

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 Hashem Help Me - 29 Jan 2025 12:35

Could be that legally it is not considered molestation being that the perpetrators were minors, however, let's face the facts. This was not a mutually agreed upon encounter, nor was it a story where two innocent kids were playing doctor and accidentally discovered sexual responses. You were tricked by two kids who knew exactly what they were doing. They somehow convinced you (tricked you) into getting undressed and proceeded to do something to your body that was gross and confusing to you. You were very vulnerable, and you were violated. Your body responded in a way you didn't know existed. My assumption is that they somehow manipulated you to make sure you wouldn't tell any adults what had happened. Although these two young girls had no idea at the time that they may have damaged you emotionally in a very deep way, that's exactly what they did.

The good news is now you are beginning to understand why you have specific urges and fantasies - and that has a great calming effect. "I am not a freak that was born with a damaged psyche. I was molested and that explains my strange behaviors. I will b'ezras Hashem recognize that, thus lower the panic, accept it, and move on. I can learn to step away from these desires which now do not awaken fear in me. They will diminish and disappear".

Hatzlocha buddy. Your courage resilience patience and enormous hishtadlus in dealing with this parsha are finally paying off.

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Re: My Story, Being Honest For Once

Posted by chaimoigen - 29 Jan 2025 16:39

Your resilience and the hard work you are doing is an inspiration.

Working through and understanding the pain you experienced and the effects it had on you is crucial. To precisely understand how much blame is to be attributed to the children who caused it, or to whoever caused damage to *them*, is probably less important, as has been said. But working through your feeling about the whole story is really important.

As HHM wrote, having an **awareness** and **understanding** of what happened to you is a critical step in finding healing. The other incredibly important work you are doing in the Program is also.

May Hashem hold you and help guide you to a place of inner and outer peace.

Chaim

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Re: My Story, Being Honest For Once

Posted by chancy - 30 Jan 2025 16:00

Dear ILH,

I dont dare to claim that i understand what you are going thru. Its just amazing that you are doing all of this work. You will look back one day at your past self and be amazed how much you achived and how strong you have become because of this struggle.

The saying "What doesnt kill you makes you strong" Doesnt just apply to physical illness, its actually more applicable to Spiritual and Psychological health.

I might not have experienced what you had, BH for that, but i still have a tough childhood in a lot of way. I was also forced to show someone my stuff as a very young child and afterwards i was convinced that hes telling everyone about it and laughing about my anatomy..... i was

7!

Anyways, I was unable to read your story as i am too vulnerable today. But I wish you lots of Koach and May Hashem really and truly be there for you and show up when you seek Him.

Love

Chany

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Re: My Story, Being Honest For Once
Posted by gevura shebyesod - 30 Jan 2025 21:25

[chancy wrote on 30 Jan 2025 16:00:](#)

...

Love

Chany

?????!!!!!!!

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Re: My Story, Being Honest For Once
Posted by gevura shebyesod - 30 Jan 2025 21:26

[chancy wrote on 30 Jan 2025 16:00:](#)

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Re: My Story, Being Honest For Once

Posted by youknowwho - 30 Jan 2025 21:39

[gevura shebyesod wrote on 30 Jan 2025 21:26:](#)

[chancy wrote on 30 Jan 2025 16:00:](#)

Dear ILH,

Love

Chany

????!!!!!!

Stan, I think Chany is Luna in Yiddish.

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Re: My Story, Being Honest For Once
Posted by chancy - 31 Jan 2025 04:00

OMG! i almost gave myself away in public.

Damn autocorrect!

Gevury, how are you the only one that realized that slip?

@Voldy am I Luna? i think i would be Harry. Brave, lonely, sensitive, Loving.

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Re: My Story, Being Honest For Once
Posted by youknowwho - 31 Jan 2025 05:08

[chancy wrote on 31 Jan 2025 04:00:](#)

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Gevury, how are you the only one that realized that slip?

@Voldy am I Luna? i think i would be Harry. Brave, lonely, sensitive, Loving.

We would need a full vote of the Wizengamot to know for sure, but I do agree with you. You are quite like Harry.

If all else fails, you can be ~~Chany~~ Colin Creevey.

Kidding, kidding!!!

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 31 Jan 2025 21:31

[chancy wrote on 30 Jan 2025 16:00:](#)

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Anyways, I was unable to read your story as i am too vulnerable today. But I wish you lots of Koach and May Hashem really and truly be there for you and show up when you seek Him.

Love

Chany

Hey Chany, sorry to hear about your childhood experience - I hope you're able to work thru it.

just want to share that I went out for dinner and a show with my father this week and he commented to me "there is no comparision between ILH today and ILH from 3 years ago. You've become so grounded, confident, and serene."

that was amazing to hear from someone who's seen me go through the recovery process (and has been somewhat aware of what's going on for at least the past 2 years)...

Thanks for riding along on this journey with me guys,

Love

~~Remus L.~~ ILH

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 04 Feb 2025 21:16

had another EMDR therapy session today.

started working on the topic of the tutor who i know something went down with

i experienced the entire range of emotion in that session, now finally feeling some
RAAAAAAAAAAAGGGGGGEEEEEEEEEEEEEEEE for the first freaking time that i was used,
groomed, betrayed and MOLESTED by a woman about 4 years older than me (starting from 14
to 16 and a half)

instead of F-ing me, she should go F herself.

where were my parents?

what idiot kind of a mother hires an attractive college freshman woman to drive around her
teenage son day and night? and to help him with schoolwork?

the son that flashed a cleaning lady when he was 12 and offered her money?

!!!!!!!

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Re: My Story, Being Honest For Once
Posted by Markz - 04 Feb 2025 21:19

[ilovehashem247 wrote on 04 Feb 2025 21:16:](#)

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what idiot kind of a mother hires an attractive college freshman woman to drive around her teenage son day and night? and to help him with schoolwork?

the son that flashed a cleaning lady when he was 12 and offered her money?

!!!!!!!!!

Sorry to hear all the valid anger.

I'm with you bro!!!!!!

Please fix you'r signature asap *"Just getting over a case of mild insanity here..."*

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 05 Feb 2025 13:16

feeling fat and achy and bad for myself today

not a good sign

need to read some stepwork literature and make lots of calls today.

maybe gym too...

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 13 Feb 2025 19:47

overall feeling like I've shifted to living in the solution instead of living (and becoming) the problem.

my drugs of substances and lust worked for me until they did not

i am grateful to be able to make sober choices today.

for example, a web service i use was showing / promoting all kinds of really weird woke articles about very liberal sexual topics. i got upset, filed a complaint, told my wife, and found a different service provider.

that was a sober choice

kol hakavod to me

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 13 Feb 2025 19:53

also just wanna share that I am SO HAPPY that our regular cleaning lady is back from her maternity leave.

her temp replacement was not modest and kept bending over and shooting me looks. I might be imagining it, but at this point I am not constantly looking for lust but know it when I see it around me. That lady was looking for something, and i must trust my instinct on that.

Regular cleaning lady behaves and dresses much more modestly (and also doesn't drag furniture on the wood floors).

Finally!

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