

A new start

Posted by yonatan374 - 30 Mar 2015 00:54

I'm on my 90 day journey, 9 days clean.

After all these years I finally told my wife about my addiction to porn. She was wonderful about it and promised to help any way she could. A true eishes chayil. Better than I deserve. I'm truly blessed to have her.

This allowed me at put filters on my computer to keep me honest.

With G-d's help I'll be able to beat it this time.

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Re: A new start

Posted by SamJoe - 30 Mar 2015 01:06

Welcome and Hatzlacha!

A real bracha to have a wife who will be there for you in these struggles!

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Re: A new start

Posted by cordnoy - 30 Mar 2015 01:38

Welcome

wow!

B"H!

b'hatzlachah

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Re: A new start

Posted by serenity - 30 Mar 2015 01:56

Welcome to GYE! Hatzlacha on your journey!

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Re: A new start

Posted by TriggerMeNot88 - 30 Mar 2015 02:43

Nice! Good for you! Spouse support(for me at least) is a huge help. My wife knows I'm struggling with the Internet but she doesn't know details. But the little she knows she is supportive about. Which is a huge help!

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Re: A new start

Posted by Bigmoish - 30 Mar 2015 15:35

Spouse support is definitely a huge help. Isolation is a killer, and the ability to finally be honest with your spouse is a game changer.

But bear in mind that women, for the most part, are incapable of understanding why we are so driven to sex, porn, and masturbation. Just because she knows and is supportive of you does not mean that she will tolerate it or be understanding forever. Use this opportunity wisely to get your rear in gear and get into a recovery program that works for you.

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Re: A new start

Posted by yonatan374 - 31 Mar 2015 00:13

Your are right. My wife doesn't understand the attraction to porn. Considering how long I've been dealing with it and kept it a secret from her, she's dealt with it far better than I had any right to expect. I won't take advantage of that but I am grateful.

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Re: A new start

Posted by Bigmoish - 31 Mar 2015 16:30

Just had another conversation with my wife about this last night. It's been over 4 months since she busted me, and she still has zero comprehension of the way my mind works regarding addiction to lust.

Then again, do we understand it ourselves?

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Re: A new start

Posted by yonatan374 - 31 Mar 2015 19:52

It's not just you. The male brain is wired differently. Guys are just more visual. That's why we have to guard our eyes. Check out this video from Prager University.

Maybe it will help explain to your wife the differences.

www.prageruniversity.com/Life-Studies/He-Wants-You.html#.VRr6k2ctHb0

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Re: A new start

Posted by dd - 01 Apr 2015 00:37

Welcome Yonatan374!!

Keep up the good work and wishing you loads of hatzlachah!!!

hope to see you around.

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Re: A new start

Posted by yiraishamaim - 01 Apr 2015 05:07

Welcome

Big Moishe's advice that a wife doesn't and really can't fully get it is right on the money. Multiple falls now will most likely cause you to lose your wife's good will.

However with success now - you can let her know that her understanding and support were essential in your success.

This sincere appreciation will do wonders to your marriage.

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Re: A new start

Posted by TriggerMeNot88 - 02 Apr 2015 01:21

[Bigmoish wrote:](#)

Spouse support is definitely a huge help. Isolation is a killer, and the ability to finally be honest with your spouse is a game changer.

I could not agree more. Such a relief. B"H for you to have a supportive wife.

Re: A new start

Posted by TriggerMeNot88 - 02 Apr 2015 01:27

[Bigmoish wrote:](#)

Just had another conversation with my wife about this last night. It's been over 4 months since she busted me, and she still has zero comprehension of the way my mind works regarding addiction to lust

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Re: A new start

Posted by Bigmoish - 02 Apr 2015 02:14

????? she should understand that!

?????? ?????

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Tell her it's like when she sees a pair of shoes that takes her breath away

Re: A new start

Posted by yonatan374 - 02 Apr 2015 02:48

I don't know if my experiences are unique in any way. I don't struggle day to day. But the urge seems to hit all at once and then becomes hard to impossible to resist. This is the case when I'm home alone. I've been unemployed since last August so there was lots of opportunity. Now I'm back in school learning a new trade so that helps keep me out of trouble. But I worry about what to do when/if the urge hits.

Any advice, ideas would be appreciated.

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