

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 Gevura Shebyesod - 16 May 2023 13:07

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Re: My Story, Being Honest For Once
Posted by chancy - 16 May 2023 18:28

[iLoveHashem247 wrote on 16 May 2023 12:08:](#)

Great story, I use Google translate for that one.

I feel like a child who is yelling at his parent that he hates them, and then runs away, looking over his shoulder, waiting for the parent to run after him.

There is a famous story about the Holocaust in one of the Ghettos, one day they rounded up all the children and took them away.... soon afterwards, you could see windows opening and people started throwing out their religious items, sfarim, tfilin, etc. Someone mentioned this to a Tzaddik that was there, how horrible it was that everyone is losing faith!. So the Rabbi said "Not at all, they know that Hashem is in charge, they are just upset at Him!, Better then to believe that there is someone but Him!

This is at the core of it, if we think we get to chose our life and path, we will be upset at everyone, First at ourselves for failing to achieve what w NEED to achieve, then at others for standing in my way, then at Hashem for not listening to us when we ask for something.

We can be stuck for eternity in this cycle, the only way out is to realize that WE ARE NOT IN CHARGE OF ANYTHING! We are vessels that Hashem uses as He sees fit, of course He loves us and does everything for the ultimate good, but we dont need to understand it or see it.

This is the biggest challenge today, I believe even bigger then Lust. If you look deep you will see that we are all severely malnourished in Bitochen, we dont know how to let go and trust someone else even Hashem!

Remember, Nothing good comes easy and that's a fact!

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Re: My Story, Being Honest For Once
Posted by ?????? - 17 May 2023 00:25

[chancy wrote on 16 May 2023 18:28:](#)

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Al derech what the rov is saying (or maybe farkert) there is torah that amalek stands for kefir in humanity. Says everything is bidei shamayim, even yiras shamayim. Yiddishkeit says no, emuna in the eibeshter is not enough, you have to have emuna in zich. Timche es zecher amalek!

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Re: My Story, Being Honest For Once
Posted by ?????? ?????? - 17 May 2023 00:26

[chancy wrote on 16 May 2023 18:28:](#)

[iLoveHashem247 wrote on 16 May 2023 12:08:](#)

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 17 May 2023 13:45

Thinking of going to AA or NA

Recently made a stop to pick up a "package" On the way to my in laws to watch my kids while baby was with wife in the hospital again

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Re: My Story, Being Honest For Once
Posted by ?????? ?????? - 17 May 2023 13:54

[iLoveHashem247 wrote on 17 May 2023 13:45:](#)

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Was that because of the stress of the situation?

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 17 May 2023 15:08

I was going to pick up before that, it was building up for weeks

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 22 May 2023 23:23

Does anyone know of a frum AA or NA group in Monsey?

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Re: My Story, Being Honest For Once

Posted by willdoit - 23 May 2023 00:16

[iLoveHashem247 wrote on 17 May 2023 13:45:](#)

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baby was with wife in the hospital again

@ilovehashem247, I am sorry for the pain ur experiencing recently...

I've been following ur journal from beginning, uv been a real inspiration for me personally..

Just throwing in my 2 cents here.. do you think, discussing with a professional about ur decision might help as of which direction to go?

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 23 May 2023 01:23

Hi willdoit

Can you hear me there outside the rut?

I am dealing with one of the veteran members on the site and I have also spoken to my primary care physician.

I have gone to such groups when I was younger, and it helped. Hopefully as an adult, along with others in my community, I will be able to finally overcome this for good.

As HHM told me, all of these things are just replacement drugs for one another. Porn and masturbation is just another drug.

I guess I have to approach it now from my favorite flavor

my wife discovered me because I have my personal email address connected to her phone and something popped up. I have added accountability services on all of my devices as of today. We had a whole conversation about the path to recovery, but she doesn't know that I'm still stuck. She I'm just burned out a bit at this point. I need help for the sake of my family, and for my own sake, and I am trying to find the right help.

i also adjusted the dosage of my daily medication which helps me with impulsivity among other things.

I willalsodoit

Courage... among other things

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Re: My Story, Being Honest For Once

Posted by Dov - 23 May 2023 03:31

I've been following this thread for some time because posts here trigger notifications In my email. I seem to recall you started posting here because of concerns revolving around sex with self and others, pornography etc. Just above you sound quite ready to consider attending NA or AA meetings in your area...I may have missed it, but have you ever seriously considered as seriously the very real option You have of attending SA meetings members who are sober for months and years? Perhaps that's a viable option for you. I went to my first SA meeting in Monsey about 20 years ago and it was a wonderful little meeting. Now they are quite a bit larger, but you can find smaller ones if you like because there are probably a couple of great SA meetings there every day of the week. Anyway, I don't think this is the right venue for *serious* discussion of recovery. It's a great place for good ideas and chizzuk, but specifics should probably be kept private. I'd be happy to discuss this more privately if that's what you want to do. And by all means Narcotics Anonymous is a wonderful place to start, too. Your wife must be going through a special piece of hell inside right now, even if she's keeping herself together externally. Peace brother ??

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Re: My Story, Being Honest For Once

Posted by Dov - 23 May 2023 03:45

Just for clarification, I don't live in Monsey and was only visiting there at the time. B"H I was sober about 6 years then and life was already 'night&day' from what it had been before. There's a lot of hope here for you, and anyone else who needs this... I'm not saying this is what you need. Just pointing out that it *seemed* to me you might have been seeing your attendance at narcotics and alcoholics anonymous meetings as more viable an option than attending sexaholics Anonymous meetings, for some reason, even though It is also available. Sometimes people are just so ashamed of their humiliating sexual escapades that they cannot fathom opening up about them completely among a bunch of other frum people. Oh well.

Dov

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 25 May 2023 03:42

More that my struggle is stemmed more from the drugs than the sex.

I would choose the illicit drugs over the illicit sex every time

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Re: My Story, Being Honest For Once

Posted by Dov - 25 May 2023 04:42

I can introduce you to people in fantastic recovery in narcotics Anonymous. If you prefer frum Jews to begin with, That's no problem at all. Just PM me and we will work out a good person depending on your location and such. That way you can meet him and get together over coffee instead of with fake names over the computer like this...like two adults. All questions can be disgust and put to rest in order for you to be able to start getting real help as soon as possible. There's a lot of work to do, bH ??.

And a happy Shavuos ta yoo

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