

My Story, Being Honest For OncePosted 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 iLoveHashem247 - 08 Dec 2022 12:20

Lol thanks for the chizuk

i do have a very interesting update. Can't really go into detail, but I have been working super hard on healing my mindset and attitudes, and wife has been very happy and supportive. She actually told me yesterday that she used to be not confident and unhappy and felt distant from me and now that's all changed.

this week, after much hard work and tremendous effort to stick to my promise of "it doesn't always have to be all the way," we discovered that we both enjoy the thing that was my greatest weakness - massages!

we got fancy scented massage oil that came with some kind of rolling ball (like a humongous version of the tip of a ballpoint pen), and it has been mutually beneficial.

I was quite taken aback to experience the taava that pulls so strongly at me, but now at home in a kosher way. Hashem really does allow a person to experience anything he desires in a muttar way.

amazing!

Thank you Hashem!

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Re: My Story, Being Honest For Once
Posted by Geshmak! - 08 Dec 2022 12:39

I LOVE THIS POST!!!!

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Re: My Story, Being Honest For Once
Posted by Human being - 08 Dec 2022 21:17

Happy to hear you are finding healthy connectivity in your marriage. Beautiful!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 10 Dec 2022 23:24

Was insulted in public today in front of many people

didn't answer

felt blood drain from my face, dry mouth, lightheaded, heart was beating so fast

not letting it take away from my self esteem - I will use it to raise myself bc I know it took strength to not answer.

my Bracha to the GYE family is that next time you are feeling triggered and are about to act out (yes, YOU), remember my story and how I held back - and this should be a Zechut for you to overcome your Yetzer Hara. I held my tongue to avoid machloket - and the merit of doing so should stand to give you strength when you are feeling weak.

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Re: My Story, Being Honest For Once
Posted by doingtshuva - 11 Dec 2022 00:04

[iLoveHashem247 wrote on 10 Dec 2022 23:24:](#)

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Wow!!

I hope you prayed, as its known to be an ?? ????.

The same goes to every ????? we have.

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Re: My Story, Being Honest For Once
Posted by ikeepfalling - 11 Dec 2022 00:05

Amazing!

i logged on feeling really worn down looking for some chizzuk to pull me through and i see this.
truly inspiring.

sorry for your pain

the practice you have in self control is what enabled you to reach such heights.

thank you!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 12 Dec 2022 05:51

Quick update I can't really go into such detail, but I had to go somewhere for an emergency. Somewhere that is a dangerous place to be for someone who wants to guard his eyes. I went to this place with the mission of saving a Jewish person from a certain fate and with the guidance and approval of Daat Torah (not easy to obtain)

so far going great bH

I am employing all kinds of tricks in order to not fall. Looking at ceilings, taking off glasses, distracting with action, reading classic literature and even (gasp!) learning Gemara from my mini travel set, and so on.

As our great mentor told me, it is like a dish that is currently putting out meat - it cannot absorb dairy.

I feel empowered and driven and hope to carry this feeling over with me when I am back home living my regular life

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 13 Dec 2022 06:32

Amazing news, everyone!

My emergency trip was a big, smashing success, I was on the other side of the country and free to do whatever I want for 48 hours. I did not visit any prostitutes, go to any massage parlors, or do any drugs.

Not only that, but I got myself a little something to snack on in the airport, and then sat in a quiet corner where nobody else was. A young, scantily dressed woman came over to me and started chatting me up. Kind of weird since I look frum and I'm wearing a big kippa but I guess I am a good looking guy, if I do say so myself.

I minimized conversation and disengaged, then moved to a different place ASAP. The previous me 84 days ago would've taken her number since we're going to the same destination and would have let it ride. Probably would have picked her up instead of learning one night and even cheated on my wife. It's happened in the past but never again!

But the old me is dead, he doesn't exist anymore.

thank you Hashem! And thank you GYE!!!!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 13 Dec 2022 06:38

By the way, last time, I had an opportunity like this I spent the weekend smoking weed on Shabbat and neglecting all my responsibilities, then visiting a massage parlor after Shabbat on the way home.

EVERYTHING has changed since then!

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Re: My Story, Being Honest For Once
Posted by doingtshuva - 13 Dec 2022 11:00

Wow-Great.

Hashem loves you!!

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Re: My Story, Being Honest For Once
Posted by doingtshuva - 13 Dec 2022 11:01

Wow-Great.

Hashem loves YOU 24/7!!

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Re: My Story, Being Honest For Once
Posted by Geshmak! - 14 Dec 2022 02:50

Wow wow wow!!! I have NO words!! Your a real ?? ?????!!! And I'm sure you know what ????
say abt a b't.... ????? ???? ???? ????? ?????? ?????!!!

Its amazing how you changed your life around... Like I don't know how you did it... you had/have
such a passion to change and you really did it! Like we basically came on to gye together (remember??) and you pmd me your story I was like hey this guy has done stuff that I wasn't
even close to and I thought there is no way your gonna be able to get your haligah kosher life
back... and look were your holding now!!! I'm actually crying....

you learn from here that nothing can stop a person if has the ratzon (will)! ??? ??? ????? ??????
?????!

I heard a beautiful vort from the ??? ??? ????? that you can learn this from ??? he wanted to
marry ???? and he got a whole city to maliah themselves even the old guys, everyone... he went
around convincing them it's good for them etc. (it really is mind boggling how he convinced a
whole city...) how did he do it? Cause he had the will the ratzon and then nothing stops you on
the way.... ??? ????? ??????!

dear love you h 24/7! You have known idea what's going in haven now how happy and proud
H' is of you!!!!!! I won't be shocked if you end up becoming a godel byisrel you have massive
kiches use them out and you'll reach crazy ?????!

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Re: My Story, Being Honest For Once
Posted by DavidT - 14 Dec 2022 16:47

[iLoveHashem247 wrote on 13 Dec 2022 06:32:](#)

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But the old me is dead, he doesn't exist anymore.

thank you Hashem! And thank you GYE!!!!

Now this is what we call Authentic teshuva! As the Rambam teaches us:

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Who has done a complete Teshuva? A person who confronts the same situation in which he transgressed when he has the potential to do it again and, nevertheless, abstains and does not do it because of his Teshuva alone and not because of fear or a lack of strength.

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For example, a person engaged in illicit sexual relations with a woman. Afterward, they met in privacy, in the same country, while his love for her and physical power persisted, and nevertheless, he abstained and did not transgress. This is a complete Baal-Teshuva.

(Rambam Hilchos Teshuva 2:1)

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 14 Dec 2022 22:11

Thank you so much for putting that out, because we are always our own worst critics, and our accomplishments are never good enough in our own eyes. If I was reading that I would've

found all the ways it is not exactly the same, but really, that gave me a lot of strength to see what you wrote. It happens to be that I was also recently in a place where the original person picked up my business card, and she was trying to catch my eye, but I ignored.

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