

Here goes

Posted by Trying 2 B Good - 26 Jun 2016 09:24

I am not good at this, but I am going to try. I struggle all the time with porn. I actually hate posting but I will give it a shot. I actually have done a variation of the TaPHSiC fence through a Rebbi of mine and it worked for 90 days. But that was a while ago. I have always been to scared that I will fall and I didn't want to feel the disappointment of being good then falling. But me and my wife had a long talk and we decided that I would do the 90 days chart and the TaPHSiC fence. And that I will keep her updated every day. But that really scares me! I find it very very hard to tell her about it. About every time that I fall. I find it easier to not tell her anything.

Sorry about the long rambling post. This is basically my first time posting.

?Edit: I am restarting my journey anew please see here: guardyoureyes.com/forum/4-On-the-Way-to-90-Days/290702-Here-goes?limit=15&start=30#320360

=====

Re: Here goes

Posted by Markz - 27 Jun 2016 03:46

Please keep us posted

I am going to be holding onto my steering wheel knuckle tight as you proceed with this...

=====

Re: Here goes

Posted by Watson - 27 Jun 2016 06:36

[Trying 2 B Good wrote on 27 Jun 2016 03:38:](#)

Miss for the therapist that will take a lot more convincing.

You don't need to convince her of anything. A married couple should have an equal relationship, not that one is convincing the other to do things their way. And not that one is checking up on the other one's behavior. Your wife is not you parole officer.

I actually think this dynamic is much more damaging for her than it is for you. It's unlikely she will see it that way. So what can you do? I have no idea. That's why I suggest you find competent advice as soon as possible. The longer you leave it the harder it will be to sort this out.

=====
=====

Re: Here goes
Posted by skeptical - 27 Jun 2016 11:50

If she wants to be a parole officer, let her be a parole officer. If/when she discovers for herself that it is damaging to her, she will stop.

Worry about yourself and let her worry about herself.

Likely, when she starts seeing that she can trust you once again, she will have no need to be a parole officer any longer, and your relationship will once again be normal.

=====
=====

Re: Here goes
Posted by cordnoy - 27 Jun 2016 12:24

Not that he can do much about it (except getting someone intelligent involved), but if she is a parole officer for too long when it bothers him (unless, of course, he is told that it shouldn't bother him), there can be considerable damage done to the marriage during that time.

=====

Re: Here goes
Posted by skeptical - 27 Jun 2016 12:52

=====

Re: Here goes
Posted by Markz - 27 Jun 2016 13:00

We're helping our brother clear the deck of garbage / nonsensical ideas

??? ??? ???? ???

So now he knows what he needs to work on, right?
We hope he will ??? ??? to float his boat

He shared what he considered to do, and we gave our input on that idea

If he requests our Trucking input, we are here

Beep

Beep

=====

====

Re: Here goes

Posted by Trying 2 B Good - 27 Jun 2016 13:14

I think I will take you guys advice a stop trying to convince her to talk to someone else (therapist/ Rebbi/ rebbitzin) because she really doesn't want to talk to anyone. So I will wait till she realizes that it it may be beneficial to speak to someone.

As for the updates I think the reason why I think she wants updates is (I think) not as much that she wants to be my parole officer but rather to see if she can trust me. And if I continue to give her updates everyday then the updates will be twofold: 1) that I'm healing and she now knows it based on reports rather than assumption. 2) that I am keeping my word and working in shalom bayis even though it's hard for me.

i think that eventually she will stop asking for annual updates but that I think will take a while due to the amount of hurt she has because of me.

thanx guys

=====

====

Re: Here goes

Posted by skeptical - 27 Jun 2016 14:45

I think you're on the right track.

Hatzlacha!

=====

====

Re: Here goes

Posted by Watson - 27 Jun 2016 17:20

[skeptical wrote on 27 Jun 2016 11:50:](#)

If she wants to be a parole officer, let her be a parole officer. If/when she discovers for herself that it is damaging to her, she will stop.

The damage might have been done by then.

Clearly some people here think that such a arrangement might be disastrous for your marriage and some think it might not be. All I'm suggesting is that you get proper advice ASAP. Unless I'm reading this wrong, I don't think anyone would disagree with that.

Whatever you decide we're rooting for you.

=====

Re: Here goes

Posted by doingtshuva - 27 Jun 2016 19:48

Sorry for mixing in,

But the reason Mr' trying is updating his wife is only because she caught him.

Lets say that she believes him when he updates her,

but what would she think when he doesn't.

best wishes

=====

Re: Here goes

Posted by doingtshuva - 27 Jun 2016 19:53

I'm very very makpid not to lie.

But I think that I would have it very hard to disclose the truth to my wife, regarding my struggle.

Yes I have my mentor which I'm open to and share my falls

wishing you an easy recovery

=====

Re: Here goes

Posted by Trying 2 B Good - 28 Jun 2016 17:57

Sorry I didn't post anything yet I was very tired!!

Baruch HaShem I had an easy day yesterday. Today so far it's going good. Not to much trouble at all!!

Thanx for all the confidence boost guys! It really helps.

=====

Re: Here goes

Posted by skeptical - 29 Jun 2016 17:21

I've been through the true disaster of this kind of situation.

A LOT of it depends on how the husband deals with it..

=====

Re: Here goes

Posted by Trying 2 B Good - 03 Jul 2016 10:48

Hey guys. Baruch HaShem I had a very good week this week!! I am going to try and post everyday from now on bli neder. It's a little hard for me to get used to the idea of posting. Sorry guys.

=====

=====