

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 habit 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 that i 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 - 07 Aug 2024 01:47

so it's been a wild week or two.

wife calmed down a bit, and reached out to her [very limited] support network. we are both realizing now just how insanely codependant this friend of hers is. for example, said friend called wife 5 times in a row until she answered then cried to her "how is it fair that i cannot come to your house and carpool but you are carpooling with someone else's kids?!"

Happy to have kept a distance.

went to a [very expensive] couples' therapist last week and it was a very intense intake. she came out very happy i came out head spinning.

went to an SA meeting this morning where there were two frum women - one of whom shared that she was 1.5 years sober but struggling /obsessing/fantasizing about rekindling an old relationship with a woman from her past. took a lot of guys to say that in a room full of male "sexaholics." especially as a frum woman (i think maybe chasidish even), to be talking about SSA... really humanized her in my eyes and helped me see her as a person and not an object.

dealing with cleaning up some of the wreckage of my past, although it is expensive and annoying, i am glad to be putting these things behind me.

also, I bought a small boat with some [non-SA] friends. Any ideas of what to name it?

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 07 Aug 2024 01:50

also just want to bring to light that we have my
Warning: Spoiler!

niece (wife's oldest sister's daughters) staying by us until the end of august for camp.

She is a younger version of my wife in looks and personality

struggling with lust, fantasy, flirting.

surrendering it to my network. hate to feel like "that creep"

Hashem should help me see her as a person and clean up my stinkin' thinkin'

Amen

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Re: My Story, Being Honest For Once
Posted by chancy - 07 Aug 2024 03:05

ILH,

wow just wow. the energy you have!

That problem with your niece is painful for me to think. I am terribly afraid to be in such a predicament.

But since you are in one already, sit and think for five seconds with your head (the one on your neck).

Do you even remotely want something to happen? even as much as a touch? now, you might get excited and your heart might start pumping but think thru the haze of lust, really? do you want to destroy everything? your life, her life, your family, you know it much better than anyone. ITS NOT WORTH IT! be a man and not a guy, a an uncle and not a creep, a husband and not a traitor.

This will pass and you will be the happier the less you think and fantasize about this.

Be strong now, Hashem is here.

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Re: My Story, Being Honest For Once
Posted by redfaced - 07 Aug 2024 12:17

[ilovehashem247 wrote on 07 Aug 2024 01:47:](#)

also, I bought a small boat with some [non-SA] friends. Any ideas of what to name it?

Whats wrong with ILH247 ?

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Re: My Story, Being Honest For Once
Posted by chosemyshem - 07 Aug 2024 13:47

[ilovehashem247 wrote on 07 Aug 2024 01:50:](#)

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Amen

Ah wive's nieces. Not so much of a relative that there's an instinctive non-lusting for them (especially if they were older when you joined the family or you didn't see them growing up much) - but still such a close relative that you feel like "that creep" if you feel lust for them. (And like, to be totally honest, it is kinda creepy.)

I feel you on this one. Didn't realize how much this bothered me till this post resonated very deeply. Thank you for sharing it.

Also, congrats on the boat. Boats are fun. I vote for "Jonah's White Whale" but only if someone who owns it is named Yona.

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 20 Aug 2024 19:05

Have been doing a lot of self-work and journaling with "the river guide" which is an iintroduction-to-SA questionnaire.

Raising a lot of awareness of things i struggle with, for example: I am a person who tries very hard to succeed at things I set my mind to (building a business, fixing my stove, getting sober, etc) and I am not scared to pursure all avenues until i reach my goals. but at a certain point, there is a limit to hishtadlut, and there is no more to do that will be effective or rational. for example a package i shipped went missing and i tried really hard to recover it - going as far as visiting the address to which it was mis-delivered to (USPS sucks) and knocking on apartment doors on the far shot change that maybe i will find my package (i didn't recover it). at the point at which i feel it is appropriate to give up, i can usually accept Hashem's will, for example with the missing package, even though it was an expensive item that got lost, it was not that hard for me to accept this as G-d's will. I did all i could, and i guess Hashem decided that i should not find it right now, maybe not ever.

But when it comes to sobriety, i know He wants me to succeed. I try so hard, and i have been trying for over a decade (most of which i was not even aware of SA), and i have not been able to get sober by myself. My subconscious attitude has been "if I can't fix it, then how in the world can He fix it?"

it is so hard for me to let go of the concept that I can more than G-d can.

Really, He can, and I can't

ego

it's real

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 20 Aug 2024 19:05

also, is anyone going to be at Bike4Chai tonight?

would love to meet up

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 25 Aug 2024 23:16

wife wasn't feeling well as i went on a fundraising sports event

asked her to stay home - right thing to do and also the non selfish thing to do

recently have been making an effort to establish stronger boundaries in my life, and it makes such a positive difference.

also recently really wanted to act out when i was super overwhelmed and had a successful and conscious surrender moment for the first time i can remember in quite a while.

was a great experience.

also have been going to 7 am and 7:15 am meetings and it is so much better for my life this way

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 05 Sep 2024 00:30

shame = guilt i feel at not being good enough at being you, when i am not comfortable enough in my skin to be me

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 25 Sep 2024 23:46

Sooooo.....

Boy, have I got a tale to share tonight!

read carefully, and please, do share your feedback below. I'd love to hear what the chevreh have to say on this topic.

Here it goes:

I came to realize (with lots of program and therapy) that when my life feels unmanageable, I try to control it. When I try to control it, I am failing to admit that I am powerless over _____ (fill in the blank). My need to control started when I experienced traumas and difficult times in life. By surrendering control to Hashem with prayer and humility, and giving over my burden to Him and not carrying it myself, I admit powerlessness and become free from the slavery to my addiction.

That was the intro. Here's the story:

Was reading a book on the toilet today (second in relaxation only to reading in the bath) when the leader of the cult I'm an Ex-member of - who has been running smear campaigns on me, intimidating my extended family and myself, and who had been the subject of many paranoid

They are incapable of genuinely experiencing empathy for the hurt they caused.

Obviously, he caught you off-guard, being on the toilet and all. But if I was in a good, calm headspace, and could say stuff without getting emotional, I would relish the opportunity to ask that narcissistic cult leader some tough questions.

Tough questions, that you would never *dare* ask while you were still in the group.

Questions like:

You presented yourself as the ultimate loving, caring person. Does a loving caring person act like "x"?

Do you really believe that you have the Divine authority to advise "x"?

Do you not realize how abusive your behaviour is to other human beings?

Do you not realize that you are nothing more than a manipulator?

While you claim to be so righteous and holy, you sleep very well at night despite the trail of broken hearts of many former people who have crossed your path...does this ever bother you? Are you not concerned for a day of reckoning in the World to come?

Of course, none of this actually will help the true narcissist. He will not take even ONE moment to reflect on your words. He will immediately rationalize that *you* are the crazy one while he was totally justified.

But I sometimes imagine that this conversation would afford some measure of closure, and could be very healing.

Allright, enough fantasizing...ultimately, you can't go wrong with the hang up method;)

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Re: My Story, Being Honest For Once

Posted by Muttel - 26 Sep 2024 18:52

Wow, I've never had the experiences you've had, so I can't really comment. But, youre a ????
for not biting his head off.....

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