

Long road ahead...

Posted by YetzerTov26 - 11 Nov 2020 04:38

Hi everyone. I'll try to make this as brief as possible.

I joined GYE 9 days ago and have been clean since. My wife had known about my issue before but had given me the space to figure it out for myself and assumed I was making progress, when really, things have gotten pretty bad with my pornography and MB addiction recently. Something triggered her to start the conversation last week though, and it was extremely intense, putting a heavy weight on our whole relationship and my life in general. I am fortunate that my wife has a background in mental health and has a good understanding of addictions so overall she was able to accept it for what it is and not chas vshalom leave me as a cheater or anything like that. That being said she certainly felt disgusted and very hurt by my actions.

The conversation was not just about the acts, but ended up that the fact that I had this addiction answers so many questions about some negative experiences and emotional and sexual issues we've had together, and the feeling of shame for all this was crushing. We are proud of our relationship and overall have a beautiful marriage, but have some struggles, including with regards to intimacy. The exposing of my addiction answered a lot of these questions and made me feel extremely guilty for the disgusting act I'm constantly drawn to, as well as all the hardships I've caused my wife through our marriage that can be related to it.

I was overtaken with this guilt and depression, and was extremely motivated to finally break free from this garbage. Through the years, I always swore to myself that I would put an end to it, by the time I finish high school and go to yeshiva, by the time I finish college, by the time I get married FOR SURE, by the time i have children FOR SURE FOR SURE, and here I am a few kids later and I'm walking in the same mud I've been in since I hit puberty.

I took this as major motivation to change my life. It was bound to happen at some point, and as ashamed as I was, I was thankful to my wife for finally setting me on the path to make it happen. It's been at the forefront of my mind 24/7 since that conversation, and I committed to being a GYE success story, focus more on my Avodas Hashem, my learning, and being a better person.

Fast forward 9 days, and I am still very much in this, I just feel like that powerhouse of motivation is starting to fade a bit. Honestly, these few days have been pretty easy (even though I don't think i've gone this long in years) because I've been so turned off in this emotional state. I knew it would get harder a few days in, and I see that happening now. I have not yet had

any major close calls or huge triggers, but the laser focused mindset is slipping. Also, my wife just went into niddah for the first time in months (due to nursing), which isn't going to make this any easier.

I apologize for the length, but this is basically the first time I'm really speaking up, so I wanted to get that off my chest. I would appreciate any thoughts of encouragement, advice, suggestions, or anything else. I appreciate and respect you all for being a part of this and honored to have joined you.

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Re: Long road ahead...
Posted by YeshivaGuy - 04 Jan 2021 02:45

Hows it goin buddy?

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Re: Long road ahead...
Posted by YeshivaGuy - 04 Jan 2021 02:48

[YetzerTov26 wrote on 12 Nov 2020 04:16:](#)

[Grant400 wrote on 11 Nov 2020 05:17:](#)

"Grant400" post=357271 date=1605071854 catid=19

@Grant400 - I definitely ain't a hit and run. I'm here to stay with Hashem's help.

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Re: Long road ahead...

Posted by YetzerTov26 - 04 Jan 2021 02:52

Hi everyone, I know it's been a few weeks.

As an update, BH I am 63 days clean, which is really wayyyy longer than I thought I'd get on my first try. BH things with my wife are pretty good, particularly with our emotional intimacy and our challenges with sexual intimacy have taken a turn for the better. I did end up starting to see a therapist, which so far is going well. I struggled in finding one that takes insurance, so I ended up going with someone who is not Jewish. That aspect is definitely a disadvantage, but I'm giving it a shot and he is very understanding of the fact that there are some religious things it would have been helpful for him to know without me having to explain them to him.

Anyway, I'm having a hard time in a few ways:

1. Continue finding time to take advantage of GYE resources and work on myself (as is evident by the delay since my last post). What could I say, life is really busy and this stuff takes time!

2. I find myself missing porn and masturbation and kindof reminisce in my head some of the scenes and people while I "half-masturbate" (I basically do it but don't finish). Unfortunately this has become a nightly thing over the last 2 weeks or so and I know it's almost as bad as the real thing because although my eyes are cleaner and I haven't spilled seed, I haven't really fixed the issue on a fundamental level. Also, I get so close that I'm afraid I'm going to blow it any day and I've come too far for that to happen.

Anybody have anything helpful to say?

Thanks in advance, I could use the chizuk.

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Re: Long road ahead...

Posted by i-man - 04 Jan 2021 03:58

Hey

Amazing that you followed through and started therapy, don't feel bad at all ,Dov says that it doesn't make a difference as long as the therapist doesn't believe that porn/masturbation is good.

I was in a similar situation, I was clean from porn and masterbating for a long time but was still doing that touching thing, besides from it being self inflicted torture, it eventually will lead to full

masturbation, do yourself a favor and move the goalposts- set up gedarim for touching, you sound like a motivated person, you can get it done .

Hatzlacha

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Re: Long road ahead...

Posted by YetzerTov26 - 06 Jan 2021 03:51

Thanks. Any specific recommendations for doing that?

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Re: Long road ahead...

Posted by Changing - 16 Mar 2021 04:57

Welcome! How's it going? Don't be a stranger (as cordnoy would say), post from time to time.

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Re: Long road ahead...
Posted by bego - 16 Mar 2021 14:12

[YetzerTov26 wrote on 06 Jan 2021 03:51:](#)

Thanks. Any specific recommendations for doing that?

Hoping you'll see this :-)

Chazal knew of that which they speak!! When they say that we should avoid touching our eiver, it is because thats a sure-fire way to get turned on. I'm also an upper body guy and I used to use touching myself there as a soothing thing, but it almost always ended up in masturbation. I now only touch myself if we are already in the bedroom and it's clear we're going to be together. As an example - last night was a killer as i got really turned on (with my wife) and then the baby cried :-) Hence my regular posting today as I'm feeling VERY frustrated. if it can happen even from the good way, it can happen from the bad.

Also, just throwing my opinion in as well - don't tell wives. My wife is amazing etc. etc. but she doesn't like it. And why should she.

Hatzlocho.

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Re: Long road ahead...
Posted by DavidT - 16 Mar 2021 15:50

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