

My Story, Being Honest For Once

Posted 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 habit 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 chaimoigen - 03 Dec 2023 00:33

Raising my glass.

Here's to you, to hope and perseverance, to the future, and to living!

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Re: My Story, Being Honest For Once
Posted by Dov - 03 Dec 2023 01:37

I just love you and support you, no questions even considered. We all need continued encouragement to get the help we need. Learning how to live life the easy way doesn't come easy to any of us, it seems.

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Re: My Story, Being Honest For Once
Posted by boca19 - 03 Dec 2023 16:10

YOU ARE AMAZING!!!!!!

Love your openness and honesty, and can so relate to many of your struggles!

KEEP UP THE FIGHT BROTHER!

We're all in this together.

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 18 Dec 2023 02:12

I've been a big fan of the "Tech Talk" pamphlet for a long time now. It helped inspire the following story:

I recently switched over from a filtered iphone for my business to "dumb phone" with call, text, waze, camera and email.

for such a long time i kept *convincing* myself that i need an iphone to run my business, it's ok it's filtered, no apps, etc.

business was very slow for a while before i made the switch

while transferring the service to the new device, i got a few voicemails.

The first voicemail was from someone I've been trying to collect a debt from for almost three months

She paid within 24 hours

how much? 100x ?? because it took a lot of inner strength to do it.

has been a great decision and I haven't looked back

thanks for reading

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 18 Dec 2023 04:28

... 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).

was reading my first post here and realized i forgot to record in this interactive diary of mine that I realized recently that I was molested as a teen.

Warning: Spoiler!

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Re: My Story, Being Honest For Once
Posted by bright - 18 Dec 2023 04:42

[ilovehashem247 wrote on 18 Dec 2023 02:12:](#)

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Hey so happy for you! Honestly, the exact opposite happened for me when I filtered my devices. Lost sales and business. But I still wouldn't take it back (at least most of the time thats how I feel...).

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 18 Dec 2023 04:44

replaced a filtered device
with Eko phone (Qin F30) very happy with it

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Re: My Story, Being Honest For Once
Posted by bright - 18 Dec 2023 04:45

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Warning: Spoiler!

What made you realize?

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 18 Dec 2023 04:47

was tired of talking in therapy about how controlling and micromanaging my mama was growing up

thought of what other woman influenced my life

_____ 's name popped into my head and then it was just a stream of consciousness

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Re: My Story, Being Honest For Once
Posted by Dov - 18 Dec 2023 04:47

You're not alone, not much new about that or unusual. There's lots of help and I hope you do what's necessary. You're a good man and you probably deserve better than massage parlor adventures. Been there, done that...Clean for a bunch of years now from everything, and life's much different, bH. You've apparently come a long way. Hope you remember that.

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Dov

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Re: My Story, Being Honest For Once
Posted by adam2014 - 18 Dec 2023 11:04

I love hearing these "success" stories about getting rid of your smartphones. That is still a hurdle that I have not been able to overcome. I have my computer filtered, got rid of the "extra"

tech that I had kept around for my "bad habits". I feel that I am getting closer. I have all the apps deleted off my phone (Yes, I could reinstall them, but that little bit of friction has saved me a few times). I am making a conscious effort to not use my phone for anything other than what is totally necessary. I am trying to build a life that is not dominated by tech.

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Re: My Story, Being Honest For Once
Posted by zzz613 - 19 Dec 2023 05:33

[bright wrote on 18 Dec 2023 04:42:](#)

[ilovehashem247 wrote on 18 Dec 2023 02:12:](#)

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the story is told of R' shmuel Gurary a chassid of the rebbe rashab of lubavitch who was big gvir and had a close relationship with the rebbe.

he was once on a train in the company of chasidim of other rebbes and the conversation turned to the telling over of moifsim of tzadikim and each of the group told over a moifes that their rebbe did for them.

they turned to R' shmuel and asked him to share his story, so said i asked the rebbe advice on a big deal and the rebbe gave his bracha so i went through with and the deal went sour and i lost out big.

nu, they turn to him and asked, where's the moifes?

the moifes he answered, is that im still a chasid.....

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Re: My Story, Being Honest For Once
Posted by bright - 19 Dec 2023 19:25

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Re: My Story, Being Honest For Once
Posted by foolie - 19 Dec 2023 19:30

[bright wrote on 19 Dec 2023 19:25:](#)

So did the rebbe make the moifes or the chassid?

Yes

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