

Addiction? Anxiety? Something else?

Posted by youcan - 23 Nov 2017 15:16

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Hi, I'm a 23 year old chasidishe yingerman, father of 2 kids.

Here are parts of my story which I think is related to my problem:

When I was a bucher I learned very fleisig, my first time using the internet was a few months after my wedding.

But I always felt strong love to beautiful people, I knew nothing about sex etc. (I knew how ppl have kids, I also knew what happens when you think from nice people but I don't think I ever connected these 2) so I just felt that I want to own them & treat them good (maybe I'm crazy but this is what I felt...)

When I was 17 I was diagnosed with social anxiety (or something similar, my father didn't tell what it was (!)) & I was treated by a mechanech instead of a therapist (!), I never felt that I was healed.

When got in shiduchim my parents never told me what they're considering, I didn't think much about it cuz I was learning in yeshiva & didn't really think what marriage is all about. One night my father told me from a shidduch, wanted I should see the girl, so the next morning we went with the car waited for her to get out of the house and we saw her from across the street while she's wearing a coat... I later understood that they did it cuz the girl was fat & they wanted I should see her before. I saw nothing.

6 hours later we had a beshow, I wasn't able to make my decision cuz I didn't like how she looked but I wasn't sure if this is a reason to say no. I was still under medication for my anxiety (or whatever else), I can't explain the anxiety I felt on that day. I went to my therapist (?) I asked him if this a reason to say no, he wasn't able to answer, so I asked him if I will love her less cuz she's fat (almost double of my weight) he told me no. In the end I decided to do it cuz I felt bad for that girl that already had a beshow & everybody knew that she is becoming a kallah. (You can laugh if you want)

Since then, every time a friend got engaged I was jealous on him.. I can't explain that feeling (I think it's related to my mental issue as well), I felt the same when I went to weddings & also when I walked on the street & saw a skinny woman... So my entire anxiety was now focused on that topic "everybody will have a better wife than me, I'm a loser"

Then I got married & it didn't got any better. My wife didn't know about my issue, even now (3 and a half years later). I was in bad moods at times & she felt it but I never told her the cause. Other than that our marriage is really exceptional, she loves me & I think I love her (I think the reason I'm not sure has to do with my issue) I never told her any of the things I just told you.

The next step was I found Mr. Google, (in my father's office, I don't have a smartphone) so I was able to search whatever was on my mind, I think you know what it was.. I soon discovered that there is a thing called porn & I started to date it here and there.. (I justified it a little bit with the story above) till it got to a point that you can call addiction (I was always more sex minded... I think we had more sex than a average couple, but now it was to bad things).

It went on like this for a few years, I tried to fight it all the time, but if you're here you should know my success rate...

I signed up here a week ago, started the 90 days program, had my first (hopefully last) fall yesterday, so that's why I'm here...

I went to a doctor 2 days ago, I told him I feel tired weak can't focus some times can't fall asleep, I asked him if I lack vitamins, guess what he told me.. Go see a therapist!

I would appreciated any help anybody can give me for any of the above.

I also have 2 questions:

1) how should I deal with my wife? We a very open marriage BH, I share with her everything except for this.

2) since I don't have a smartphone it's hard for me to keep up with gye (we have a filtered tablet at home), so is it the right thing for me to get a smartphone? (with a strong filter of course) I feel it will help me, I will read more on the site, will be able to read more of the gye emails delivered to my hidden email address...

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Re: Addiction? Anxiety? Something else?  
Posted by cordnoy - 26 Dec 2017 23:38

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[youcan wrote on 26 Dec 2017 23:23:](#)

From all the filters etc. that I know TAG has the only filter designed by Jews for Jews & with Jews in mind. All the secular filters are designed for kids & workers, so it is only blocking things that they don't want them to see. For Jews (the kind of Jew I want to be) this is not enough. TAG has a very sophisticated filter & you can customize it to your needs. I was surprised to see here that there are Jews that don't know what TAG is..

I'm surprised to see that there are Jews who do not know about some good filters made by non-Jews, such as qustodio, netnanny and k9 (to name a few).

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Re: Addiction? Anxiety? Something else?  
Posted by youcan - 27 Dec 2017 00:17

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I only know about k9, it's not enough for me.

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Re: Addiction? Anxiety? Something else?  
Posted by cordnoy - 27 Dec 2017 00:55

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[youcan wrote on 27 Dec 2017 00:17:](#)

I only know about k9

Oh.

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Re: Addiction? Anxiety? Something else?  
Posted by Markz - 27 Dec 2017 01:08

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[youcan wrote on 27 Dec 2017 00:17:](#)

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I only know about k9, it's not enough for me.

There are TAGs that don't know about some loopholes

K9 or many other filters are only as strong as the administrator - it's gotta be someone else - just like Tags filters are designed.

If you were in charge of a K9 German Shepard, you wouldn't train it to hunt you down - would / could you?

I taught them a few

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Re: Addiction? Anxiety? Something else?  
Posted by fresh start - 27 Dec 2017 01:37

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[Markz wrote on 27 Dec 2017 01:08:](#)

[youcan wrote on 27 Dec 2017 00:17:](#)

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The strongest admin is my wife. Woks great.

She is also my Web Chaver accountability partner. Not sure that is the greatest idea though...

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Re: Addiction? Anxiety? Something else?  
Posted by MikeSmith - 04 Jan 2018 07:59

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Ya my wife is my chaver too.....

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Re: Addiction? Anxiety? Something else?  
Posted by tzaddik212 - 04 Jan 2018 15:13

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I dont think that i am off good, if my wife is my Chaver. It directs our relationship to a place, of one looking after another in a miss trusting way. A marriage is a trusting honest Union, and by putting one partner in charge of miss trusting the other partner, it ruins unions idea for what it is intended for. I have a wife so i can protect her, so i can provide her security, financially, emotionally, Physically, Intimately.Having her as my Web Chaver ruins all of the above. Think it over, and let me know your thoughts about it.

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Re: Addiction? Anxiety? Something else?  
Posted by cordnoy - 04 Jan 2018 15:20

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What happens if the wife doesn't trust her husband, and for good reason?

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Re: Addiction? Anxiety? Something else?  
Posted by Gevura Shebyesod - 04 Jan 2018 15:27

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Then he needs to work on regaining her trust, and in time she will see that he has changed. But she should not be part of the process.

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Re: Addiction? Anxiety? Something else?  
Posted by tzaddik212 - 04 Jan 2018 15:30

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Well then trust needs to be built. But one thing is for sure, that trust is not built, by having her as the police lady. we can discuss more of how trust is being built.

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Re: Addiction? Anxiety? Something else?  
Posted by cordnoy - 04 Jan 2018 15:47

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In theory, I agree with you. In practice, in certain situations, I'm not so sure.

It takes an extremely long time for a wife to trust her cheatin', lyin', pornin', textin', masturbatin', strippin' husband, and sometimes it doesn't happen at all. This is a way she can witness ????? that he is makin' strides. Maybe then there can be a healthy, lovin', trustin', cuddlin' marriage.

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Re: Addiction? Anxiety? Something else?  
Posted by tzaddik212 - 04 Jan 2018 16:09

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Well Cordnoy. I dissagree with you. It does not take an extremely long time. Yes it is a process. A wife that sees that her husband is taking his life into his hands. He become serious in many

avenues in life, the trust starts to built. now there will be set backs, there will be times when she will feel the pain and the mistrust, but there will be head way as well

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Re: Addiction? Anxiety? Something else?  
Posted by youcan - 04 Jan 2018 16:10

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I believe that in a healthy open marriage relationship a wife should understand that (by now) it's not something we choose to do, it's like somebody is kidnapping us & we (almost) have no choice. So when she's your shomer she helps her spouse in his struggle. This may even make her trust stronger.

If she takes your struggle very personal & she gets hurt by every fall maybe it's not the best idea.

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Re: Addiction? Anxiety? Something else?  
Posted by youcan - 04 Jan 2018 16:17

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[tzaddik212 wrote on 04 Jan 2018 16:09:](#)

Well Cordnoy. I dissagree with you. It does not take an extremely long time. Yes it is a process. A wife that sees that her husband is taking his life into his hands. He become serious in many avenues in life, the trust starts to built. now there will be set backs, there will be times when she will feel the pain and the mistrust, but there will be head way as well

Everybody talks from his own experience here...

It probably depends on how deep you were in the struggle, how it effected your wife and so many other things.

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