

Home of Gibbor120

Posted by gibbor120 - 18 Aug 2011 21:06

Hi,

I introduced myself, not long ago, [Here](#). But I have grown since then, and have outgrown my small house in the "Introduce Yourself" part of town. I am a Jr. Member and soon will be a "Full Member" IY"H, so I decided I needed to build a new house in a new neighborhood. I looked around at different neighborhoods and saw some spectacular houses in "Wall of Honor". I see that [Zemmy](#) and [Bards](#) have built here among others, so I decided to plant myself here as well. I will hopefully build some walls of honor myself, and continue to make great friends along the way.

I plan to use this as my main posting thread. So please come in and make a l'chayim, or enjoy some chocolate babke and fresh brewed coffee, or just stop by to say hello.

It's a privilege to dwell among such chashuve yidden!

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Re: Home of Gibbor120

Posted by yiraishamaim - 09 Jun 2016 20:51

I'm confused don't you have a very significant sobriety count?

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Re: Home of Gibbor120

Posted by markz - 09 Jun 2016 21:01

Yes thank Gd for sobriety and for GYE

She claims (perhaps correctly) that my constant many hours on gye is still an unhealthy outlet, and it's still focusing on Lust although in a sort of positive way [strike]kiss Emoji removed[/strike]]

She asks - Does that not mean I still have unresolved emotional issues?

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Re: Home of Gibbor120
Posted by yiraishamaim - 10 Jun 2016 03:56

The proof of the pudding is in its taste

How are your actions?

so many days of sobriety is very telling don't you think?

If you are not acting out and intimacy is fine so what's the problem? perhaps she feels you are choosing GYE over attention for her? (just trying to think like a female)

On the point that you are on the forum so many hours - what would happen if you begin to cut down a bit?

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Re: Home of Gibbor120
Posted by markz - 10 Jun 2016 04:00

I hope to answer you soon on my thread, but I should be penalized for hijacking this heavyweight thread, sorry Gib120

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Re: Home of Gibbor120
Posted by yiraishamaim - 10 Jun 2016 04:36

k - sorry too

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Re: Home of Gibbor120
Posted by cordnoy - 10 Jun 2016 05:34

Gibbor doesn't mind.
He just likes helping people.

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Re: Home of Gibbor120
Posted by Kedusha - 10 Jun 2016 12:21

Mazal Tov, Gibbor, on reaching this wonderful milestone - one day at a time!

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Re: Home of Gibbor120
Posted by skeptical - 10 Jun 2016 15:15

Mazel Tov!!

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Re: Home of Gibbor120

Posted by gibbor120 - 10 Jun 2016 17:09

no problem.

It's hard to give advice in a setting like this. I don't know you, and I don't know your wife. A rebbi once told me that everyone has problems. Counseling should be considered when the problems affect your ability to live a normal life (I heard this a long time ago, so don't hold me to the exact wording). Obviously, this is somewhat subjective, but I don't think it's that different from the idea of "my life has become unmanagable" (although perhaps this would apply before the stage of "unmanagable").

In this case it may (or may not) be worth it to satisfy your wife. Maybe the therapist will say you don't need therapy, and your wife will be appeased.

I really don't know. I'm just thinking out loud...

Keep us posted.

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Re: Home of Gibbor120

Posted by gibbor120 - 10 Jun 2016 17:10

[cordnoy wrote on 10 Jun 2016 05:34:](#)

Gibbor doesn't mind.

He just likes helping people.



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Re: Home of Gibbor120

Posted by Markz - 22 Jul 2016 22:56

I'm bumpin this for 3 reasons

1. It's Gibbor's thread and such a hero's thread cannot hibernate for so long!!
2. It has to do with the 3 weeks
3. Something is hidden for guests. Please log in or register to see it.

Gibbor went thru such a situation, but of course each case is different.

The reality is that such a crisis needs the the right people (Rav, therapist, kalla teacher that knows how to deal with this). You barred your raw self to your wife, and although shocking, if she comes round after time, and with your recovery, it can be something that brings you 2 much closer

[gibbor120 wrote:](#)

I have been pretty busy B"H and haven't been on the forum much recently. I do check in from time to time, but I'm not spending time here like I used to. I feel like I needed to write something today, since it is the 3rd anniversary of my wife finding out that I had a problem... and it is one of the happiest days of my life.

Let me explain. The gemarah says that one day tisha b'av will become a yom tov. I think that most people understand that we will celebrate the fact that we have a 3rd beis hamikdash and don't have to mourn it's destruction any longer.

I think there is a much deeper answer (and I heard this from an adam gadol). We will actually celebrate the destruction of the beis hamikdash. Yes, you read correctly. There is no typo. We will **celebrate** the destruction of the beis hamikdash one day.

How could that be? Why? The answer is actually very simple. Everything Hashem does is for the good. It's only that we don't have the eyes to see it in this world. One day, we will understand how such a painful and trajic event in our history was extrordinarily and

exceptionally good! In fact it was essential to bringing the final geulah.

That is exactly how I feel about the day my wife found out about my problem. It was excruciatingly painful at the time, and it took a lot of time, discussion, understanding, and work to get to where we are today. But, I shudder to think of what I would look like today, had she not found out. I am so much more at peace with myself and with the world. I'm in a much better place now. Of course the work is not done. The yetzer hora doesn't take vacation days, but life is better than I ever could have imagined.

I owe a large debt of gratitude to my wife, my rav (who helped us quite a lot, especially when she first found out, and last, but certainly not least to GYE and the wonderful friends I have made here.

During my recovery for the first 2 years, I had a very limited understanding of what I was dealing with. I was operating with the standard yetzer hora, teshuva model. My main work was guarding my eyes, which is sill very important today. But when I found GYE about a year ago, my eyes were opened (excuse the pun). I learned so many things from the handbook and from Dov that helped me understand what I was dealing with, and gave me tools that I never had before. It helped my wife understand what I was going through, and we both have grown a great deal in the last year.

Thank you to all who have helped me in ways big and small. Thank you Hashem for giving me this nisayon to deal with, as well as all the help you have sent me along the way.

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Re: Home of Gibbor120
Posted by gibbor120 - 14 Oct 2016 20:23

Did some serious speed forumming today. Probably won't be back on until after sukkos, so have a great yom tov everyone!

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Re: Home of Gibbor120

Posted by Markz - 16 Nov 2016 23:07

[gibbor120 wrote:](#)

I must say, it is quite thrilling to see that something I did actually helped someone! I started it mostly for my own benefit because I couldn't keep track of the dov quotes that really spoke to me. I'm absolutely thrilled that they helped someone else. You really made my day!

I recently started a new Dov Quotes thread here

www.guardyoureyes.org/forum/index.php?topic=4695.0 .

I wish you ~~continued success~~ progressive victory over lust 😊.

You must have helped at least 1000 guys here literally, myself included. Dovs posts speak to me even if I don't consider myself an addict...

I finally put a link to Dov quotes in my signature - THANKS TO YOU BRO', cos I feel it's the first thing guys should read when they land on the forum.

(Disregard the video button below it's only for this week)

And what about the few that don't login the forum?

Well... When is Artscroll publishing the Dov quote book?

"The Powerless Maggid Speaks"

"Tricycle Tours of the Addict Maggid"

"The Woodford Maggids 12 Steps (Hic!)"

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Re: Home of Gibbor120

Posted by gibbor120 - 18 Nov 2016 19:07



You made me smile 😊

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Re: Home of Gibbor120

Posted by gibbor120 - 05 Jan 2017 20:56

A recent post of mine inspired me to come up with this pithy saying:

It is the severity of the "obsession", not the severity of the "transgression", that ultimately defines the level of "addiction".

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