

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 - 31 Oct 2017 22:58

I feel so worthless. I need to find a job so I'm not at home all morning by myself. So far a have a potential job but I need to finish a sample job for them first and it's a little confusing for me so I push it off and procrastinate and push it off.... you get the point. And it's do unhealthy for me to be alone. I have no idea what to do. Also I have not been doing my step work properly. I have not been doing my reading properly. It will also help if I try to go to more meetings per week. I feel like I can't get my act together. Also like I said it's hard to tell my wife every time i mess up. I feel like she deserves to heal after all the harm iv'e done to her. That is what she feels she needs but it's hard for me. TFLMS.

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Re: Here goes

Posted by TzedekChaim - 01 Nov 2017 01:52

Sorry to hear that. Seems like you learned something new about yourself though. Can you work

in a public area (like a library). That way you have people around you and aren't alone?

ITs good to keep a list of what works for you, so you don't get stuck in a loop. Its one thing to go in a loop and fall due to the same thing, its another to patch each thing as you fall so that you don't fall by it in the future.

just my 2 cents.

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Re: Here goes

Posted by Markz - 01 Nov 2017 01:58

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

What does your couple therapist say?

Imho if anything she should demand to know when you take and when you miss steps in recovery, not if you slipped.

I'm not talking from personal experience, but she gains nothing hearing each time you fall, and it's not a deterrent either (for most of us)

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Re: Here goes

Posted by Trying 2 B Good - 02 Nov 2017 16:19

I actually agree. and we don't officially have a couples therapist yet. But my therapist told her that it wont help her if I tell her but rather to make sure i am doing recovery properly. But yet here we are.

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