

Please Help! I need your support - new member.

Posted by Haleivi76 - 10 Jun 2010 09:21

My friends,

I have just joined this group. I heard about it in a shiur last night and could not wait to join up.

I am so ashamed. At times I cry myself to sleep over my behaviour and feel so depressed at the terrible person and jew that I have been for so long.

Despite my shame, it has been so easy to carry on a life as a lie, because noone knows. People who come across me in shul, shiurim etc. think I am a great guy, frum and well respected in the community. I am part of the lay leadership of my shul, daven from the amud and lain and all who know me think I am an upstanding good jew.

If only they knew.

I have been abusing my bris for as long as I can remember. At times, when I have felt bad enough, I have tried to control it. Perhaps I managed a month or 2 at a time at the most, but have always gone back to it. I have been addicted to internet porn, phone chatlines and the like for well over 10 yrs and have been married for 8yrs.

To my great great shame whilst being married, I have continued this lewd behaviour and worse still at times where my wife and I have argued, I have purposely done it more; feeling rebellious towards her and seeking to 'punish' her for being so 'difficult'.

It has taken me a long long time to realise that it is I that am to blame and that my awful behaviour and the resulting lack of intimacy and holiness in our marriage is what has been to blame for the deterioration of our marriage.

I am just starting out on the road to holiness and feel that I have so much to be Metaken, the

burden of it all is overwhelming me.

I am determined to stay strong, but I feel I will need a lot of help from others who are going through/have been through the same.

Any advice and guidance will be welcomed.

Thanks and kol tuv

Haleivi

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Re: Please Help! I need your support - new member.
Posted by 1daat - 12 Sep 2010 04:05

Oy yoy yoy, Oy yoy yoy, OYOYOY! Haneshomu loch haneshumu loch. If only I could give a hug and kiss your neck, pull your beard and cry with joy with you, und tanz un tanz. Mazel tov just doesn't do it. Witnessing the complete miracle of your transformation is something that's stamped in my being, something to flash before myself when bitachon wavers.

I cannot thank you enough for sharing your immense wisdom and the hugeness of your heart. I am so glad to hear from you at this time.

Has the baby come yet? Have you moved? Are you and your family well. I'd love to know about Yom Hadin for you, clean and grateful.

I am so blessed to know you. Shmen said let's rocket on. One day at a time. Amen.

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Re: Please Help! I need your support - new member.

Posted by Kedusha - 12 Sep 2010 04:28

Mazal Tov! Keep building on your success, b'Ezras Hashem, one day at a time.

May you be Zoche to continued inspiration in the Zechus of inspiring others!

Gmar Chasima Tova!

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Re: Please Help! I need your support - new member.

Posted by ToAdd - 15 Sep 2010 06:03

Thanks for the kind words Haleivi

You are an inspiration to me.

Please God, in 3 months, I will have a child too, and my biggest wish is that by us overcoming this, our little ones do not have to experience it.

I remember a poignant story I heard by Rebbetzin Esther Jungreis (Sorry, I can't remember the exact details) where her grandfather took her outside in the snow and he walked ahead.

She walked behind him, following in the path he was creating.

He said something like: There are going to be dark times ahead, but I have cleared a path so that you don't have to.

Wishing you everything of the best for the new year.

ToAdd

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Re: Please Help! I need your support - new member.
Posted by Yosef Hatzadik - 15 Sep 2010 15:47

May we ALL reach your level!

May we all continue to grow.

Higher...

Higher...

Forward...

ONLY forward!!!

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Re: Please Help! I need your support - new member.
Posted by Dov - 17 Sep 2010 00:23

Level, shmevel.

Good for you! So, Mazel tov on your sober day, no matter what # day it is, it really is just *today*.
Right? Have you ever experienced or seen a pile of days? I haven't.

And today is the best day in the universe to be sober and growing in the right direction, isn't it?

Love,

Dov

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Re: Please Help! I need your support - new member.
Posted by Haleivi76 - 21 Sep 2010 12:04

Thank you Thank you to all who have posted congratulations and such kind messages.

Take pride in my achievement, because it belongs to you all - I could not have got here without you - no way!!

Apologies too to all for being so quiet as of late.

Nu Nu - a quick update.

We moved just before Rosh Hashana and are settling into our new home. BH being busy with the move has really helped as I have had so little time for internet of any kind!!!

The baby is due just after Succos, so we are now making preparations for our new arrival, Bsha'a Toiva Umutzlachas.

I was a little concerned if I'm honest. I saw the 90 day thing as such a big challenge that I felt

that once I had got there, I might see that as having reached my goal, which would allow the Yetz a chink of light to try to get into my head and convince me that it was time to 'treat' myself to some shmutz for being such a 'good boy'!!! Fortunately my 90 came on Erev Rosh Hashana, so it was pretty easy to stay clean through the Asseres Y'mei Teshuva - after all, who would want to stand in front of Hashem on Yom Kippur saying "Look how well I did - I made it to 90 - so what if I decided to fall just before you seal the books!!!"

Now that I have got passed 100, I now definitely see this as a life long goal and realise that every day presents its challenges, but BH because I have a solid run behind me, I also have the tools to cope and the good news for all those just starting out - it does get easier, although extra care is needed not to get too complacent.

Good luck and shkoiach to all of you wherever you are on your journeys - just being here is proof that you care enough to make a change, and you have a whole new year to show to the Eibishter just how much you care and how serious you are about that change. PG we will all still be clean come next Rosh Hashana.

I will sign out now, but be strong people - I believe in you,

Kol tuv,

Haleivi

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Re: Please Help! I need your support - new member.
Posted by ur-a-jew - 31 Oct 2010 14:57

[Haleivi76 wrote on 21 Sep 2010 12:04:](#)

Now that I have got passed 100, I now definitely see this as a life long goal and realise that every day presents its challenges

Haleivi76 we miss you. Come back its much better here than out there all alone.

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Re: Please Help! I need your support - new member.

Posted by Dov - 01 Nov 2010 02:13

Mazel Tov?

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