

My Story, Being Honest For Once

Posted by ilovehashem247 - 22 Sep 2022 01:20

Hello, Friends.

My name is iLoveHashem247. I am a married man with a supportive wife and three wonderful kids. Looking at my life from an outsider's perspective, you'd think I have it all. I own a renovated home on my own private road with lots of land, run my own business with which i support myself, am fortunate to be able to learn many more hours a week than i work, and am a popular and recognized member of my community - and I'm not yet 30 years old. But all this comes with a price tag - a lifelong struggle with addiction, mostly with marijuana and risky sexual encounters.

I had girlfriends in high school before becoming BT, and had shmirat habrit challenges, like most teens. I struggled with SB and engaging in sexual activities at massage parlors but was able to be clean for at least 6 months before marriage. during my wife's pregnancy with our second child, i unfortunately reverted back to my pre-BT habbit of recreational marijuana during the stress of a second pregnancy (the first one outside of the shana rishona "infatuation zone"), which in turn let down a rabbit hole of other issues... i had recently been visiting massage parlors, not for the sexual experience (i do not engage in any "happy endings" anymore, rather when i do succumb it is for the exhibitionism that i can indulge in without making a massive chillul Hashem). I am also very disappointed to admit that i had a sexual encounter with a shiksa who picked up a business card i had left at a restaurant i ate in, she sent me lewd photos and we met up one time (sept 12, '22) where she performed oral sex on me.

I am struggling to break out of these addictive patterns - i have recently filtered my home office desktop, my work laptop, and my smartphone i use to run my business (main issue was watching movies and free "live cams"). The crazy thing is tha tl am a person who has made such amazing changes in my life - in many ways, I am the kind of person i look up to and always wanted to become - but it is the sticky residue of my past life that I'm having such a hard time getting rid of.

I am sick of who I've secretly become and the double life i am living.

I want to be fair to myself, honest and equitable with my wife, and and terrified of the shame i will face when standing before my Creator on my day of judgement.

Well, that was deeply revealing and I have revealed to you, fellow strangers, that which i have not even revealed to my wife. To be fair though, i have been fully open with her regarding the guarding of eyes and marijuana addictions, but have never ever discussed the massage parlor or infidelity.

HELP!

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Re: My Story, Being Honest For Once
Posted by future paltiel - 28 Nov 2022 22:39

[iLoveHashem247 wrote on 28 Nov 2022 22:26:](#)

Quick thought - I run a project based business and have found myself at times calculating cash flow and profits from jobs that are still in the preliminary stage and potential customer has not yet committed .

when a deal would not go through I would get disappointed and feel like I lost that money

i read something nice in Torah Wellspring by Rav Biderman on the parasha where he says the story of a fool who is crying over \$10 million that he lost with one word. When he was asked what that word is, he said that he went to the bank and ask the teller to give him \$10 million, and when the teller told him "no" (the one word), he felt like he lost \$10 million.

The lesson here is that you shouldn't think that something belongs to you if it is not yours yet, and if you don't get it, don't think that you lost it.... because it was never meant for you to begin with! I internalized that lesson this morning, and accepted that what the Big Boss gives me is mine, and what He doesn't is not mine.

After a bit of a dry spell in sales and running after customers for a while, I received several large orders this afternoon. I just want to emphasize that I spent my morning IN YESHIVA focused on

my LEARNING (and did very well in Shiur as well!) and not thinking about the customers, and accepting the fact that what is coming my way will come in due time. In general, I try to be learning as much as I can even though sometimes I think I am crazy for doing that, but really that is what we are here for even when it is hard. If anybody is reading this and is on the fence, whether to spend an extra hour or two or three learning every day, do it! Make sure you go into it an extra few minutes a day at a time until you are fully into it. I'm sure most people here are better at learning than me, but what's important is just to show up. That's more than half the job already done!

hope this gives Chizuk!

Bet that it gives Chizuk!

That was a great post a chizuk for emunah bitachon and learning!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 02 Dec 2022 12:26

Two thoughts:

1. I was feeling super depressed the other day and did a bunch of jumping jacks and I felt better.

2. I was drinking coffee with my wife this morning when she noticed I was staring at her, and she said, why are you staring at me? so I told her I am re-wiring my brain. This is how a woman drinks coffee! Everything about you is how a woman supposed to be, and that is what I am trying to teach myself.

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Re: My Story, Being Honest For Once
Posted by Eerie - 02 Dec 2022 19:00

Hi! I just wanted to tell you how inspired I am by you! You are amazing, and we should all learn from you! I loved what you wrote about trying to learn as much as possible...Keep sharing and inspiring us

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 04 Dec 2022 23:04

I have been feeling a wave of feelings that are not necessarily lustful, but more like “wanting to be lustful feelings” recently

I feel kind of like withdrawal symptoms coming back again even though I am around day 70

has anyone experienced this and what did you do about it?

maybe it's seasonal? Last year this time I was using marijuana and going on all kinds of adventures to different kinds of unsavory places

I would also park somewhere at night, smoke up and watch sci-fi films with the excuse of going to pray arvit...

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Re: My Story, Being Honest For Once
Posted by yechielmichel - 05 Dec 2022 01:07

[iLoveHashem247 wrote on 04 Dec 2022 23:04:](#)

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I can relate to this...

For me it's a feeling of wanting to be in that state of desire and being desired... Wanting to feel good about myself.

Possibly related, is that I sometimes feel like I'm looking for something exciting to happen... What I realize is that I am waiting for life to happen to me... so I tell myself... Why wait for life to happen to me?... Do something...

I also go sit in my car at night... usually not watching anything (dont want to use up all my data, but reading forums..)

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Re: My Story, Being Honest For Once
Posted by Hashem Help Me - 05 Dec 2022 12:19

There is a withdrawal from the "thrill" these previous activities provided. Let's face it, real life is not as hyper stimulating as pornography, clubs, prostitutes, and the like. Some of us go into an almost mild depression, desperately needing some "excitement". The good news is that the normal healthy, balanced, and somewhat "boring" lifestyle, is the default setting we were initially wired with, so eventually, we slip back into that natural mode. From time to time there me the wistful "if only" thoughts, but by and large, we BH can move on comfortably. Geshmake exercise does help fill this void, as do other exciting kosher activities.

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Re: My Story, Being Honest For Once
Posted by Hashemschild.1 - 05 Dec 2022 17:49

[Hashem Help Me wrote on 05 Dec 2022 12:19:](#)

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Good point! I can so relate with this post!. *Thank you!*

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 06 Dec 2022 02:37

Great news everybody I was crushed into a little ball by life today, recycled five times, composted, and then slam dunked.

Didn't fall

Big win

Good night

zzzzzzzzzzzzzzzzzzzz

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Re: My Story, Being Honest For Once
Posted by Misgaber96 - 06 Dec 2022 05:29

Beautiful forum

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 06 Dec 2022 05:58

Update

horrible ear infection

massive pain

can't sleep

still winning... ouch...

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Re: My Story, Being Honest For Once
Posted by chizuk613613 - 06 Dec 2022 12:01

Refuah shleima!

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Re: My Story, Being Honest For Once
Posted by Hashem Help Me - 06 Dec 2022 12:04

Update

horrible ear infection

massive pain

can't sleep

still winning... ouch...In clinical empirical studies it has been found that Tylenol and Motrin have

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better results in relieving ear pain than pornography and masturbation....

Re: My Story, Being Honest For Once
Posted by Hashem Help Me - 06 Dec 2022 12:06

Somehow that previous post got mixed together with ILH's. My comment began with the bottom two lines with the words "In clinical...."

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Re: My Story, Being Honest For Once
Posted by jackthejew - 06 Dec 2022 13:04

[Hashem Help Me wrote on 06 Dec 2022 12:04:](#)

In clinical empirical studies it has been found that Tylenol and Motrin have better results in

In other studies, it's been shown that medicating ear pain with pornography and masturbation can lead to getting an earful from your wife, leading to more ear and general pain

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