

40 yr old male addict, Need to REBUILT the DESTRUCTION i caused my WIFE..how???

Posted by ezrasyid - 27 Feb 2011 18:37

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Just trying to figure out this whole mess, married for 8 years. Been addicted to m and p since age of about 22, when internet started. wasn't religious, got married at 25, divorced at 28 (probably due to addiction issues), became observant at 29, quite frum and married by 30 to great frum bales tschuva. was clean until stress in marriage after 1.5 years, slipped back into addiction. 6 months into it, wife saw the history links on my google search, and was devastated. I have never lived this down. I know she does not trust me for a second, even though i have been almost 100% clean (BH) except for 3-4 slips over the 5 years. even though every computer I have is monitored with covenanteyes by my rav, when i am traveling for business i have struggles. i want to repair what i have done to her, but it is almost 5 years now. our relationship has ups and downs, in the last year, for whatever reason, siyata d shmaya, i began to discover the ability to have true intimacy with her, and this has helped. i slipped recently, feel terrible about self. dont think i can EVER tell her. anyway, i love her very much, but want to try try try to get to a place where she will trust me or love me or forgive me. i know i am supposed to be punished for what i have done, and know i am an addict. any ideas?

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Re: 40 yr old male addict, Need to REBUILT the DESTRUCTION i caused my WIFE..how???

Posted by Me3 - 04 Mar 2011 19:28

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Deal's a deal. You know kedusha is going to be so annoyed he missed this (Now that's a comforting thought to take into Shabbos).

I'm sorry about the misspelling. They really need a spell checker here.

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Re: 40 yr old male addict, Need to REBUILT the DESTRUCTION i caused my WIFE..how???

Posted by Me3 - 04 Mar 2011 19:41

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I think you should. We aren't trying to stifle free speech, and we welcome your thoughts... in the proper context.

Really welcome aboard.

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Re: 40 yr old male addict, Need to REBUILT the DESTRUCTION i caused my WIFE..how???

Posted by Briar - 04 Mar 2011 20:05

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Here's what helped my wife.

The understanding that my addiction has nothing to do with her and I've would have had the problem no matter who I was with. Even though it effects our marriage, it's cause and continuation have nothing to with our marriage or her. If she accepts this, maybe she will feel less betrayed.

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Re: 40 yr old male addict, Need to REBUILT the DESTRUCTION i caused my WIFE..how???

Posted by Dov - 06 Mar 2011 05:25

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Very true. But the main thing that has helped my wife feel less betrayed has been the fact that I have been sober. And "time heals a lot - but time takes time," as my wife has said many times when she hears about couples going through what we went through.

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Re: 40 yr old male addict, Need to REBUILT the DESTRUCTION i caused my WIFE..how???

Posted by kosher - 07 Mar 2011 23:04

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To echo the prior couple of posts.

If I were to talk to my wife about addiction and other reasons that it is "not about her". It would sound to her like I am making excuses (and perhaps not taking the issue seriously enough) and it would be very counterproductive.

My wife's seeing me making tremendous efforts on the issue (along with time) has been incredibly helpful.

I don't need to be perfect, but her seeing my efforts (which are largely successful) has done

wonders.

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