

I'm stuck and scared

Posted by Nate303030 - 09 May 2019 15:42

I'm 40 yrs old with a wife and large family. I work out of town and spend long periods of time on the road. I have had sexual relations with multiple women during my years working away from home. I just fell tremendously last night and sinned with a woman I met online. I want to get help now and I realize I can't do it alone. Please help! P.s. iml familiar with the 12 Steps. I've got 11 years of sobriety from drugs and alcohol. I tried SLAA a few years ago but didn't stick with it.

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Re: I'm stuck and scared

Posted by ColinColin - 10 May 2019 00:27

Nate

It could be lust, and the thrill of an illicit encounter.

But perhaps being on the road makes you lonely/depressed, and you are filling that emptiness with these encounters?

I suggest if you were previously addicted to substances, then whatever caused that could now cause this wish for sex.

It has simply found an alternative outlet.

?Perhaps there is something unfulfilled in your life?

A need for some creatvive pursuit which has been stifled by work, marriage, parenthood and time ont he road?

If you can know for sure, then you can put a plan together.

And in the meantime, and for after, if you feel a need for lust.....divert it.

Constructively do something else...from exercise to reading, from studying to watching a film.

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