

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 - 02 Oct 2023 00:21

Great news. Didn't actually slip or fall

bad news started to mentally slip the week between YK and sukkot

didn't help that wife is not feeling her greatest.

flipped out at me in front of my entire family this morning - was sick and davening in parents' sukkah

my boys playing in the yard and me checking on y hem every little bit. We davened together for a while. Got silent for a few min and I found them making a concoction of grass and mud in a puddle in the side yard

came inside to ask wife where I can find a change of clothes and she lost it on me. Not just a one liner, went on for a few minutes.

hid from her the rest of the day

super awkward with my family

I told her that Many saw and were embarrassed and can't keep an eye contact w me

apologized multiple times thru out day

felt like crap

didnt drink

didnt M

thankfully my search for smut ended in failure

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Re: My Story, Being Honest For Once

Posted by iLoveHashem247 - 02 Oct 2023 03:22

Got home and was much calmer. Told her that she is cherished and I know she does not normally act that way. She asked me why I didn't verbalize that earlier

also

this time last year I was sitting in the sukkah oogling lewd internet content.

what a difference in my life

tyh

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 03 Oct 2023 16:41

Hopeful yet hopeless

feeling resentful to the program

yet I know that's my road to sanity

maybe what I don't like is myself

want to pray but my heart feels blocked

throwing my hope into it

then thinking to myself why does it even matter

what difference does it make

but it makes a difference

I only see starters and old timers

feeling stagnant

feeling confused

hanging by a thread yet my family is depending on me

thinking to myself I'm four months in. Should have made progress. But I'm also just starting out.

too arrogant? Too blind?

what's wrong with me?

confused and discontent and I can't understand why

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Re: My Story, Being Honest For Once
Posted by bright - 03 Oct 2023 16:51

Feel your pain! Wow, you are trying so hard. Really! Just from reading your posts there seems to be so much progress, its just yourself telling yourself you arent growing. The main change is inside, and change is hapenin!

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Re: My Story, Being Honest For Once
Posted by cordnoy - 03 Oct 2023 16:54

[ilovehashem247 wrote on 03 Oct 2023 16:41:](#)

Hopeful yet hopeless

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I only see starters and old timers

The first part of your post is a common theme amongst many folks who have frequented this site.

There are several old timer's here - true.

there are many starters here as well.

However, there is a ton of fellows in-between as well - in fact, the overwhelmin' majority.

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Re: My Story, Being Honest For Once
Posted by bright - 03 Oct 2023 16:55

Im in between:)

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 04 Oct 2023 02:56

Bright, I hear you but it's still difficult because I feel directionless....

i went looking for trouble today. And I found it.

had a fall later that day.

????? ??????

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 04 Oct 2023 02:58

[cordnoy wrote on 03 Oct 2023 16:54:](#)

[ilovehashem247 wrote on 03 Oct 2023 16:41:](#)

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black and white is easy to see, but the greys are hard to recognize and the change happens gradually so it's difficult to catch it in action.

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Re: My Story, Being Honest For Once

Posted by Foolie - 04 Oct 2023 03:00

Yes if you go looking for trouble you will find it, or it will find you, however the true measure of growth is how you respond in the aftermath of getting into trouble and I believe your response will show you, how much you have grown since the last time you went looking for trouble

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Re: My Story, Being Honest For Once

Posted by i-man - 04 Oct 2023 06:00

[ilovehashem247 wrote on 04 Oct 2023 02:56:](#)

Bright, I hear you but it's still difficult because I feel directionless....

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had a fall later that day.

????? ??????

You're in Nauru ??

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 04 Oct 2023 13:20

Micronesia

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Re: My Story, Being Honest For Once

Posted by willdoit - 04 Oct 2023 14:50

[ilovehashem247 wrote on 04 Oct 2023 02:56:](#)

Bright, I hear you but it's still difficult because I feel directionless....

i went looking for **trouble** today. And I found it.

had a fall later that day.

????? ??????

@Trouble, ur being called!

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Re: My Story, Being Honest For Once
Posted by bright - 04 Oct 2023 15:29

[ilovehashem247 wrote on 04 Oct 2023 02:56:](#)

Bright, I hear you but it's still difficult because I feel directionless....

Can you elaborate?

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 04 Oct 2023 22:02

[bright wrote on 04 Oct 2023 15:29:](#)

[ilovehashem247 wrote on 04 Oct 2023 02:56:](#)

Bright, I hear you but it's still difficult because I feel directionless....

Can you elaborate?

Sure! Here is an eloquent description of how I feel:

Warning: Spoiler!

I feel like I am putting in my effort into different things and I still feel the same way as I did before. I get an occasional reprieve of anywhere from a few hours to a few weeks but I still feel like crap. I'm not at peace with myself. Something throws me off my path and it takes a long time to recover. I feel hopeless. I feel like giving up but I know that I cannot give up because I know how I t looks like when I gave up. It's horrible.

I'm trying.

i don't know if I'm trying.

Maybe I'm just trying to get the results to fast

I'm not happy. I'm not com do not feel like I am OK

I have this whole support network, and I still don't know what my questions are in order to get the answers that I'm looking for

i played with my kids today for about thirty min in the playroom. First time doing this without drugs in a long time. Was uncomfortable being on without the added edge of a joint or drink

wtf is wrong with me that I can't enjoy playing with my little children???

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