

Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 13 Jul 2009 21:08

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I'm new to this forum, but not new to this struggle. I signed up to the weekly E-mail lists a few months ago. I often just glance at them, as I'm trying not to spend so much time reading E-mails. But, even with this, I have gotten chizuk through the themes that keep repeating themselves.

I grew up secular, but did Teshuva in college--I came to Yeshiva in Israel and never left. Now I'm married with five children (our oldest is eight and our youngest is a month old).

I was in the habit of staring at girls, I remember even in nursery school. I just liked the way they looked. Things got worse when I was 10 or 11. My sisters had a "facts of life" book with indecent pictures and crooked ideas, and I found it. It described Mast... as a fun thing to do, and so I followed the instructions. I've been stuck ever since.

I was a member of a shul youth group around the age of my bar-mitzvah. The youth group leader gained my trust very early on, and I could discuss anything with him. Luckily, I learned early on that mast... is wrong. I've been fighting it ever since, sometimes more successfully and sometimes less so. I think now I go two or three months clean, and then I tend to trip up a few times close together. I always feel that the yeitzer hara tricked me, and somehow it's strategy was different than last time. Also, I view it as tripping up for one "phase," instead of multiple times. So, I manage not to get too depressed about it, and can pick myself up again pretty quickly.

I would like to be able to stop altogether. But, I am more concerned with controlling my eyes. I feel that it is impossible to walk down the street without taking a look at every woman along the way. I think the trickiest part is that, in my neighborhood, everyone is dressed so tznius that it's hard to feel that I'm really doing anything wrong.

Besides that, I slip up every once in a while with the internet--probably a few times a year. But then, I feel that I was somehow outsmarted again by my Yeitzer. I wasn't looking for indecent pictures... I was just curious about such-and-such an actress... I wasn't expecting to find such indecent pictures...

I see the progress is still very slow on my own, and that's why I decided to become more involved in this forum.

But, I find this is also a challenge. I think my own situation is rather mild, and I find that by seeing other people's stories which are more involved than my own, I end up getting thoughts instead of getting rid of them. Any advice on this point would also be helpful. Thanks.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 21 Jun 2011 18:27

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I disclosed a bit more about my addiction to my wife (at my sponsor's suggestion). I actually didn't think it was anything so bad, but my wife broke out crying. I think it was so painful because, it was something enough to finally hit her, I'm not doing this recovery thing for the fun of it. I NEED IT, and without it I could become dangerous to myself, my family, and to society.

In the course of the conversation, she asked if I had any problems with our daughter. I told her that I have set up boundaries (with Guard's help quite a while ago) to keep safe. She yelled at me that if I ever tried the slightest thing that might harm our daughter, she's not going to stand for it. I guess she wanted to make sure it was clear. After a little bit of a pause, I asked her if she could promise the same thing also about herself (our marital intimacy over the years has been very confused; My wife has put up with a lot of things so as "not to dissappoint me," thinking that my interests were normal for a guy. I asked her if she could just tell me to stop if I'm doing something that she isn't interested in, and that I would appreciate it).

A lot of things are coming out into the open, and I think we are both doing some healing.

--Eye.

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Re: Eye.nonymous official count

Posted by ZemirosShabbos - 21 Jun 2011 21:05

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wow

good for you on taking such bold steps

good for you that you have a sponsor to guide you

good for you that you realize that even though it may be hard, through this you are healing

ashrecha

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Re: Eye.nonymous official count

Posted by ulay-yachus - 21 Jun 2011 21:27

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Dear Eye!

Are you totally free with your wife, about the addiction?

In the former 2 months, I used to come here, and do it in front of my wife. [She doesn't even try read English, although she knows English in some way]

Few days ago , when we had a talk about other issues, she told mr, that she sees me with that site, and she sees that I'm in my "cave", and not telling her, what's going on. She told me that she thinks, it has to do with men's problems. [I have told her, from time to time - that I have problem about m\*, but I don't think that she really knows the meaning of the problem, and she totally doesn't know, that it includes me watching porn]

I was very nervus, when she talked to me, but I couldn't just tell her, : "Look , I have to tell you, that there are times that I need to relax, so I watch a bit porn, act out, and then I wash my self, and come back to normal."

I guess, that if I will be sobber one day, I will tell her more....

I think that you have reached to a real madriga, if you can talk with your wife, even if she cries and yells, [which is normal]!

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Re: Eye.nonymous official count

Posted by Dov - 22 Jun 2011 01:30

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Youch! Reb Eyeball! When you say we are doing a bunch of growing, you know, I believe, that what includes is "we are going through a lot of pain". Right?

That's the only way to grow. But I must say that though I'd never suggest anyone ignore their sponsors advice, it is important for you to know that telling your wife the facts about you is important to do for making amends with her - and you owe her that. It's for *her*.

It is also important to disclose in order for you to be fully honest with her and really live *with* her - but that's for your benefit more than for hers.

Two of the reasons to disclose to your wife. And *neither* are absolutely necessary. *As long as you remain sober one day at a time with G-d's help*, you have a fair shot at living well with her...even if she does **not** know *everything* about you.

And it is possible to live in happiness without ever making amends with her - unlikely, but possible.

I told my wife whatever she wanted to know long ago. But she never knew my full 1st step inventory (my acting out history with everything I did and tried to do) until I was sober about 13 years...cuz she never asked!

And I must say, we are closer than ever now - because she went through all the pain in the first year and a half I was sober....then some more when I had a hard time around year four....now it is water under the bridge for her. It helps her understand me, rather than threatens her.

My wife reminds me often when we hear of a couple having a hard time: "Time heals a lot of things," she likes to say. And it does.

Stay with your sponsor and stay the course. Don't offer her unnecessary details she does not *want* to know and do not stick it in her face to scare the heck out of her. But if for some reason you need to to do these things, make sure that you give her space and are ready for a lot of pain - for her and for you.

Love makes a big difference, but your sobriety is far more important than even love, at this stage of the game.

Hatzlocha!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 22 Jun 2011 05:12

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UY, the disclosure was very gradual--remember I've been here now for about 2 years. In the very beginning I told just a few things, and sugar-coated it so much that it seemed like I just had a few quirks.

Dov, my wife's understanding until now had been that I have no self-control when it comes to p\*rn and m\*sturbation, which is an idea she still has a hard time buying into. What I disclosed was a bit more, enough for her to see there's a real problem here that really needs help; her knowing this, I think, has made a big difference for the better. I haven't disclosed everything, or anything that would do more damage than good.

--Eye.

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Re: Eye.nonymous official count  
Posted by ninetydays - 23 Jun 2011 14:45

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Eye.

Thanks for posting about approaching your wife with your problems. I feel like I am at that stage and I really want her to know. For her to understand. For her to help keep guards up.

But listen to this and tell how well you think it will go over.

Whenever we are at my in-laws house we discuss these things. We always talk about it like it is some far fetched idea and since I am pretty knowledgable about porn and masturbation I usually add my two cents telling them how terrible it is; how tough it is to break out of; and how it RIPS MARRIAGES APART.

Now my has her ideas about porn. Coupled with what I tell her and what her mother tells her, my wife would go absolutely bezerk if I tried to explain it to her even sugar coating it.

So tell me. Is it that I am weak and I dont want to tell her? Am I weak because I am afraid of what she will think of me? Am I weak because I think I am protecting her?

ninety

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Re: Eye.nonymous official count  
Posted by ur-a-jew - 23 Jun 2011 15:02

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[nintydays wrote on 23 Jun 2011 14:45:](#)

Thanks for posting about approaching your wife with your problems. I feel like I am at that stage and I really want her to know. For her to understand. For her to help keep guards up.

90 days, the question of when and how to tell a wife is a long and complicated one. Most would agree however that it is best for you to have some serious sobriety under your belt before you have that conversation. I don't know for how long you've been sober but if the 2 weeks you've been here is an indication, that is not it). Also, it is a bad idea to make your wife your accountability partner. Hatzlacha

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Re: Eye.nonymous official count  
Posted by ZemirosShabbos - 23 Jun 2011 15:14

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as UAJ says, telling the wife is not something to be done casually.

Eye is doing it by direction of his sponsor. It is risky and at times can be entirely self-serving and detrimental to the wife in the wrong conditions. Tread cautiously and don't take brash steps. as tempting as it seems to bring her into the loop and have her understand you (which is an unknown factor, women don't function as men do and often have a hard time grasping the craziness we harbor) it is best done with guidance and after some period of sobriety.

wishing you hatzlocha

ZS

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 24 Jun 2011 05:07

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Ninety,

Basically, I'll just say listen to UAJ and ZS. You need guidance for this and, more importantly, you need some serious sobriety behind you.

--Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 25 Jun 2011 19:20

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On Friday night I was feeling awful, sickish and with a headache that just got worse and worse throughout the holy sabbath meal (with 5 rambunctious kids). I ran off to bed a couple of times throughout the meal to pull myself together and then be able to come back. I realize this as part of the addiction, going into isolation.

I discussed it with my wife. There are a number of things about the meal that really make me feel sick. Everyone talking all at once. I just get a headache. Plus, I can only half-understand the kids. First of all, they're kids. Secondly, they are all native Hebrew speakers and my conversational Hebrew isn't quite on the same level.

We have tried various measures in the past to maintain order, but we've never been able to be consistent.

We came up a plan for lunch, and my wife explained it to the kids. We will try to keep it to one person speaking at a time. For the few minutes when we sing, everyone should sit together and sing (the kids are capable of this and do enjoy it, but if we don't expect anything of them, then they would be riding tricycle-like vehicles around the living room and making lots of noise). We didn't think this is demanding too much, and we implemented this plan for lunch and shalosh seudos. It was much more pleasant.

Besides that, I think I am feeling frustrated because I have fallen into a rut, in davening, with keeping up instead of having any sort of concentration. In the past, after such a realization, I would make a great effort and start imagining things like standing before the Fiery Throne of Glory (something I picked up from Chassidic seforim) to increase my concentration, which would work for a day or two. But I don't feel capable of even doing that now.

Instead, I thought I would try to just think, slightly more than I have been, that I am standing in front of Hashem and talking to Him. I should concentrate, just a tiny bit more, on the meaning of

the words I am saying.

I have had a similar attitude about this struggle against lust. I still feel I am in the grips of lust. But, I do feel that I am turning my head away a bit faster than I used to. I am catching the thoughts in my head at a somewhat more subtle level than what it used to take, and I am able to turn my attention away from them somewhat faster than I used to.

I am making progress. It's slow, but noticable--if I look for the small improvements.

--Eye.

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Re: Eye.nonymous official count  
Posted by Dov - 26 Jun 2011 04:41

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A friend of mine once told me that any single day that he is sober, he feels that he really should be happy enough to dance with joy about that one factoid.

OK, so you have areas to work your steps in and to bond even more with your wife about. Fine. You have a "BIG" G-d and He will help you with this. You have a loving wife who will help you as His agent. You have GYE so you can vomit here, and then go home smelling acceptable....so what more could you ask for?

You want quiet kids, TOO!?

:-X

BTW, I believe the quieter **you** are, speaking calmly and quietly with your wife as if nothing is happening, maybe mouth to ear, the quieter **they** will end up being, though it might take two weeks for the transformation to take hold...no more than that.

In the meantime, your sobriety and recovery are the focus, right? The rest is icing. How do you say icing in ivrit?

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 26 Jun 2011 05:06

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[dov wrote on 26 Jun 2011 04:41:](#)

You want quiet kids, TOO!?

Noisy I can deal with. But TOTAL CHAOS I can't. I feel sick just about every Shabbos from this, so we're trying to make a few changes.

--Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 26 Jun 2011 18:37

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[dov wrote on 26 Jun 2011 04:41:](#)

In the meantime, your sobriety and recovery are the focus, right? The rest is icing. How do you say icing in ivrit?

Right.

And I think the Hebrew expression, if I'm not mistaken, is something like, "Duv'davan al ha-katzefet," which is closer to "cherry on top," but translates more literally as, "Cherry on top of the whip cream," which sounds better in Hebrew than in English, but not that much better.

--Eye.

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Re: Eye.nonymous official count  
Posted by Dov - 26 Jun 2011 22:31

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Shush! Your chaos is making me tired.

Hey, after that silliness of mine, something serious (sort of) comes to mind (or to whatever I've got left of it!):

When they cause chaos, you and the little lady can find solace referring to the best detective show of all time, **GET SMART** no? It was always "Chaos" (the KGB/SS/bad guys) against "Control" (the CIA/FBI/good guys).

I am serious (really). There is a huge, saving power in humor. Be creative. Ask Hashem to give you some of His awesome sense of humor as an advance payment from the "Oz (nothing to do with the wizard of...) *yimalei s'chok pinu*". he has excellent accountants, you know, and makes

deals like this all the time. If you don't believe me, see the Bnei Yisoscher on Elul (on "Chadeish yomeinu *k'kedem*").

This is a good tool. Hatzlocha, and may you and your wife and me and all of us laugh at more than 50% of the things that currently get us all serious and sucked into our pride and resentment.

Omein!

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