.

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Re: need this more then ever

Posted by Gevura Shebyesod - 10 Feb 2017 14:58

It seems to be something special about someone **on the way** to do a Mitzva, even more than the actual time of the Mitzva itself. We stand when the Chosson/Kallah walk in, but not during the actual Kiddushin. Perhaps when the person is on the way but hasn't started actually doing the Mitzva, he needs more Chizzuk and that's why we stand in his honor.

Hey Mr. Clean, maybe while you're bored during the Chasunah you can write up a Shtikkel

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Re: need this more then ever

Posted by cordnoy - 10 Feb 2017 15:42

[Gevura Shebyesod wrote on 10 Feb 2017 14:58:](#)

It seems to be something special about someone **on the way** to do a Mitzva, even more than the actual time of the Mitzva itself. We stand when the Chosson/Kallah walk in, but not during the actual Kiddushin. Perhaps when the person is on the way but hasn't started actually doing the Mitzva, he needs more Chizzuk and that's why we stand in his honor.

Torah on the subject...

Hey Mr. Clean, maybe while you're bored during the Chasunah you can write up a Shtikkel

Go back to my question above and insert "on the way to" in front of all those mitzvos.

Perhaps, as a joke, we can introduce a chumra that one should stand whenever he sees a Jew, for he is most probably on his way to perform a mitzvah.

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Re: need this more then ever

Posted by Hashem Help Me - 10 Feb 2017 18:29

After it's all said and done, if standing up for the kallah is going to pose a nisayon for you during this stage of your recovery, we can assume Hashem would prefer you sit. Like advised before, don't be busy focusing on/being nervous about what may or may not bother you. Just skip it and enjoy the simcha.

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Re: need this more then ever

Posted by gibbor120 - 10 Feb 2017 18:54

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(although, I suppose bikkurim comes once a year, so maybe we could say the same about once a year mitzvos, tzarich iyun)

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Re: need this more then ever

Posted by Mr clean - 12 Feb 2017 01:16

Thanks everyone for the tips and tricks on how to handle the wedding. It will definitely make things easier for me knowing I can post my success (hopefully) to the forum.

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Re: need this more then ever
Posted by Singularity - 13 Feb 2017 08:09

I hope to hear great things from you!

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Re: need this more then ever
Posted by Mr clean - 15 Feb 2017 16:50

Hey

Glad to be able to report the wedding went well. That's not to say it was easy for me but I got through it OK.

I have been thinking a lot lately now that I have joined this site, about what caused me to fall so hard back into watching porn after I got married. I think finally putting it into writing will be good for me and if other people can relate or comment all the better. I think a lot of my problem stems from resentment and a need to feel like I am doing something for myself, allow me to explain. I got married to a girl who as it turns out had a very low level of self esteem due to her mother not being the best role model to put it lightly. My wife needed to see a therapist because she was scared whenever I touched her. B"h therapy did wonders for her but during that time I was in hell. I was so close to finally having a kosher outlet,yet it was so far.

I started working pretty much right after I got married because the money which we were promised had just been a promise and nothing more. We had our first child and somehow the job of waking up in middle of the night to take care of him fell on me. The combination of working, keeping up with school work and waking up every 3 hours took a real toll on me. It was around then that I really started watching porn again. As much as I tried explaining to my wife that I was drained her response was always that she is also drained. I needed an outlet and porn was my first choice. I was upset at my wife and my mother-in-law and myself, not a great combination. Once I started watching it was downhill, I was right back where I started from. I kept asking myself if I had married the right girl and if maybe it would just be easier to get divorced. Once life settled down a little, things got easier except I was still resentful at a lot of people and I was watching porn on regular basis. Letting go of the resentment had been a big part of helping me stop. I think i have written enough for now I will add more later. Sorry for the long post but like I said this helps me feel better and stay clean.

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Re: need this more then ever

Posted by GrowStrong - 15 Feb 2017 18:16

So happy for you it went well, i also had to handle a wedding this week.

And so happy for you that you are seeing the core reasons and having this conversation with yourself.

You should be matzliach!

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Re: need this more then ever

Posted by Hashem Help Me - 16 Feb 2017 05:18

Happy that the wedding worked out. Seeing your post makes one realize that you have gone through a lot. It says a lot about you that despite all that, you are dealing with the issues head on. Posting is therapeutic plus it invites responses of chizuk. Some of us find it even more beneficial to speak with someone. Continued hatzlocha with your journey!

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