

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 - 17 Feb 2023 06:39

Lots to write but not much time....

went out for two days and a night with my wife for the first time in our marriage.

I wanted sex at the hotel

she did too but then didn't feel well at night

i held back (again and again and again)

she slept like a baby and I didn't touch

mutual respect and love for each other increased as a result

stay tuned for more

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Re: My Story, Being Honest For Once
Posted by doingtshuva - 17 Feb 2023 15:45

Wow, how did you do it ?

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 19 Feb 2023 01:09

[doingtshuva wrote on 17 Feb 2023 15:45:](#)

Wow, how did you do it ?

I reminded myself that we went on a trip to enjoy each other's company, not for me to be a taker. What she needed was space and a nice looooooong sleep with no kids to wake us up or to take care of for one night.

if I really love her then I need to give to her not take from her.

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 19 Feb 2023 01:24

Don't really have a lot of time right now, but just wanted to document a few interesting things that happened in the past week before I forget

I went back to school for art and design to specialize even further in my craft.

homework after the first class was to draw a self portrait, using only circles, squares and triangles

I drew 2 versions.

One was just my face made up of mostly circles with rectangular eyelashes.

The second was one that I drew was of my son who very very much, resembles me and has a similar personality to me.

Lots of squares for the head, and the clothing, and a moderate amount of triangles on the clothing, and the hair was made of a mix of triangles, circles, and squares.

Apparently, this was a psychological test. according to G-d knows who, whoever had the most circles in comparison to the other shapes as a very strong aspects of kindness, whoever has a lot of squares is very ambitious, and whoever used a lot of triangles is very sexual.

there is a female member of the small class who is very flirtatious, and flipped her hair at me, and said oh, you do not want to see what I drew! I actually saw when I walked in, it was basically a mosaic of triangles.

I am the only religious Jew in the class.

I made no comment, and made sure to sit at a separate table from the others.

Last time I was in school in the city, I would do drugs before and after and visit unsavory places as well. I really taking opportunity to fully repent on my actions will be shining example of what I have the potential to be.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 19 Feb 2023 04:19

read something beautiful from rabbi biderman in Torah Wellsprings this week from the parasha:

????? ?? ??? ????????

take the letters bordering the word ???.

?(?)?

?(?)?

what do the extra letters spell?

????

kedusha comes when a person establishes boundaries for themselves

beautiful!

p.s. if anyone needs a filter for their Internet, I am able to sponsor it. I have a sponsor with a

fund for exactly that cause. Please reach out if you need help with paying for it.

Warning: Spoiler!

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 19 Feb 2023 04:41

I am coming to the understanding that this whole challenge can be overcome with a change in mindset. The pulls will still be there, but the potency of the pull will be much different.

I have yet to figure out what the moment of choice is, and what exactly pushes a person over the edge to the side of making the decision that he wants and needs to make. Although I have done it in different areas in my life, I am still trying to get a deeper understanding of the buildup of clarity, strength, motivation, and resilience needed to do what needs to be done.

Any thoughts? It is free to share!

Warning: Spoiler!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 19 Feb 2023 17:02

day 151

what a wonderful accomplishment

no longer dreading the next fall

looking forward to today and the next

BH!

TYH

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 21 Feb 2023 01:20

WARNING

DANGER

ALERT!!!!

someone crashed into me with their car in the past year. I have been in physical and occupational therapy intensively for a long time. I had to be in touch with this person occasionally to get information, and I was working on getting a notarized statement from her. Upon attorneys advice I try to minimize contact and call today for it was hopefully the last time in order to seal the deal on that statement with her notarized signature.

Middle-age, divorced woman with no kids

Didn't let me talk for about 12 minutes. Refused to notarize document after her rant.

Said things like I really like you. there is a reason that we met. Hopefully we can get together.

I would like to come to you for Shabbat meals. Etc. etc.

she even tried getting my home address under the guise of sending me mishloach manot in a few weeks.

upon the advice of reb HHM I asked my attorney to send her a letter requesting to to approach me or my home and to cease all contact with me.

obviously I'm not going to do it but now I just wanna look at bad things and do drugs and the thoughts are spinning in my head

I'm on the phone with a friend right now.

this is so hard.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 21 Feb 2023 01:59

Spoke to HHM he talked me down and told me to look at the situation from the outside

i.e. acknowledge the feelings and accept them but remove yourself from them and move away

from the situation

still trying to absorb the concept

was going to meet a friend at a restaurant but he couldn't come

si I ordered my favorite dishes from a local diary place and and parked outside waiting to pick up. Gonna surprise wife (who I called to ask if ok to go out - I was out meeting a vendor already) and she was cool with it.

I am making an active choice to treat my wife instead of going to visit a massage parlor (read "prostitute") after getting high

not doing any drugs

Wife still not feeling well so I'm not getting any sex

I feel like this is an opportunity to fix the mistake. I made last summer with the lady who picked up my business card at a local café.

Please pray for me

ILH ben ILH's mother

ty

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Re: My Story, Being Honest For Once

Posted by Teshuvahguy - 21 Feb 2023 02:16

[iLoveHashem247 wrote on 21 Feb 2023 01:59:](#)

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so I ordered my favorite dishes from a local dairy place and parked outside waiting to pick up. Gonna surprise wife (who I called to ask if ok to go out - I was out meeting a vendor already) and she was cool with it.

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Please pray for me

ILH ben ILH's mother

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You are such a fighter. And when you fight, you succeed. Proud of you, my friend. Wish I could give you a huge hug and the biggest pat on the back. Your efforts are heroic.

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Re: My Story, Being Honest For Once
Posted by Geshmak! - 21 Feb 2023 03:25

) and I always think about you. I love to watch you fight like a lion (sometimes a little jealous...) and get such chizuk from watching all this! Keep it up and keep us posted. Btw I have your real name you sent me it through pm mounts ago I'm gonna say tihilem for you right now but the deal is you have me in mind in your prayers too. You have known idea how powerful your Tefillah is right now that you are literally giving your life over to Hashem!!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 21 Feb 2023 03:25

Had yummy takeout with wife and painted something pretty when I got home

going to sleep soon

thanks for the audience to vent

Dear brother! We came on to gye together (remember?? hope not the bad stuff

love you guys

thanks for being my clan

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 21 Feb 2023 13:48

[Geshmak! wrote on 21 Feb 2023 03:25:](#)

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Thanks for reminding me in the moment... I asked Hashem to give me my reward for that night in this world. I requested to not have to sleep so much anymore and to have the strength to always wake up early.

got up (and out of bed and dressed) at 6am today for the first time since... well I don't really

ty for the chizuk

Dear brother! We came on to gye together (remember?? hope not the bad stuff

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Re: My Story, Being Honest For Once

Posted by Markz - 21 Feb 2023 14:54

[iLoveHashem247 wrote on 21 Feb 2023 03:25:](#)

Had yummy takeout with wife and painted something pretty when I got home

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thanks for the audience to vent

love you guys

thanks for being my clan

Being around hero's like you on gye is very humbling. You have a much greater struggle than I and many here do!!

How do you manage?

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