

New here I really want to make a change
Posted by Determinedyz - 22 May 2022 20:26

I have always been tech savvy from a really young age which led me to being exposed at a really young age. Whatever safeguards were put in I always found a way around them and got where my yetzer wanted me to be.

I always told myself it will stop when I get married having a wife will keep this yetzer tamed and I'll be set.

I couldent have been more wrong. Yes the first year of marriage was amazing and I went over a year before being nichshol but then a baby arrived. Everything changed, my wife suddenly wasn't interested and got less interested as time went on. My yetzer started pounding me again and has been ever since. As time goes on it's getting worse and worse on both ends. My wife was diagnosed with a condition that makes it really hard for her to see another persons perspective... I tried being honest I tried every way I could think of to try to turn this terrible yetzer into what it was our first year of marriage. Tamed. My wife's condition causes her to react in very extreme and blunt ways which has led to extremely blunt and tell me that she would rather me be nichshol than to be with each other.

I am trying so hard to stay strong despite this nisayon knowing and hoping and davening with all my heart that I will emerge the winner in this battle. Some days are harder than others and I'm trying to get familiar with my triggers so I can avoid them and become the true eved HaShem I want to be.

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Re: New here I really want to make a change
Posted by Lustfull - 22 May 2022 20:38

Wow, tears in my eyes.

You are an inspiration. Someone with pain is trying to be Heilig.

Hashem loves you!

Much success on your journey ...

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Re: New here I really want to make a change
Posted by Vehkam - 22 May 2022 20:39

Welcome to the forums. I am sorry for the stress that you are having with both your wife and your yetzer hara.

I highly recommend the book "the battle of the generation" to help with your perspective of this struggle. It will not address any of the issues directly related to your wife's condition but it will address the battle with the desire that you are experiencing. Given how much effort you are putting into this (based on your post) I would say that you already are an amazing person and true eved hashem.

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Re: New here I really want to make a change
Posted by sleepy - 22 May 2022 20:43

wow! that was very brave of you to post a first post like that! the chevra here are very understanding, experienced, and very successful in pinpointing triggers and have great tricks to deal with them successfully and lust free.hatzlacha!

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Re: New here I really want to make a change
Posted by Captain - 23 May 2022 12:33

Hi Determinedyz,

Welcome!

It's clear for all to see that you are a mighty warrior in this fight and what you have done so far is amazing!

Please check out these great free resources that will be mechazek you and strengthen your perspective:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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Re: New here I really want to make a change

Posted by Yissie - 23 May 2022 14:22

This seems like a really hard situation. I really feel for you. And your name is an inspiration, hopefully for you as much as for me.

The major issue is that this yetzer hara makes it hard for you to connect to other people, but the solution is in keeping up that connection. As they say many times on GYE, The opposite of addiction is not sobriety, it is connection. The person who you develop the strongest and deepest connection is your wife. And this issue creates the biggest issue between husband and wife.

I would think that not speaking to your wife about this issue would make it easier. It will still be a personal struggle, but she does not have to be involved in this struggle. This is assuming that you can find someone else, like a Rav or someone on GYE, that you can speak to. (I do not mind if you want to PM me, but I am an older bochur.) You will be able to share your struggle with someone else without it being a focus in your marriage. But the main thing is to keep up the determination, both in fighting the Yetzer hara, and in making your marriage back to what it could be.

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