

Married, struggling, need help

Posted by yid613400 - 20 Sep 2024 16:00

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Hi, I have struggled with porn and masturbation for many years. About 4 years ago I discovered GYE. Got a little into it and there was a point before I got married that I thought I had it under control. But now, married for 3 years I clearly know it is not controlled at all, I'm having a very rough Sholom Bayis right now and we are working with a very sought after therapist. I feel like my issue is holding us back from success. Who can I speak to, to guide me in the right path.

Should I tell the therapist privately, should I tell my wife? She has no idea! We were even having a conversation the other day and she was telling me she feels sooo bad because one of her cousins is struggling and his wife (who is her classmate from HS) is having a very hard time.

I need help!

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Re: Married, struggling, need help

Posted by 138eagle - 20 Sep 2024 16:16

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Welcome aboard!

Yours was a very moving post, and I feel your pain.

You appear to be ready to jump right in and to talk to someone, as indicated in your question of who to speak to.

I would recomend reaching out to Hashem Help Me, he has helped many (myself included) break free from this monster and work on their relationships with their wives. He can br reached at [michelgelnier@gmail.com](mailto:michelgelnier@gmail.com).

Stick around with us and you will go far in both aspects.

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Re: Married, struggling, need help

Posted by odyossefchai - 20 Sep 2024 16:46

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I don't have the answer about whether to tell your wife or not. It is above my pay grade.

What I will tell you is that you should stick around here.

You aren't gonna get a one line answer that will cure your problems.

The people on this site have life challenges. And they learn and grow.

If you are willing to come here daily, talk to the people on here, you will learn a lot that can help you. Read some of the threads of people who have completely turned their lives around. They are an inspiration to all of us.

I'm new here but there are many many people who you can reach out to.

This problem wasn't created in 20 minutes and likely won't go away quickly either.

Stick around, learn some, laugh some, cry some, fall some, and GROW A LOT.

we are all here right with you every step of the way.

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Re: Married, struggling, need help

Posted by redfaced - 20 Sep 2024 16:58

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There is no one size fits all answer. What's good for the goose can totally destroy the gander. Trust me, I know them both

The only thing that is one size fits all is this here awesome place. Many much lives and

marriages have gone from being off road in a pothole hole filled road, To cruising along at illegally high speeds on the straightest and smoothest of highways( ok I may be exaggerating a bit).

Stick around for the ride and you'll end up finding all the answers you need on your own. (Ok Ok, with [HHM](#)'s help send him an email - he's pretty darn awesome)

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Re: Married, struggling, need help  
Posted by odyossefchai - 20 Sep 2024 17:02

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Did someone just mention HHM.

I would like to shyly reveal that I spent a most amazing evening last night with Harav Hatzadik HHM. (More about that on my own personal page)

The man is an inspiration to us all.

I can truly say that I hope one day to be like him.

Fought the yetzer hara, triumphed and is now helping others.

May Hashem bless him with all the brachos in this week's parsha.

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Re: Married, struggling, need help  
Posted by yitzchokm - 20 Sep 2024 18:03

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It isn't worth telling your wife about your struggles without professional guidance. The fact that Sholom Bayis isn't great is another reason for this but it is true for everyone. I suggest that you reach out to HHM and share everything with him including this question. He has helped many people including myself and you won't regret it. It is worth doing the Flight to Freedom program, and regularly reading The Battle of the Generation as many people on GYE are doing. You can access the book here:

<https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

There is a download button for the pdf version at the bottom of the page if you prefer that over the audiobook.

Since you are here for a few years already perhaps you would feel comfortable sharing what resources from GYE you have already used and whether there was anything that worked for you or made it easier. It is good that you posted and since you are already here for a few years it would probably be very beneficial for you to keep on posting and sharing. Making friends on the forum and reaching out to them is a gamechanger and has helped many people break free.

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Re: Married, struggling, need help  
Posted by eerie - 20 Sep 2024 18:04

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Welcome to the most amazing family on earth, my friend!

The only thing I can say is ditto. As you are looking for immediate help with a volatile situation, the man to talk to is HHM, at the email the others provided. After that, keep coming back here to tell us how it's going, read some threads, connect, share, we want to hear

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