

Broken and crying

Posted by iwantmeback - 28 Feb 2023 10:37

Years ago I was part of this community and since then I thought I was fine.

I am in my mid 30s and for as long as I can remember, going back to my teen years, masturbation has always been an issue. Porn and other sexual outlets as well. What brings me here is a point I thought I would never get to. I am married with a few kids and for the entirety of the marriage me and my wife have had our issues in the bedroom. Add a couple of kids, no family support, and working many hours a day and I find myself losing my mind. At times viewing content and masturbating and realizing what has been done. Like waking from a dream or being taken over I ask myself what happened. It has always been a burden and I always feel bad and disgusted with myself. However, I was always able to not cross certain borders or be wary enough to keep it separated from my day-to-day. recently one of those lines was crossed and I didn't even realize it till it was too late. The result is several thousand shekels I was scammed out of. Hard earned money that both me and my wife work to attain for a better life for us and the kids. I feel horrible, broken, weak, and fear my wife will find out. Perhaps as opposed to all other times I really did hit my rock bottom because whatever fall out will be from this personally I will deserve it but I cannot stop myself from crying when I think how my problem has taken something that belongs to others. I would love nothing more than to not be alone, to be able to speak to someone who understands where I am at right now, to cry freely, and to told that there is a tomorrow because right now, it is very difficult to see a tomorrow in which I can be with what I realize now more than ever is what is dearest to me, my wife and children. If there is anyone out there crying alone, perhaps we can cry together.

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Re: Broken and crying

Posted by Eerie - 03 Mar 2023 20:09

[iwantmeback wrote on 03 Mar 2023 11:53:](#)

Thank you to everyone who has written to me either to the post or privately. It has been rough several days and the sheer fact I didn't go on a binge thinking all is thanks to this platform and the members who wrote to me.

I realize the magnitude of the point I am at and am definitely not staying with the good feel feelings. I am taking some immediate actions as well as actions over the long run. I realize more than ever what I have to lose and am willing to do whatever it takes to live a life I can say is real,

good, and honest to who I want to be for myself and others.

I hope to keep this thread active and update as a way of checking in but also leave it for others to learn from my mistake and maybe learn something before they reach the point where I am at.

Hi, my friend! Beautiful steps you are taking. B'ezras Hashem you'll be good, stick around and keep posting. If I may suggest, sharing your experiences and struggles can be helpful for yourself and to others. Of course, we try not be triggering, but if you can share some of your story up until this point I think it would be beneficial. If you have a mentor or close trusted friend with whom to share, that would be even better. Try HHM michelgelner@gmail.com, you'll get all you need to keep going up. Keep sharing, my friend, and keep trucking!

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Re: Broken and crying
Posted by eraygrand - 03 Mar 2023 21:44

I wish you much success. Speaking from way too much experience, for myself the phone is the biggest danger zone because it is the smallest device that can be taken anywhere with no questions asked. As you will see from my thread I came across a phone that was not filtered and fell from it. My connection to the GYE chevra helped me to get rid of it as soon as possible whereas in the past it would have taken me much longer!

Hope you are able to find some menuchas hanefesh over Shabbos. Thinking of you!

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Re: Broken and crying
Posted by iwantmeback - 05 Mar 2023 03:04

I plan on expanding on my story. It is a wild one with many aspects to it that I believe people will be able to find a component to relate to.

I will do so in a separate post. I would also like to create a post to track my time in a sense where I post once or twice a week what works, what doesn't, what particular aspect of the past/present/ or future gets to me, and the lessons I learned along the way. I can say thus far that since my rock bottom nearly a week ago, I have been getting back to normal in almost all of

the meaning in the world. The world is a little less black and a lot more bright. Old habits are starting to creep in but have far better clarity to do what needs to be done, communication with my wife, a few members of GYE, and others are better and the time in which it happens is faster. The feel goods of the initial motivation are definitely fading as expected. They are replaced by actions and clarity of mind.

To better tomorrows!

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