

**My Story, Being Honest For Once**Posted by ilovehashem247 - 22 Sep 2022 01:20

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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 - 02 Feb 2023 20:08

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[ytw wrote on 02 Feb 2023 19:07:](#)

I reached 90 days today.

taking upon myself another 33+ days (till purim, and further bez"h), ????" to all ????

YTW +33 and a BIG Mazal Tov!

304 days accounted for (wow!)

61 days to go.

Appointment in less than an hour, we're almost there!!! any takers for one month each?

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Re: My Story, Being Honest For Once  
Posted by iLoveHashem247 - 03 Feb 2023 16:06

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[iLoveHashem247 wrote on 02 Feb 2023 20:08:](#)

[ytw wrote on 02 Feb 2023 19:07:](#)

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ILH's sister +40 days Shacharit

344 days accounted for (wow!)

21 days to go.

Only three weeks left! Who wants to take it on?

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 03 Feb 2023 16:32

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We did it!

mother of ILH + 21 days shacharit

365 days!!!!

now aiming for 2 years!!!!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 03 Feb 2023 16:33

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A. + 7

1 year 7 days

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Re: My Story, Being Honest For Once

Posted by Ybird - 03 Feb 2023 17:25

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i plan on being clean for the rest of my life

if you count

120 years - 23 years i am now = calculator anyone?

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Re: My Story, Being Honest For Once

Posted by Markz - 03 Feb 2023 18:13

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[Ybird wrote on 03 Feb 2023 17:25:](#)

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if you count

120 years - 23 years i am now = calculator anyone?

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 03 Feb 2023 20:05

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Lol!

well you can continue to focus on winning one segment of time at a time

E. + 7 no Facebook scrolling

I also have these amazing aspirations, but my calculator doesn't

1 year 14 days

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 03 Feb 2023 21:37

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[Ybird wrote on 03 Feb 2023 17:25:](#)

i plan on being clean for the rest of my life

if you count

120 years - 23 years i am now = calculator anyone?

+35,405

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 05 Feb 2023 00:09

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Random yeshiva bachur +7 days Shmirat ha Lashon

1 year 21 days

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~~Kol hakavod~~

Re: My Story, Being Honest For Once

Posted by Ybird - 05 Feb 2023 01:09

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[iLoveHashem247 wrote on 05 Feb 2023 00:09:](#)

Random yeshiva bachur +7 days Shmirat ha Lashon

1 year 21 days

Wow wow ?? ???? ?????!!!!

I'm sure there is a few hundreds battillions of ?????? standing up there and scrolling this thread, showing to ??? what wonderful natnation he has!!!!

I'm wondering why this thread only has a couple of thousands of views and not seven hundred and fifty six trillion, eight hundred seventy two billion, two hundred forty five million, nine hundred and twelve thousand, four hundred ninty six views

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 05 Feb 2023 04:33

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BTW I had a personal breakthrough over Shabbat.

A dear friend of mine who is also dealing with big challenges in certain areas of his life came over for shabbat. I insisted that he stay in the guest room because the weather was horrible - close to 0 degrees Fahrenheit and powerful blustery winds (ruach kadim... interesting that it was during parashat beshalach when Hashem sent powerful winds before splitting the sea)

Friday night we stayed up talking for maybe 4 or 5 hours about how to forgive and overcome the hakpada I was bearing towards the person who hurt me very deeply by insulting me in a public forum.

I encouraged them to discuss the topic with me, and concluded that I'd have to try to let the conversation sink in. The message they were sending me was that the man had tremendous pressure on him, and seemingly is in the midst of a nervous breakdown. The day after he publicly hurt me, the government shut down the project he had been investing his entire life into. His newborn granddaughter is very, very sick.

I didn't want my pain and my grudge to be the cause of someone else's pain and sufferings - I didn't want a newborn to be at risk of not living long enough to even crawl. But I was still murdered by this man, and I just couldn't let it go. I couldn't forgive.

Until my wife handed me a book by rav Aharon Margalit titled "The Impact of As Long As I Live #2." She told me to read the first chapter, which was a description of a very similar situation to my own. Someone who was on the receiving end of the generosity of the director of a chessed organization publicly embarrassed the giver in a horrible way.

Just like me, the man wanted to die. He couldn't pray. He couldn't bring himself to continue his activism. The man, like me, was destroyed on the inside.

The story is much longer than I can share here, but ultimately the insulted party was in a public discussion with rav Margalit, and the rav asked him "why are you choosing to be insulted?"

The insulted man and I were both surprised and taken for a spin by this question.

Why am I choosing to be insulted?

Is it really a choice?

I finished the story till the end and sat silently, musing upon this thought. I stayed up for another 20-30 minutes and found it within me the courage and strength to make the choice.

I chose to forgive. I chose to not be insulted. I chose to feel empathy toward the sick and broken man who vomited his pain upon me.



I recognized that he was in so much pain that he let it loose on someone who had given him so much - maybe out of a subconscious desperation did he turn to me to unburden himself.

What he did was wrong. It was painful. But it was not malicious, and it was not done in order to hurt me.

I forgave him.

I forgive him.

I am still in a lot of pain, but now I have the medicine of forgiveness, and combined in my newfound empathy and faith, Hashem should help me move on from this pain with time.

It still really hurts, but now it is a pain that will subside.

I am not longer hurting myself by choosing to be insulted.

A weight has been lifted, and I think it will take a lot of time for the pain to subside. I will always remember and it will always hurt, but the hurt will be less and hopefully the sharp edges will dull over time.

I am very grateful to my Creator for giving me the superhuman - maybe I can even venture to dare say G-dly strength that it took (and continues to take) in order to be able to move on.

Thank you for reading. It is very helpful for me to be able to share my thoughts with other - I don't know most of you, but I know that you care.

I love you all.

Have a great night.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 05 Feb 2023 15:08

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[iLoveHashem247 wrote on 05 Feb 2023 00:09:](#)

Random yeshiva bachur +7 days Shmirat ha Lashon

1 year 21 days

frank.lee + 2 weeks no porn + praying with a minyan 3x a day

1 year 5 weeks

keep 'em coming!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 05 Feb 2023 15:13

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I want to add that I noticed something very interesting.

Many people, when I speak to them, know exactly what it is they're struggling with, and within

half an hour are able to commit to improving in a certain area of their observance. Other people tell me “let me think about it,” and when I call them the next day they still need time to think about it, and they are still “thinking about it” probably for the rest of their lives. this is regardless of a person’s level of observance. I have seen both attitudes - on the “very very frum/religious” side, as well as on the “barely having anything to do with religion” side.

There is a certain character trait, one that I looked for in a spouse actually, that is called “growth oriented.”

It is so amazing to see people who have the guts to be honest with themselves, and admit that there is room for improvement, and they know what needs to be improved, and they take upon them selves to work in that area. Yet others, regardless of how they project on the outside, are living in a rut.

It was fascinating to see.

May we all be counted among those who desire to always grow!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 05 Feb 2023 21:18

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Old friend from college whose connection to Judaism is that he was born a Yid:

+ 1 week no P&M (that’s just the start!)

1 year 6 weeks

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