

Help! Wife is niddah and I'm trying to be good  
Posted by cohereion - 30 Jul 2025 18:52

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I've struggled with M since puberty. I would do it daily or multiple times a day.

I recently got diagnosed with bipolar and got on some wonderful meds that have made me feel good enough that the M could be stopped.

I've only been on the meds for a couple weeks. My wife is a niddah now and I feel like I'm in hell.

I'm just trying to do the right thing....

I don't know if this will even help at all but I'm determined to break this terrible habit.

(I told her about my struggles. She is very supportive.)

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Re: Help! Wife is niddah and I'm trying to be good  
Posted by alex94 - 30 Jul 2025 19:46

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Stick around and get to know this wonderful family.

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Re: Help! Wife is niddah and I'm trying to be good  
Posted by yitzchokm - Yesterday 01:03

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1. <https://guardyoureyes.com/forum/19-Introduce-Yourself/329691-bipolarmz/>
  2. <https://guardyoureyes.com/forum/19-Introduce-Yourself/399000-My-long-journey?limit=15&start=45#422020>

I healed from mania through medications and therapy before joining GYE. I haven't had hypersexuality since I joined GYE so I don't have experience in dealing with it effectively. Maybe the journaling or the meditation exercises I mentioned in the second link can help but possibly it can make it worse. You can ask your therapist.

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Re: Help! Wife is niddah and I'm trying to be good  
Posted by altehmirrerr - Yesterday 02:33

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[cohereion wrote on 30 Jul 2025 18:52:](#)

I don't know if this will even help at all but I'm determined to break this terrible habit.

That's everything and all that will help, welcome buddy! ??? ??? ????? ????? ????? hatzlocha!

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Re: Help! Wife is niddah and I'm trying to be good  
Posted by yitzchokm - Yesterday 13:34

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There is a second thread in the BB forum. You should reply there.

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