

I can't undo the hurt.....

Posted by Dewayne72 - 31 Aug 2015 22:56

I have lied to my wife for years. I'm doing well at the moment, for 10 days now. But I can't undo the hurt. She is overwhelmed, beaten down, unable to believe in me. I understand, but it sickens me that I can't do anything to help.

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Re: I can't undo the hurt.....

Posted by cordnoy - 31 Aug 2015 23:27

[Dewayne72 wrote:](#)

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Yes you can.....one moment at a time.

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Re: I can't undo the hurt.....

Posted by neshamaincharge - 31 Aug 2015 23:31

[Dewayne72 wrote:](#)

I have lied to my wife for years. I'm doing well at the moment, for 10 days now. But I can't undo the hurt. She is overwhelmed, beaten down, unable to believe in me. I understand, but it sickens me that I can't do anything to help.

Welcome!

Are you sick enough to do what it takes to stop, or just sick enough to be depressed and say what's the use?

I don't mean to be harsh, I just know from my own life that being sickened by what I've done to my wife- without any real changes on my part- could go on and on for many years...

Wishing you much hatzlacha!

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Re: I can't undo the hurt.....

Posted by serenity - 01 Sep 2015 01:41

Welcome! Many of us were exactly where you are and have found hope.

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Re: I can't undo the hurt.....

Posted by Shlomo24 - 01 Sep 2015 16:46

maybe you can't UNDO the hurt right now, but one day at a time you can REPLACE the hurt with serenity.

KOT! YTC!

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