

20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 23 Mar 2017 20:35

I'm very grateful to be part of such a great program.

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Re: 20 painful years is coming to an end. NOW!!

Posted by Singularity - 27 Mar 2017 08:10

[Kleen4real wrote on 26 Mar 2017 20:19:](#)

What are the chances of getting completely healed vs daily or periodically struggle?

What's your definition of "completely healed"?

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Re: 20 painful years is coming to an end. NOW!!

Posted by tzomah - 27 Mar 2017 08:40

healing is a state of mind not a fact

we say asher yotzar even if we are not sick

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Re: 20 painful years is coming to an end. NOW!!

Posted by eslaasos - 27 Mar 2017 18:18

[Singularity wrote on 27 Mar 2017 08:10:](#)

[Kleen4real wrote on 26 Mar 2017 20:19:](#)

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What's your definition of "completely healed"?

Dead

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Re: 20 painful years is coming to an end. NOW!!
Posted by workingmyprogram - 28 Mar 2017 01:51

Well, if you define "healed" as no longer having a sex drive, good luck with that. That sounds more like a sickness to me! However, as you get sober you'll feel much more in control and the struggle will get much easier, but at the end of the day we're all human beings who need to channel their sexual energy into a positive, holy outlet. I view it as similar to people in over eaters anonymous. The goal in OA is not to never get hungry, that would actually be a very unhealthy thing. Rather the goal is to learn how to eat the right things. So too with the holy sexual energy that Hashem has given us. We learn how to channel it correctly, but it's not always easy and recovery ain't always perfect.

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Re: 20 painful years is coming to an end. NOW!!
Posted by gibbor120 - 28 Mar 2017 17:34

Welcome Kleen4real! Posting here is a HUGE first step. You mentioned therapy, did your wife know about this therapy? Does she know about your addiction? Why did the therapy make it worse? Connecting with real people is very helpful. Do you have anyone in your "real" life that you can share this with? A rav/rebbi etc.? The difficult steps are the ones that usually are the most beneficial. Keep us posted. We are here for you.

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Re: 20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 26 Apr 2017 18:52

[gibbor120 wrote on 28 Mar 2017 17:34:](#)

Welcome Kleen4real! Posting here is a HUGE first step. You mentioned therapy, did your wife know about this therapy? Does she know about your addiction? Why did the therapy make it worse? Connecting with real people is very helpful. Do you have anyone in your "real" life that you can share this with? A rav/rebbi etc.? The difficult steps are the ones that usually are the most beneficial. Keep us posted. We are here for you.

Thanks gibbor120

For a long time ago I discussed this with my wife and we decided that I will go for therapy but I guess it wasn't a good therapist (at least in my case) and for some reason the therapist was working against me and trying to break apart our marriage.

My wife knew at some point about it obviously, but I don't think she knows about it now.

In real life I don't have any real people I can discuss this (just yet) Funny thing is that I have a Rav that I'm very close with and talk on a daily basis a few times a day but I can't see myself telling him about my second life.

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Re: 20 painful years is coming to an end. NOW!!

Posted by Hashem Help Me - 26 Apr 2017 20:10

You can speak anonymously with some people from here. Its a nice way to start.

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Re: 20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 26 Apr 2017 20:15

[Hashem Help Me wrote on 26 Apr 2017 20:10:](#)

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Exactly what I'm doing, it just took some time.

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Re: 20 painful years is coming to an end. NOW!!
Posted by Hashem Help Me - 26 Apr 2017 20:19

Great. Keep it up. Continued hatzlocha.

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Re: 20 painful years is coming to an end. NOW!!
Posted by Shivisi_Hashem - 27 Apr 2017 00:11

[eslaasos wrote on 27 Mar 2017 18:18:](#)

[Singularity wrote on 27 Mar 2017 08:10:](#)

[Kleen4real wrote on 26 Mar 2017 20:19:](#)

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completely healed in my opinion means "control" when you have control over your self,
addiction means that you are out of control,

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Re: 20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 27 Apr 2017 02:31

[Shivisi_Hashem wrote on 27 Apr 2017 00:11:](#)

[eslaasos wrote on 27 Mar 2017 18:18:](#)

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excepted is when you get a hatred to that sin. not sure if this makes sense.

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Re: 20 painful years is coming to an end. NOW!!

Posted by Shivisi_Hashem - 27 Apr 2017 02:43

[Kleen4real wrote on 27 Apr 2017 02:31:](#)

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[eslaasos wrote on 27 Mar 2017 18:18:](#)

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Re: 20 painful years is coming to an end. NOW!!

Posted by Kleen4real - 27 Apr 2017 03:08

[Shivisi_Hashem wrote on 27 Apr 2017 02:43:](#)

[Kleen4real wrote on 27 Apr 2017 02:31:](#)

[Shivisi_Hashem wrote on 27 Apr 2017 00:11:](#)

[eslaasos wrote on 27 Mar 2017 18:18:](#)

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It's arguable what ?????? ?????, ?????? ???, ?????? ??? means, it can be that once your helped you can be in that same situation again and won't even have the ???? for it.

I know that this is a very high level which we all will hopefully be there one day.

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Re: 20 painful years is coming to an end. NOW!!
Posted by tzomah - 27 Apr 2017 18:35

[Shivisi Hashem wrote on 27 Apr 2017 02:43:](#)

[Kleen4real wrote on 27 Apr 2017 02:31:](#)

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completely healed in my opinion means "control" when you have control over your self, addiction means that you are out of control,

there is a new sefer from r' shlomo hoffman witch is phsycology based on torah where he explains the difference bet. control kovesh and tikkun and tikkun would be healing great read for addicts as he explains teshuvah in a whole different light i forget the name but it has a picture of him on the front cover

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