

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 lionking - 01 May 2023 11:32

On your own pc.

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Re: My Story, Being Honest For Once
Posted by simchastorah - 01 May 2023 12:00

that is awesome i love it. i have to deal with this regularly (like i'm sure many many do) and it is such a feeling of gvura and kedusha to stay calm and content

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Re: My Story, Being Honest For Once
Posted by movingforward22 - 01 May 2023 20:42

I can relate..the same thing happenes to me on Shabbos morning, all the women with tight skirts and a chutzpahdik personality block off the entrance.. it used to bother me... until I decided that theses women are nothing more than tight clothes and heels.. really?? Don't u have some aidelkight? Don't block off the door so i can give you attention! Its a great tip btw.. to consider in ur head (not face to face) that these women all have a really gross and controlling personality and probably don't even have a sense of humor or anything authentic about them.... this is all when u don't wanna be nichshal..

but when they are not around u can just be dan lecaf zechus and say that they don't know better and got bad chinuch

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Re: My Story, Being Honest For Once
Posted by Markz - 01 May 2023 21:40

[movingforward22 wrote on 01 May 2023 20:42:](#)

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Sheeeesh!!!

I'm going to be dan lkaf zechut that this post was also written by AI

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Re: My Story, Being Honest For Once
Posted by movingforward22 - 01 May 2023 22:39

I was not saying this in a degrading way.. i was speaking the strugglers perspective.

there is a gemara in shabbos that says a woman is just a bag of flesh and blood. The point of that Gemara Isn't to put down women.. the point is a good visualization for a man fo shmiras

einayim.

These women are good people.. im just speaking from shmiras einayim perspective. While i do think some of them are overly provocative...

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Re: My Story, Being Honest For Once
Posted by Markz - 01 May 2023 23:43

[movingforward22 wrote on 01 May 2023 22:39:](#)

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Here's some food for fought (intended misspell)

Would you have written that about your mother?

Does it truly help get clean from porn (90 days+) with the flesh and blood perspective?

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Re: My Story, Being Honest For Once
Posted by retrych - 02 May 2023 16:46

WHen in the moment, then i cna see it. If the yetzer hara makes you think theyre nothing more thna their clothes, then see something bad in those clothes. Just know that neither that view or the yetzer haras view are real. As for what to think not in the moment, obviously just people. But I've seen people say worse about small unintended rudenesses like standing in the way

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Re: My Story, Being Honest For Once
Posted by retrych - 02 May 2023 16:51

On the other hand, dont assume negative motivations into other peoples actions when innocence or even nonthinking is a possible cause. too much of that in the world. And i speak as someone who has put bad intentions into other peoples actions too many times. Usually its nothing meant. In all these cases.

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Re: My Story, Being Honest For Once
Posted by movingforward22 - 02 May 2023 17:16

[retrych wrote on 02 May 2023 16:46:](#)

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That was what I was trying to point out

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 15 May 2023 03:27

A looong slip or several falls?

Should probably reset my counter. Phew, I'm finally human.

lots of stuff

does it start when I began skipping daily ADHD medicine doses? A lack of compulsively causing me to not use the compulsivity controlling medicine?

when I discovered the unfiltered pc I can access remotely from home?

smoking the first joint?

when my wife gets a notification from the dealer bc my Google account is on her work phone?

when I start burning bridges?

Why am I doing it? Why did I do it?

So if I'm not pill-ed up bc of a bad decision I turn into Mr. Hyde?

Until when G-d?

late mortgage? sick baby? bike & car booth breaking down?

What is the point of these tests I just feel further away than ever before

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Re: My Story, Being Honest For Once
Posted by Hashem Help Me - 15 May 2023 10:41

Your honesty is the first step in getting it back together. And it is advisable to only experiment with these medications under the direction of the prescribing doctor. You have shown tremendous growth and stamina. With Hashem's help and some wise decisions, you can get right back to where you were - just figure out what the first loose stone on the path was and cement it into place buddy.

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Re: My Story, Being Honest For Once
Posted by chancy - 15 May 2023 20:38

What is the point of these tests I just feel further away than ever before

Hi I Love,

Your question is a very tough one! It hurts me thinking of you in that situation.

We all have these questions sometimes, but let me share something that Rabbi Nachmen ztz"l says.

When a person starts climbing out of his hole and wants to become closer to Hashem, at first he will be shown great stuff and he will feel lots of spiritual pleasures, but that will soon end..... he might feel like he's being shunned and Hashem isn't listening, and he's even worse than when he started, he will go through all kinds of pain and sufferings in his mind, the only thing he needs to do is to hold on!!! even if he can't concentrate one word while praying, just keep praying just say the words, believing that Hashem is everywhere and therefore whichever level he might find himself, he needs to know that Hashem is there as well! There is no place that he is devoid of Hashem!

It's hard, really hard. But we gotta hold on. There is no other option.

Of course you should talk with your doctor about adjusting your meds if possible. But overall, know that Hashem still loves you and hears and sees and understands everything. Every fight you don't give up on fixing immeasurable things from your past! HANG ON TIGHT!

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 15 May 2023 23:40

Thank you for the chizuk!

I know He's there, I was almost yelling at Him at how I'm annoyed at Him

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Re: My Story, Being Honest For Once
Posted by ?????? ?????? - 16 May 2023 02:28

[iLoveHashem247 wrote on 15 May 2023 23:40:](#)

Thank you for the chizuk!

I know He's there, I was almost yelling at Him at how I'm annoyed at Him

My friend (sorry if its awkward, I just feel like common cause makes us friends), you reminded me of one of my favorite Emuna stories. It was about a Jew who suffered through the Holocaust and was so angry at God he wanted nothing to do with Him. He lived in America and sent his children to public school. The only God-education they got was that there is no God. One day in December his kid came home from school singing Christmas carols he had learned from his friends, and his father was furious. This heilige Yid, red in the face yelled for his son and the whole velt to hear, '???? ?? ??? ??? ?????? ??? ?????? ???!!!!, and He is the One we don't believe in.

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