

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 - 21 Feb 2025 05:19

Guys, what the actual f*ck happened last night?

I am doubting that it happened.

and my tutor molested me for years when i was a teenager

f*ck them all to hell

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 23 Feb 2025 22:03

had a very healing weekend with my brother in law this friday/shabbat and spoke to mentors (rav, sponsor, etc).

It seems the choice i need to make is to let Hashem do his thing.

I had an aha moment. Was meditating on the serenity prayer, what is the one thing i can change - my attitude and beliefs. i cannot change those of others.

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 24 Feb 2025 00:31

feeling annoyed that my mother came over (there is a cheder dinner tonight) in the middle of bedtime and got my kids hyped up then sat on her iphone as we fought to put them to bed. she's so unaware of how disrespectful she is of other people's time. And she loves to play the victim.

Accepting that i can not change her, and trying to move on.

It's still annoying though.

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 26 Feb 2025 03:34

boys, I'm about to drop a bomb on you.

Warning: Spoiler!

FYI this is the most sober i have been since i was molested at 11 years old. 6 months sober, with 12 of the last 13 months sober as well.

P.S. my real world name is

Warning: Spoiler!

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Re: My Story, Being Honest For Once
Posted by ilovehashem247 - 26 Feb 2025 03:35

FYI my real world name is

Warning: Spoiler!

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 26 Feb 2025 03:48

Here is the "history" part that I am sharing on my GYE journal but not with my wife. It goes into too much detail but I feel that writing down the content was a good exercise in mapping out my journey.

strong trigger warning

Warning: Spoiler!

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Re: My Story, Being Honest For Once

Posted by ilovehashem247 - 26 Feb 2025 05:45

Polished draft of sexual betrayal disclosure to my wife:

strong trigger warning

Warning: Spoiler!

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Re: My Story, Being Honest For Once

Posted by chosemyshem - 26 Feb 2025 14:57

Wow you weren't kidding about the trigger warning!

I'm sorry you went through all that. And I'm so impressed by the journey you've made.

I hope your wife feels the same. Hatzlacha!

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Re: My Story, Being Honest For Once

Posted by redfaced - 26 Feb 2025 15:47

[chosemyshem wrote on 26 Feb 2025 14:57:](#)

Wow you weren't kidding about the trigger warning!

I'm sorry you went through all that. And I'm so impressed by the journey you've made.

I hope your wife feels the same. Hatzlacha!

Wow. Its amazing to see the fruits of your labor on this long and rocky journey.

Your Inner Change is so obvious.

BEZH this should be an amazing step towards getting your life and marriage to an amazing place!!

HATZLOCHA!!

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Re: My Story, Being Honest For Once
Posted by chancyhk - 26 Feb 2025 18:33

Dear ILH,

As much as i would love to read both of those posts. I am not in the mood of being triggered.

However, I find it extremely fascinating that you are able to become so strong and open with yourself and other! That is amazing!

This is the stuff that creates real people! People that change the world!

I am sure that if you continue growing and healing yourself, in a few short years the world will start hearing what you have to share with it!

You have sooo much to offer people, others that are going thru or went thru similar instances of trauma and abuse.

ou are a hero ifs and/or buts!

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You are a hero! no ifs and/or buts!

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Re: My Story, Being Honest For Once

Posted by time2win - 26 Feb 2025 18:40

[ilovehashem247 wrote on 26 Feb 2025 05:45:](#)

Polished draft of sexual betrayal disclosure to my wife:

strong trigger warning

Warning: Spoiler!

My two cents:

1) truly sorry for all the abuse you went through! Hard to hear about. Hopefully your wife can appreciate how that impacted/caused your struggle, and give you some grace. You've clearly put a lot of effort into recovery

2) thanks for sharing how deep the rabbit hole of addiction goes. It serves as a cautionary tale for the rest of us

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Re: My Story, Being Honest For Once

Posted by jollylemur95 - 26 Feb 2025 18:41

I am blown away by your inner strength!

Overcoming so much to get here!

The effort you are putting in is clearly making its mark. Your change for the better is evident!

You are on your way to legend status, if you are not there already!

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