

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!

=====

Re: My Story, Being Honest For Once
Posted by Dov - 03 Jul 2023 17:17

If it's unclear to anyone what I'm referring to, just ask. Np

Dov

=====

Re: My Story, Being Honest For Once
Posted by richtig - 03 Jul 2023 17:21

[Dov wrote on 03 Jul 2023 17:17:](#)

If it's unclear to anyone what I'm referring to, just ask. Np

Dov

asking

=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 12 Jul 2023 12:52

Brought up a discussion about "burnout" in an AA meeting.

a bunch of old timers said that if they asked their sponsor that question when they started decades ago, they'd get a slap and a couple of dollars to go get themselves a drink...

I switched sponsors to someone I speak to quite often and look up to. My original sponsor is great but simply very busy and hard to get on the phone.

the next day new sponsors and I started working on the 12 steps (hadn't done this in the month and a half I had the first sponsor).

we also discussed what my day looks like and when I mentioned that what was hardest for me is that I no longer am around at bedtime and I haven't been there to be with my kids and put them to sleep at night, he said you need to be there for your family. Your children need to have the memories of you being there and especially until they are older you need to focus more on being there in the morning.

So I tried really hard and got up way earlier than usual, which is when my alarm starts ringing. sat on the couch for a bit with my wife, which was a great thing for both of us, then cuddled with all my kids individually.

last night got a text from my wife after telling her that I wanted to be more present in the morning. She texted me saying "when will I have my husband back in my life."

I then ordered takeout from a fancy restaurant that we used to go to a lot and we had a mini date at home

She was grateful, but suspicious

I also went to bed at the same time as her instead of playing around on the computer

I want everything, yesterday, and I'm learning to be patient.

also step three of the 12 steps speaks about handing one's will over to his higher power

was thinking this is similar to what it says in Pirkei Avot

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

was very hard for me to understand that concept, and I'm trying to comprehend it now with the above in mind

=====
=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 12 Jul 2023 21:40

Got through to my original sponsor, and told him that I need someone that will be able to work with me in the times that work for me. He was so understanding! I told him the honest truth, that every word that comes out of his mouth is gold to me. I just need to be up as early as he is in order to hear it, and I'm not holding there yet. He was very encouraging and told me that our goal is that the person sitting next to us gets better. No other intention in mind. He also told me that it does not have to be awkward now and that I should still pick up the phone and be in touch

I also spoke to my current sponsor, and one point that we touched upon, is that I have a tendency to take, sometimes by cleverness or sneakiness, that which does not necessarily rightfully belong in my possession. Replace the word "shtick" with fraud and you get the

picture.

he told me that our “tastes” are similar. In fact, he has such a history and he was ultimately caught in the act.

i want everything, yesterday.

but I don't need it.

=====

Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 13 Jul 2023 11:10

Kept waking up yelling from nightmares

I recall telling my wife about at least one of them in the middle of the night

I asked her to remind me what in the world I was talking about

She said that I was being held captive in my dream

She interpreted the dream is meaning that I am fighting from my deepest subconscious to break free, and I am captive to my will, and I am trying to come out of that captivity. Change is excruciatingly painful, and I am going through a paradigm shift.

And I didn't even have to pay for that positive interpretation!

=====

====

Re: My Story, Being Honest For Once
Posted by chaimoigen - 13 Jul 2023 13:02

You are a man of tremendous courage. I admire you, and hope and Daven that you can continue this journey to find peace in your heart and spirit.

CMO

=====

====

Re: My Story, Being Honest For Once
Posted by cordnoy - 13 Jul 2023 13:13

[iLoveHashem247 wrote on 13 Jul 2023 11:10:](#)

Kept waking up yelling from nightmares

I recall telling my wife about at least one of them in the middle of the night

I asked her to remind me what in the world I was talking about

She said that I was being held captive in my dream

She interpreted the dream is meaning that I am fighting from my deepest subconscious to break free, and I am captive to my will, and I am trying to come out of that captivity. Change is excruciatingly painful, and I am going through a paradigm shift.

And I didn't even have to pay for that positive interpretation!

Wearin' Bar Hedya's other hat (as you are not payin' me), I had a different interpretation; sadly, one of the mods deleted it while it was still in moderation mode.

=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 13 Jul 2023 15:43

[chaimoigen wrote on 13 Jul 2023 13:02:](#)

You are a man of tremendous courage. I admire you, and hope and Daven that you can continue this journey to find peace in your heart and spirit.

CMO

Thank you for your kind words.

what does CMO mean?

spoke to my sponsor about this and he told me "it's not over buddy. you will also start to have dreams about using and acting out but that is all part of the recovery."

=====

Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 16 Jul 2023 14:18

I'm still shaking as I type this

have been clean from drink and drugs for 46 days but the sexual urges have been creeping up.

my GYE clean days reset more often as time progresses and i started getting urges, strong urges to go to massage places.

was visiting family out of town in a very “frum” area, and went to an AA meeting in the morning.

it was located in a mega church and I wasn’t about to go wandering around in the church.

I loitered and left some litter in the lot, then looked up massage parlors. There are abundant amounts of the worst kinds of massage places just outside of this frum town, and I entered the address of one of them into my GPS

I walked into a local shop to get some change for my cash and my hands were shaking like crazy - I dropped what I was holding and couldn’t even read what was written on the item I purchased due to the shakiness.

I sat outside the MP for 30-40 minutes fighting a war of will against going in

I was about to get out of the car and was about to step in, but I couldn’t move my muscles. I knew that if I moved one muscle, then I would lose. So I put on my tefillin right there in the parking lot and begged Gd to save me.

I took the tefillin off and still couldn’t move a muscle.

I called a few people but nobody picked up.

I called my AA sponsor and he told me to turn on the car and get out of there, and to get an SA sponsor ASAP.

"move a muscle, change a thought."

I have some injuries from an accident so I can't really work out.

left the parking lot and made some calls to SA friend.

im back at the place we've been staying this weekend. Physically safer but mentally feeling like a cornered deer.

I need help.

I am feeling a feeling of desperation

how am I supposed to live a functional life if I'm so busy fighting addictions all day long?

How do people survive?

I feel like a small insect stuck in a tornado

=====

Re: My Story, Being Honest For Once

Posted by Dov - 16 Jul 2023 14:46

It seems to me you have a valuable AA/NA sponsor and that you chose well ??.

=====

=====

Re: My Story, Being Honest For Once
Posted by cordnoy - 16 Jul 2023 14:52

Been there, know the feelin's.

Focus on the positive thin's you did.

The most disgustin' thin' you did was litter in the church's parkin' lot. What the hell's wrong with you?

Godspeed - whichever!

=====

=====

Re: My Story, Being Honest For Once
Posted by frank.lee - 17 Jul 2023 07:23

It is hard now but BeH you will be able to change and it will be much easier...

=====

=====

Re: My Story, Being Honest For Once
Posted by chaimoigen - 17 Jul 2023 11:48

Powerful. You kept reaching out. **Connection is the path.**

Lots to learn....

If you litter again, you may be made to sit on the bench with all the other folks from Alice's

=====

=====
Restaurant

Re: My Story, Being Honest For Once
Posted by iLoveHashem247 - 19 Jul 2023 22:36

It's true

starting to fall leads to isolation leads to acting out leads to continuing the cycle

=====

=====