

Beginning of a journey-to learn to love my wife  
Posted by Ari1990 - 20 Jul 2022 13:12

---

Hi everyone

i would like to share with you my story.

As far i remember myself i have being attracted to women. My sisters friends, cleaning lady's, books and so on.

when i was in yeshiva i started to watch porn and to chat with women on the net.

during summer i was going to mixed beaches

i was still very connected to my learning even do i had mixed feeling about being religious.

i need to say that i am a very shy and introverted person.

Masturbating started quite early as soon i became bar mitsva.

somehow i managed to get married. i was pushed by my rabbi to get married with my wife even do i was hesitating. i was told that it would pass after the chupah.

and guess what...?

it didn't.... i just found out about her default, about her being insensitive to anything sexual and to be a very closed minded person.

very quickly i found myself back to watch staff (i was in Kollel then)

i started to talk with other women and guys (mostly) exchanging experiences..

starting to get into the business of f\*\*\* porn and so on.

about 5 years ago i opened a fake FB account with the hope to meet someone there.

i felt bad about watching porn and i decided that its better to sin in real life rather to dream on pics and videos

i did meet one women from there ( after spending hours to try to get the right "catch")

i limited myself not have a real aveirah (halkha wise and also it made me feel less guilty towards my wife)

i was very shocked of myself and i stopped on the spot everything.

then yetser harah came back and i reopened my account on and off

mostly watching staff

a few months ago i meet one more women .

married and frum ( i have to say that i am mainly attracted to frum women)

\*\*\*\*\*. and then i felt so low with myself i decided to stop it all at once. i deleted all accounts and phones numbers and became a good boy.

But the need was still there. so i started again to watch porn.. at work (i work in a no frum office in Israel)

almost got caught a few times but the urge was to strong.

AND then it came.....

i found some blood in my pee. went to do routine test only to find out about a polyp in urine system.

i started to freak out and felt for the first time a real call from above to change my ways.

i was (and still is) completely broken. i started to imagine myself leaving this world like a baal aveirah, unpure, with all the malakhim created by me attacking me....

i told everything to my wife.

She was totally devastated.

i was expecting a very taff reaction, instead of that she cried out her soul asking me why i was hurting her so much. Her pain really toke me aback and i realized how much she loved me.

the fact i told her everything about myself was such a relief that i felted so good and happy.

We went to a marriage conselor and he is tryng to help us.

it is not easy. I realized that i never learned to love myself. and to love my wife. for real. with all my heart.

we are very worried the both of us about getting divorced.

we want to fight for our kids.

and she has proven to me the best proof of love i could even imagine of.

so we are going to work on ourselves. to repare our marriage. for me to stop with my addiction.

here are the steps i took so far:

1. Stop staring at women on the street.
2. learning mishnayos by heart and repaeting them while walking on the street
3. tikoun aklali
4. filter on phone and computer
5. tryng very hard to love my wife. (this point is very scary....to be explained in a different post)
6. investing myslef in my marriage.

to be continued

=====

=====

Re: Beginning of a journey-to learn to love my wife

Posted by Lchaim Tovim - 20 Jul 2022 14:10

---

Wow! Welcome aboard and thank you for sharing your story. You came to the right place, were all here to support you and grow with you.

Unbelievable what you are working on as is your wife's support.

In terms of learning to love your wife and investing in your marriage, I highly recommend you read this thread cover to cover. It also has a wealth of knowledge regarding overcoming lusting in general. It has completely changed my perspective and many other folks as well.

[guardyoureyes.com/forum/17-Balei-Battims-Forum/210070-Mikvah-Night---Edition--29](https://guardyoureyes.com/forum/17-Balei-Battims-Forum/210070-Mikvah-Night---Edition--29)

I hope it helps.

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by Vehkam - 20 Jul 2022 14:21

---

[Ari1990 wrote on 20 Jul 2022 13:12:](#)

Hi everyone

i would like to share with you my story.

As far i remember myself i have being attracted to women. My sisters friends, cleaning lady's, books and so on.

when i was in yeshiva i started to watch porn and to chat with women on the net.

during summer i was going to mixed beaches

i was still very connected to my learning even do i had mixed feeling about being religious.

i need to say that i am a very shy and introverted person.

Masturbating started quite early as soon i became bar mitsva.

somehow i managed to get married. i was pushed by my rabbi to get married with my wife even do i was hesitating. i was told that it would pass after the chupah.

and guess what...?

it didn't.... i just found out about her default, about her being insensitive to anything sexual and to be a very closed minded person.

very quickly i found myself back to watch staff (i was in Kollel then)

i started to talk with other women and guys (mostly) exchanging experiences..

starting to get into the business of frum porn and so on.

about 5 years ago i opened a fake FB account with the hope to meet someone there.

i felted bad about watching porn and i decided that its better to sin in real life rather to dream on pics and videos

i did meet one women from there ( after spending hours to try to get the right "catch")

i limited myself not have a real aveirah (halkha wise and also it made me feel less guilty towards my wife)

i was very shocked of myself and i stopped on the spot everything.

then yetser harah came back and i reopened my account on and off

mostly watching staff

a few months ago i meet one more women on FB.

married and frum ( i have to say that i am mainly attracted to frum women)

we meet a couple times. and then i felt so low with myself i decided to stop it all at once. i deleted all accounts and phones numbers and became a good boy.

But the need was still there. so i started again to watch porn.. at work (i work in a no frum office in Israel)

almost got caught a few times but the urge was to strong.

AND then it came.....

i found some blood in my pee. went to do routine test only to find out about a polyp in urine system.

i started to freak out and felt for the first time a real call from above to change my ways.

i was (and still is) completely broken. i started to imagine myself leaving this world like a baal aveirah, unpure, with all the malakhim created by me attacking me....

i told everything to my wife.

She was totally devastated.

i was expecting a very taff reaction, instead of that she cried out her soul asking me why i was hurting her so much. Her pain really toke me aback and i realized how much she loved me.

the fact i told her everything about myself was such a relief that i felted so good and happy.

We went to a marriage conselor and he is tryng to help us.

it is not easy. I realized that i never learned to love myself. and to love my wife. for real. with all my heart.

we are very worried the both of us about getting divorced.

we want to fight for our kids.

and she has proven to me the best proof of love i could even imagine of.

so we are going to work on ourselves. to repare our marriage. for me to stop with my addiction.

here are the steps i took so far:

1. Stop staring at women on the street.
2. learning mishnayos by heart and repaeting them while walking on the street
3. tikoun aklali
4. filter on phone and computer
5. tryng very hard to love my wife. (this point is very scary....to be explained in a different post)
6. investing myslef in my marriage.



to be continued

thank you for coming on here and relating your difficult and painful story. it is clear that one thing led to another and that the non crossable lines kept moving. this is how the yetzer hara works. Please keep connected here. we will not judge and will only try to help. You have a father in heaven who loves you with unconditional love. He has been waiting for you. Allow yourself to feel his love and to love him back.

wishing you much success

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by Bigmoish - 22 Jul 2022 15:03

---

[Lchaim Tovim wrote on 20 Jul 2022 14:10:](#)

Wow! Welcome aboard and thank you for sharing your story. You came to the right place, were all here to support you and grow with you.

Unbelievable what you are working on as is your wife's support.

In terms of learning to love your wife and and investing in your marriage, I highly recommend you read this thread cover to cover. It also has a wealth of knowledge regarding overcoming lusting in general. It has completely changed my perspective and many other folks as well.

[guardyoureyes.com/forum/17-Balei-Battims-Forum/210070-Mikvah-Night---Edition--29](https://guardyoureyes.com/forum/17-Balei-Battims-Forum/210070-Mikvah-Night---Edition--29)

I hope it helps.

Correct link is here:

[Forum \(guardyoureyes.com\)](http://guardyoureyes.com)

One reason it helps is because you will not be acting out for the 78.5 hours it will take to read the whole thread.

=====

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by Lchaim Tovim - 22 Jul 2022 15:09

---

Thank you, I didn't realize the link was bad. so true about the 78.5 hours and the additional time spent trying to digest everything. This thread changed and challenged my perspective on just about everything.

=====

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by Steveblum - 22 Jul 2022 15:38

---

Ari ur in the right place

and I can relate to everything u said I also attracted to frum women and frum porn wich makes our struggle very hard bcs we are faced with our struggle everytime we walk in the street. I'm still on the roller coaster I fall and get up constantly but the most important thing for me is the #1 KEEP UR EYES TO YOURSELF!!

=====

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by sleepy - 22 Jul 2022 16:11

---

[Steveblum wrote on 22 Jul 2022 15:38:](#)

Ari ur in the right place

and I can relate to everything u said I also attracted to frum women and frum porn wich makes our struggle very hard bcs we are faced with our struggle everytime we walk in the street. I'm

still on the roller coaster I fall and get up constantly but the most important thing for me is the #1  
KEEP UR EYES TO YOURSELF!!

frum porn?

=====

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by Lchaim Tovim - 22 Jul 2022 16:42

---

[sleepy wrote on 22 Jul 2022 16:11:](#)

[Steveblum wrote on 22 Jul 2022 15:38:](#)

Ari ur in the right place

and I can relate to everything u said I also attracted to frum women and frum porn wich makes  
our struggle very hard bcs we are faced with our struggle everytime we walk in the street. I'm  
still on the roller coaster I fall and get up constantly but the most important thing for me is the #1  
KEEP UR EYES TO YOURSELF!!

frum porn?

Don't google that

=====

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by Steveblum - 24 Jul 2022 17:44

---

?????? ????!! He is right don't Google it

=====

=====

Re: Beginning of a journey-to learn to love my wife

Posted by ?????? - 24 Jul 2022 17:59

---

I'm not married, and I did not grow up from either, and I'm definitely not a marriage counselor, so if anyone objects to what I'm going to say, feel free to post just please state why.

What I'm thinking is that you get accountability software on both your phone and computer and have your wife as the ally/partner through the software, if you think you would be ready for that and if you want to do this. I think that if you are ready for this, it has the potential to establish more trust between you and your wife because she would be able to see your actions on the internet. If you are not ready for that, then I'm sure you can tell that it has the potential to make things a lot, lot worse.

After you talk with other married people on GYE, or in person, about this, look into my signature for some really good (and free) accountability solutions and how to set them up, if you think that this would be a good idea. **Feel free to get these accountability services without implementing this idea, I personally think they are necessary even with paid A.I. based filters like gentech or netspark etc.**

*The following is for your reference in regards to the idea if you become interested in this after speaking about it with others, if you want to get the accountability solutions without implementing the idea then look into the post that is linked in my signature below for the instructions on how to do that:*

Microsoft family safety is really good for any Windows computer and you would set your wife as the family organizer in order for this idea to work, and it should be used in addition to CovenantEyes. And you can get CovenantEyes for *free* through Webchaver, and this is a great to use on any apple computers/laptops and on any Windows computers/laptops. It's also really good for any android mobile devices, but for iPads and iPhones it's not as good because the accountability works only in the browser app that they offer. So it may be worth it to switch to an android device because the accountability would work across the entire device and across all apps, or you can simply delete the problematic apps from your iphone/ipad like any social media e.i. facebook, and video playing apps e.i. youtube, and instead access them through their websites on the CovenantEyes browser app (if you absolutely need to have access to them otherwise you should block them with apple screentime which is in the post linked in my signature).

If you see the post that I linked in my signature, and you see the directions for setting up webchaver, the person who you should give ownership over your account would be your wife, since we are talking specifically in regards to the idea I mentioned. If you add her as an ally through webchaver and you use webchaver through the free method in my signature, she will only be able to see the screenshots that get labeled as questionable and 100% explicit. The AI for the questionable reports isn't that good though, so screenshots that should be labeled questionable sometimes pass the AI, so in this regard it would be better for her to be the owner of the webchaver account because only then can she see all the screenshots taken of your activity, Irregardless of whether they get labeled as questionable or explicit.

=====

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by cordnoy - 24 Jul 2022 20:45

---

Havin' ones wife be his accountability partner is one of the worst ideas possible; a recipe for a failed marriage. Can it work? Anythin' could, but highly not advisable.

=====

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by Shmuel - 25 Jul 2022 02:11

---

[cordnoy wrote on 24 Jul 2022 20:45:](#)

Havin' ones wife be his accountability partner is one of the worst ideas possible; a recipe for a failed marriage. Can it work? Anythin' could, but highly not advisable.

YES!!

**Warning: Spoiler!**

=====

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by future paltiel - 25 Jul 2022 15:00

---

[sleepy wrote on 22 Jul 2022 16:11:](#)

[Steveblum wrote on 22 Jul 2022 15:38:](#)

Ari ur in the right place

and I can relate to everything u said I also attracted to frum women and frum porn wich makes our struggle very hard bcs we are faced with our struggle everytime we walk in the street. I'm still on the roller coaster I fall and get up constantly but the most important thing for me is the #1 KEEP UR EYES TO YOURSELF!!

frum porn?

There's nothing to find out about. If you don't know better keep it that way

=====

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by Ari1990 - 31 Jul 2022 12:30

---

Hi everyone

i am here again. Thanks to all for your support.

About telling to your wife: i don't know what is right thing to do. I my case i feel much of relief to

be honest toward my wife. on the second hand it is very hard and there is up's and down's all the time in our relationship. Please ask your Rabbi first what to do. In my case, i was so worried about my medical condition that i just couldn't hold myself from not telling her.

I don't have much of temptation by now since i am very busy with the medical process i am going through now.

It is also complicated because in the time i have to repair my marriage and i don't feel that i have enough strength to invest myself into it.

I spoke to a Rabbi last week and told me i should do tchouva from ???? rather do from ????.

So i am reading sfarim about it and i am trying to get my heart to melt a bit.

I just want to tell you guys... don't wait to get a bomb on your head to start changing....i have been keeping pushing and pushing my tchouva so many times and now i am so sorry i haven't done it before.....

Wishing you all much of success and good health

=====

Re: Beginning of a journey-to learn to love my wife  
Posted by Vehkam - 31 Jul 2022 13:10

---

the advice that was given to me regarding teshuva was that i should not focus on it. Instead i should focus on embracing myself and understanding that this person that wants so much to do the right thing was really me deep down all of this time. I was able to acquire a strong connection to hashem through my work on davening. As time goes on the teshuva is happening naturally. I regret the path that i went down and all the aveiros and i am committed to not repeat them. I focus a lot on how much hashem loves me and my desire is to reflect that love back to hashem.

keep posting and connecting.

best wishes

vehkam

=====

=====