

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 Foolie - 31 May 2023 20:09

I have found that when dealing with a narcissist the easiest way to deal with them with out letting them get to you is call them out on everything you are able to, I don't know the intricacies of your relationship with this fellow, but calling him out on his bs should help somewhat if you are in a position to do so

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Re: My Story, Being Honest For Once
Posted by Hashem Help Me - 31 May 2023 20:21

Being that from your many posts, people may make assumptions (correct or incorrect) which kehilla and individual you are referring to, maybe it's best not to get so specific about the misdeeds that individual is doing.

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Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 01 Jun 2023 14:23

I watch a movie to escape yesterday, instead of M

Left it open and my wife found it

I feel like I'm spinning out

She said she feels like she doesn't know who I am anymore

I feel like I'm struggling very much, but every small thing that happens becomes a big deal

Makes me want to run away even more

Should I just sit in a room all day doing nothing until the withdrawal passes?

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 01 Jun 2023 14:42

[ytw wrote on 31 May 2023 15:26:](#)

Hi, I don't write much here, but I follow your story here for a while already, and I must say that I really look up to you how you keep pushing and pushing without giving in, yes the way is not always smooth, but nevertheless you keep up pushing and striving ahead and forward, so I can encourage you to just keep on going, keep on pushing, and may we all reach great heights together.

I just came across an amazing lecture that I think every addict can benefit from, take a look in my signature and take the time to listen to it, I think you'll like it.

keep up your amazing work, it's not easy but it's great.

Wow.

thank you for sharing!

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Re: My Story, Being Honest For Once

Posted by Foolie - 01 Jun 2023 14:54

I'm sorry you're in so much pain if you need to talk my DM is always open

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 01 Jun 2023 23:32

A few updates from today.

I have been going to AA consistently.

EDIT (less of the gory details):

I fell all day today.

Sick of jumping from one addiction to another

Reached out for help in getting a therapist today and I have someone who will be helping me find the right fit and hopefully I will be able to start working with someone starting next week

connecting with real humans at meetings, who are struggling just like me, is reassuring in a sense that I am not unique and that other people are struggling in the same way. we are here to help each other by relating to one another's struggles. In person is more powerful in some ways than in an online forum, as special as this place may be.

Also, the reactions of people have been writing to my increased stream of commentary has been encouraging and gives me strength.

Thank you for caring

Also, a mentor that my wife and I are able to reach out to who is not scared to smash me with a sledgehammer every once in a while is a big help for getting me on track.

I feel like very small changes are happening, but they are in the right direction

I told my wife today that I am crawling out of the pit, she said "as long as you're going in the right direction, I have hope." I told her I just wanna let you know though, that the pit is very very deep, and it will take me a while to crawl out.

we went on a long walk today

T'was nice

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Re: My Story, Being Honest For Once
Posted by Foolie - 01 Jun 2023 23:51

Not to lecture you or be a nudge but remember be patient that this is a long process and that

progress is measured in baby steps not by great instantaneous leaps.

Keep reaching out we're here for you

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 02 Jun 2023 11:43

Thanks for the wise words, Foolie

Woke up feeling OK and not hating myself, and... dare I say it...? Slightly hopeful for the future

there is something called the "serenity prayer" in AA. it goes like this

G-d, grant me the serenity to accept that which I cannot change, change that which I can, and the wisdom to know the difference

i repeat it throughout the day and think about it a lot.

"serenity to accept that which I cannot change" is one of the most powerful concepts I have ever pondered.

I don't HAVE TO change things that bother me. I can let them exist separately from me, and that's ok!

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Re: My Story, Being Honest For Once

Posted by doingtshuva - 02 Jun 2023 14:15

You are a real fighter and you have an amazing supportive wife

Don't take it for granted

Have a great shabbes

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 02 Jun 2023 20:14

I was struggling to try to not take my Friday afternoon drink so I called my temporary sponsor, and we had a long conversation about the mindset behind all of this. I'm still feeling the pull but it's weaker and I think I can get through.

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 02 Jun 2023 22:17

Update

drank some

Put up a darn good fight

let's see how I do over Shabbat...

if there's one thing I'm not it's a quitter.

except for addictions - I definitely would like to quit that

For the record, I took one sip of the second drink, then poured it in the backyard

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Re: My Story, Being Honest For Once

Posted by Foolie - 02 Jun 2023 22:56

Small steps my friend small steps. Keep working the process

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 05 Jun 2023 02:10

Today I started contemplating who is my Creator? What is my "G-d as I understand him?"

Can I dare change G-d?

If He is the Jewish G-d, and if He is as He is described in the Torah and our writings, then He always was and always will be the same - regardless of my understanding.

What difference does my understanding of Him make in the reality of things?

If I worship a G-d of my understanding, then that is not Judaism. That would be ILH-ism and a made up religion.

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Re: My Story, Being Honest For Once

Posted by ??? ???? ???? ??? - 05 Jun 2023 03:03

[iLoveHashem247 wrote on 05 Jun 2023 02:10:](#)

What difference does my understanding of Him make in the reality of things?

If I worship a G-d of my understanding, then that is not Judaism. That would be ILH-ism and a made up religion.

I think your understanding of G-d makes a big difference in the reality of things. I am not referring to the theology of G-d, but how you, in your own life, receive or experience G-d.

Here are some ways in which I have received G-d in my actual experience over the years:

- "G-d who I can turn to in a time of distress"
- "G-d who loves me for who I am"
- "G-d who demands that I learn Torah at every free moment,"
- "G-d who punishes me for looking at pornography and masturbating."
- "G-d who thinks I am a sinner."
- "G-d who thinks I am righteous."

Again, you are not necessarily going to change your beliefs or intent when you say Shema Yisroel, but it is a worthwhile exercise to think about how you are actually experiencing G-d in your life.

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