

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

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Re: Here goes

Posted by Trying 2 B Good - 20 Jul 2016 04:43

Sorry guys that I didn't update in a long while. I'm not very good at it. Please forgive me. I am Baruch HaShem still doing great. May we all continue to stay strong.

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Re: Here goes

Posted by Abie - 20 Jul 2016 04:50

[Abie wrote on 03 Jul 2016 12:12:](#)

Glad to hear!

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Re: Here goes

Posted by Abie - 20 Jul 2016 04:55

How are things with updating your wife?

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Re: Here goes

Posted by benyakov - 20 Jul 2016 15:10

here's my 2 cents I think every situation is different but amost wives want the same a husband they can trust and feel safe.

my wife was hurt mostly because I didn't tell her not because I fell.

my wife also needs to see the real steps I'm taking to improve. she understands it will take time.

it may take time for you to think and know the right steps to take but you need to share how you feel. try it you will see its amazing what sharing can do

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Re: Here goes

Posted by Trying 2 B Good - 29 Jul 2016 04:28

Hey guys. I am doing great. I'm sorry it's hard for me to post.

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Re: Here goes

Posted by sdf - 23 Sep 2016 18:37

We're rooting for you Trying 2 Be Good!

Keep us updated.

Hope you reach your goal!

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Re: Here goes

Posted by TzedekChaim - 25 Sep 2016 02:52

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Re: Here goes

Posted by Trying 2 B Good - 17 Sep 2017 07:39

Hi guys Long time no post!

I have to come clean that my 90+ days clean were on the chart is not accurate! I don't remember all of the times I fell so I have deleted my original 90 day chart. That way I know that this time it will be accurate! I was worried that my wife will see that I had a fall so I lied!

After 2 weeks of arguing with her that my point of view is best and that she needs to go to therapy she agreed. Even though I really failed, while I was explaining what I think is best I cause her a considerable amount of pain!!

We are also god willing going to start going to couples therapy. She agreed to go to a therapist for herself even though I was the cause for all the hell she is going through!

I have now come to sort of understand the pain I have caused her. Thank god me and my wife now have real commitment that I agree to tell her everything because that is something that she needs to heal properly! I will try to continue to see and understand her point of view. I hope that I have the strength and fortitude to not let her down again!

I am thank god clean for 8 days.

I have thank god started to go to SA which has really helped me. It is what my therapist recommended. I will also try to again use the resources that GYE has to offer!

I ask for forgiveness for the lies that i may have posted on here!

Thanx very much!

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Re: Here goes

Posted by dms1234 - 17 Sep 2017 22:03

Glad to hear. SA has really helped me. If you need someone else to call other then people in your meetings, i would be happy to! Email me at dms1234ongye@gmail.com

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Re: Here goes

Posted by Trying 2 B Good - 17 Sep 2017 23:17

I thank god had a good day today! But I was home all day with my wife and kids! I am sort of dreading the day the "other shoe will drop" and i'm going to fall! I'm not going to enough meetings and I tend to procrastinate when it's time to do my step work.

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Re: Here goes

Posted by Trying 2 B Good - 16 Oct 2017 16:09

I acted out today. I feel like a piece of garbage. I feel like I let myself down. I let my wife down. She told me if the situation comes up just wake me up. But I didn't want to bother her. I figured if I went to sleep it will be ok. I feel ashamed, embarrassed and angry at myself.

God please keep me sober for the rest of today.

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Re: Here goes

Posted by Markz - 16 Oct 2017 17:09

Sorry to hear you fell in the dumpster

Each guy here will help pull you outa there. Leave your wife out of it please

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Re: Here goes

Posted by LoveU,Hashem - 17 Oct 2017 20:49

[Trying 2 B Good wrote on 16 Oct 2017 16:09:](#)

God please keep me sober for the rest of today.

Hurray!! How **was** your day?? And how **is** today?? I hope you're doing well.

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Re: Here goes

Posted by Trying 2 B Good - 22 Oct 2017 15:46

[Markz wrote on 16 Oct 2017 17:09:](#)

Sorry to hear you fell in the dumpster

Each guy here will help pull you outa there. Leave your wife out of it please

I can't leave my wife out of it. She said that for herself the heal she needs the truth!

Baruch Hashem. I only lapsed that one time! I am so far still clean. One day at a time!

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