

My personal journal - open to the public

Posted by dreamyunicorn28 - 03 Nov 2024 21:14

---

Hi Friends,

I'm starting this topic as my personal journal where I will Be"n share my thoughts, update on my progress and also ask for help.

I'm now 30yo, married and have a few children BH. My Kedusha struggle came together with puberty - age 12. Before that I knew I was not supposed to touch my private parts but as the hormones kicked in, I grew curious. Right after my Bar Mitzvah it was the first time I have put my hands down there - and it's still there almost 20 years later. Being a very reserved and isolated kid, I wasn't able to confide to anyone about my struggles and I didn't know if I was normal and if things that came out of my body was okay. I felt tremendous guilt and shame; I had no way to know that I was normal. That got me in to more trouble. At 15-16 I got involved with other Bocherim and couldn't get out of it. When I changed Yeshiva's I was hopeful about staying clean but it wasn't so. I was attracted to other Bocherim and masturbating almost daily (or multiple times a dat. I once tried staying clean for 40 days hoping it will change the habit, and was clean for 50 days. On day 50 I had a wet dream and I was so disappointed by it so I fell back all the way.

The next time I felt hopeful was at my wedding (age 20). I wasn't Matzliach in Kollel and felt horrible with myself. Together with marriage issues, I fell badly and was for the first time exposed to porn. My mental health together with Yiddishkeit began spiraling downwards. I also started getting involved in chatting and lots of other garbage. At this point I still have not shared any of this to anyone on the planet.

Fast forward, I lost my job and almost my wife and almost my life, and reached an all-time low. I officially became atheist and was living a double-life... no davening, no shabbos... My whole life was about to fall apart so I started looking for a therapist. After 3 therapist I didn't like I found someone I connected to. It was very difficult to open up to another person, but slowly I did it.

Therapy has kept things from not getting worse, but I wasn't making serious progress in terms of healing. Until I came across some great Mashpia/Rebbe that I connected to very well. Over a few years I started seeing real progress. Eventually I was, for the first time, able to connect to a Davening and to Hashem and I became very hopeful about a good future.

After 3 years of being in this new reality, it felt as if I can never fall back again to my Yiddishkeit problems. Although I still had P&M ups-n-downs, I didn't think I can fall lower than that. But last week has proved me wrong. I fell so badly! But this time I have what to look back at and be reminded that I can still get back up!

=====

Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 05 Nov 2024 19:26

---

[odyossefchai wrote on 05 Nov 2024 19:21:](#)

[dreamyunicorn28 wrote on 05 Nov 2024 19:13:](#)

I had some good conversation with some other GYE members in private and it came out that I have posted about my struggles in P&M but ignored the many other stuff. I don't know how important it is for me to share every type of Aveira I have done in the past but some of the things that still make me feel weird - P&M doesn't make me feel that way. On the other hand I don't want to be too explicit and am embarrassed to spell everything out exactly. In general, on GYE I see more people talking about P&M than having affairs or a bunch of other types of acting out.

There's a lot going on in my life that doesn't get shared on here.

(You can share if you want but it's your thread so you get to choose.)

That's why the human connection is so important.

You should be calling some of the pros here.

Muttel, Chaim oigen, HHM (voted President every day of my life) and many others who can befriend you and listen to your story and share your pain.

I would STRONGLY recommend reaching out and shmoozing. I carried around stuff inside my head for 25 years that I was able to share with some people on the phone. It helped me tremendously.

I can barely type it up and you're suggesting me to verbalize it to a real listening ear?!?!?

=====

=====

Re: My personal journal - open to the public  
Posted by odyossefchai - 05 Nov 2024 19:27

---

100%

Pick up the phone buddy

=====

=====

Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 05 Nov 2024 19:27

---

[rebakiva wrote on 05 Nov 2024 19:23:](#)

[dreamyunicorn28 wrote on 05 Nov 2024 18:59:](#)

[odyossefchai wrote on 05 Nov 2024 18:45:](#)

Even if you haven't yet reached 15 years clean, you can be ok.

I'm only two months in and my life is completely different.

Probably 3-4 weeks in I already started seeing huge changes in my brain.

It's not that I didn't have urges, it's that my approach to life was completely different without thinking about P and M all day.

I'm looking at my life as a regular person who has challenges in shmiras einayim (who doesn't!!) and as a person who used to have a P and M problem.

I'm now at a stage where I can have a regular married life without thinking about P in my bedroom and without non stop lusting and using my wife as my masturbation tool.

When we are together, she is much more engaged and involved. We aren't perfect but we are 10,000,000 miles ahead of where we were 3 months ago.

Am I 100% clean? No

Will I slip up? Maybe

But I don't walk around all day thinking about when the next time I can find 10 quiet minutes to watch P and M

I also don't carry the horrible weight on my shoulders and all the anxiety that comes with it.

You know how you feel right before and right after you do it. Gross.

I don't have that anymore BH.

Very well said!

I have had longer streaks in the past and I definitely felt like a Mensch

Dear brother, dreamyunicorn in my humble opinion if I may, I think what odyosefchai is saying has nothing to do with feeling like a mensch.

What he's saying is that once your brain is rewired to have a mehalach and correct training on how to fight this great fight, THEN you can be a new person for good and IT DOESN'T TAKE LONG TO REWIRE YOUR BRAIN.

Having long streaks definitely make you feel like a mensch, but there's no mehalach so it's not really a mensch it's just holding onto a tightrope, vs when one rewires his brain he doesn't need to hold onto the tightrope he can just walk on top of it.

Sorry for my 2 cents just want you to get on top of the tightrope.

Keep it up and keep us posted

With love akiva

I get your point Reb Akiva

=====

Re: My personal journal - open to the public  
Posted by iwantlife - 05 Nov 2024 19:39

---

Hey R' unicorn! Don't worry if you don't feel ready to spill your guts to a live person, it took me a bit of time, and my story isn't so dramatic. You can certainly start by typing it up and posting it, don't worry, we've seen it all here. Here there's only hope and love. However, it's hard to explain the world of a difference talking to a real person makes; for me I can say, it's made all the difference. I wouldn't be at 100+ days if not for my friends who I'm in contact with almost daily. So, when you're ready, call someone here. It'll your best decision this year, I promise you. I highly recommend starting with HHM, he's the one who set us all on the right track. After that, make some real live friends, the type of which you've never had!

Rooting for you,

iwantlife

=====

Re: My personal journal - open to the public  
Posted by Muttel - 05 Nov 2024 20:04

---

[dreamyunicorn28 wrote on 05 Nov 2024 19:26:](#)

[odyossefchai wrote on 05 Nov 2024 19:21:](#)

[dreamyunicorn28 wrote on 05 Nov 2024 19:13:](#)

I had some good conversation with some other GYE members in private and it came out that I have posted about my struggles in P&M but ignored the many other stuff. I don't know how important it is for me to share every type of Aveira I have done in the past but some of the things that still make me feel weird - P&M doesn't make me feel that way. On the other hand I don't want to be too explicit and am embarrassed to spell everything out exactly. In general, on GYE I see more people talking about P&M than having affairs or a bunch of other types of acting out.

There's a lot going on in my life that doesn't get shared on here.

(You can share if you want but it's your thread so you get to choose.)

That's why the human connection is so important.

You should be calling some of the pros here.

Muttel, Chaim oigen, HHM (voted President every day of my life) and many others who can befriend you and listen to your story and share your pain.

I would STRONGLY recommend reaching out and shmoozing. I carried around stuff inside my head for 25 years that I was able to share with some people on the phone. It helped me tremendously.

I can barely type it up and you're suggesting me to verbalize it to a real listening ear?!?!?

iwantlife has a point. The only thing I'd say, dreamy brother, is that the pros on the site have a knack for getting you to open up. part of what separates the best mentors from the rest is that ability to make you feel comfortable and ready to share. If you are able, I'd suggest you call a mentor here and make up that you'll reveal a little bit. You may be surprised that in that same conversation you'll spill all the beans.....

They know how to validate and make themselves vulnerable, which in turn empowers you to make yourself vulnerable.....

With a ton of brotherly love,

Muttel

=====  
=====

Re: My personal journal - open to the public  
Posted by chosemyshem - 05 Nov 2024 20:49

---

[dreamyunicorn28 wrote on 05 Nov 2024 19:13:](#)

I had some good conversation with some other GYE members in private and it came out that I have posted about my struggles in P&M but ignored the many other stuff. I don't know how important it is for me to share every type of Aveira I have done in the past but some of the things that still make me feel weird - P&M doesn't make me feel that way. On the other hand I don't want to be too explicit and am embarrassed to spell everything out exactly. In general, on GYE I see more people talking about P&M than having affairs or a bunch of other types of acting out.

Sharing just to share a cool story is pretty pointless.

Sharing to stop lying, hiding, and burying down in the bunker of shame is extraordinarily helpful.

I don't share every stupid thing I ever did - ain't nobody got patience to listen. What I did do once was the SA first step share, which is to write out your whole story from the very first sexual experience you had all the way to today (that doesn't mean sitting and counting every single time you masturbated. It means your story. You'll know it when it write it.) Just writing it out was helpful. Saying it over to a kind ear was even more helpful.

What I've done several times is said over the roshei perakim to people. That's helpful too, in order to dig out from the bunker o' shame. I've also shared whatever I needed to (whether in posts or on the phone) in order to get a weight off my chest, to get advice, or to sympathize with someone else.

If it bothers you, sharing will probably help. In many ways, once you get over the initial hump it's easier to share with a real, kind, listening ear than to vomit a post onto the silent page.

Whatever works for you. Don't overthink it.

=====

Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 05 Nov 2024 22:16

---

[chosemyschem wrote on 05 Nov 2024 20:49:](#)

[dreamyunicorn28 wrote on 05 Nov 2024 19:13:](#)

I had some good conversation with some other GYE members in private and it came out that I have posted about my struggles in P&M but ignored the many other stuff. I don't know how important it is for me to share every type of Aveira I have done in the past but some of the things that still make me feel weird - P&M doesn't make me feel that way. On the other hand I don't want to be too explicit and am embarrassed to spell everything out exactly. In general, on GYE I see more people talking about P&M than having affairs or a bunch of other types of acting out.

Sharing just to share a cool story is pretty pointless.

Sharing to stop lying, hiding, and burying down in the bunker of shame is extraordinarily helpful.

I don't share every stupid thing I ever did - ain't nobody got patience to listen. What I did do once was the SA first step share, which is to write out your whole story from the very first sexual experience you had all the way to today (that doesn't mean sitting and counting every single time you masturbated. It means your story. You'll know it when it write it.) Just writing it out was helpful. Saying it over to a kind ear was even more helpful.



What I've done several times is said over the roshei perakim to people. That's helpful too, in order to dig out from the bunker o' shame. I've also shared whatever I needed to (whether in posts or on the phone) in order to get a weight off my chest, to get advice, or to sympathize with someone else.

If it bothers you, sharing will probably help. In many ways, once you get over the initial hump it's easier to share with a real, kind, listening ear than to vomit a post onto the silent page.

Whatever works for you. Don't overthink it.

Thanks chosemyshem for your input. I just spoke to HHM over the phone and he managed to bust all my bubbles

=====

Re: My personal journal - open to the public  
Posted by odyossefchai - 05 Nov 2024 22:28

---

.

Thanks chosemyshem for your input. I just spoke to HHM over the phone and he managed to bust all my bubbles

Please share more details!!

=====

Re: My personal journal - open to the public

---

Posted by dreamyunicorn28 - 05 Nov 2024 22:31

---

[odyossefchai wrote on 05 Nov 2024 22:28:](#)

.

Thanks chosemyshe for your input. I just spoke to HHM over the phone and he managed to bust all my bubbles

Please share more details!!

How should I explain it...? All my fantasies and obsessions feel so real until you talk it out. He gave lots of food for thought and a renewed sense of hope!

=====

Re: My personal journal - open to the public  
Posted by odyossefchai - 05 Nov 2024 22:35

---

[dreamyunicorn28 wrote on 05 Nov 2024 22:31:](#)

[odyossefchai wrote on 05 Nov 2024 22:28:](#)

.  
  
Thanks chosemyshem for your input. I just spoke to HHM over the phone and he managed to bust all my bubbles

Please share more details!!

How should I explain it...? All my fantasies and obsessions feel so real until you talk it out. He gave lots of food for thought and a renewed sense of hope!

Ok so now you have really started the journey.

Please stay here and share more details as you go along.

It will be inspirational to all of us to watch you ascend the ladder of greatness.

One day, very soon, others will look up to you and you can share your knowledge and friendship with them!

=====

Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 05 Nov 2024 22:37

---

[odyossefchai wrote on 05 Nov 2024 22:35:](#)

[dreamyunicorn28 wrote on 05 Nov 2024 22:31:](#)

[odyossefchai wrote on 05 Nov 2024 22:28:](#)

.

Thanks chosemyshem for your input. I just spoke to HHM over the phone and he managed to bust all my bubbles

Please share more details!!

How should I explain it...? All my fantasies and obsessions feel so real until you talk it out. He gave lots of food for thought and a renewed sense of hope!

Ok so now you have really started the journey.

Please stay here and share more details as you go along.

It will be inspirational to all of us to watch you ascend the ladder of greatness.

One day, very soon, others will look up to you and you can share your knowledge and friendship with them!

I'm giving you the credit for pushing me to do it!

=====

====

Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 06 Nov 2024 14:45

---

B"h another day of keeping clean. Last night I had a wedding and Bisyata Dishmaya I was able to not look around. I usually get very triggered at weddings. The ladies are dressed up and and the fragrances are all over the place, together with the music, food and disco lighting. But I was able to keep strong, and most importantly, not obsessing about it... I wasn't feeling like I'm fighting something.

May Hashem help me and all other Yiden here to have more and more successes in all areas of Kedusha

=====

====

Re: My personal journal - open to the public  
Posted by odyossefchai - 06 Nov 2024 15:28

---

Trump's win is nothing compared to this.

You are awesome my friend.

=====

====

Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 06 Nov 2024 16:19

---

In Yeshiva I was attracted to a Bocher who slept in my room. A few times I went over to his bed while he was sleeping and touched his penis causing him an erection, and run away when he started moving. One morning I found a note under my billow with a warning from this Bochur that if I do it once more he's going to report me. The shame was unimaginable and the guilt too. The Bochur was a real Tzadik - and still is 15 years later.

The first time I shared this story with anyone was yesterday, to HHM over the phone.

He advised to call up the person and ask Mechila. I dialed his phone number this morning but didn't get through yet. I'll let you know how it went and hopefully this will put me ahead in my journey to recovery

=====

=====