

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!

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 06 Nov 2024 16:26

[odyossefchai wrote on 06 Nov 2024 15:28:](#)

Trump's win is nothing compared to this.

You are awesome my friend.

Exactly! I was actually reflecting on Trumps political ups and downs (without getting in to politics) and there's something to learn from this guy. He was impeached twice, indicted.. nearly assassinated twice... and he made such a beautiful comeback. The lesson we can take for out own battles in Kedusha. At the end we win!!!

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 06 Nov 2024 16:27

[rebakiva wrote on 06 Nov 2024 16:25:](#)

Wow that'll be a really courageous move, but don't let anything hold you back from taking that step.

I greatly admire your courage, you're an inspiration to me and all our brothers here on gye.

Keep it up and keep us posted

With love Akiva

Thank you rebakiva for your words of encouragement

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Re: My personal journal - open to the public

Posted by iwantlife - 06 Nov 2024 17:14

Wow, what a brave share. There's nothing like letting go of these painful memories. You should also know that you're not alone in having struggled with SSA as a bochur, I too suffered with these confusing feelings while in Yeshiva and acted out on them. I forgot the percentage, but HHM told me it's super common. For me it was probably a combination of early exposure to porn without a way to deal with it, plus not the greatest emotional relationship with my father (who I love), which studies have shown can contribute to this. Either way your strength and honesty are an inspiration to us all!

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Re: My personal journal - open to the public

Posted by dreamyunicorn28 - 07 Nov 2024 05:22

[dreamyunicorn28 wrote on 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 Bocher that if I do it once more he's going to report me. The shame was unimaginable and the guilt too. The Bocher 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

B”h the phone called went very well. He said he has long forgotten about it and that is has not caused him any damage (that’s what he’s saying) and he was Moichel me.

Thank you Hashem!

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Re: My personal journal - open to the public
Posted by rebakiva - 07 Nov 2024 05:43

BH THANKS FOR SHARING, you've lifted a load off your shoulder

but to be honest you've also lifted aload off my shoulder, I was waiting for this post all day today.

Thanks again for sharing, keep it up and keep us posted.

With love akiva

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 07 Nov 2024 12:07

Update

He sent me a text this morning and I replied:

him:

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Re: My personal journal - open to the public
Posted by Hashem Help Me - 07 Nov 2024 12:30

Great and courageous men do great and courageous things. You are a true inspiration. You didn't even wait to do it. Incredible.

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 07 Nov 2024 14:19

This morning when I said this I felt like King David is talking about my situation. This is how I translated it into my life... I don't even know Poshut Pshat...

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A song for the dedication of the house, the house in my heart I'm building for Hashem to
reside ?????? ???? ???? ?

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Hashem has lifted me up from the dumps and enrolled me into a program of healing... The
CEO's of PornHub no longer are able to rejoice over luring me in to buying more tokens

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, Lord, I cried to you and you healed me, boy did I cry

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Lord, you brought me up and saved me from falling deeper in to the pit of sexual addictions. SO
many times that I was about to act out in dangerous ways and Hashem made it logistically
impossible

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O you faithful of the LORD, sing to Him,

and praise His holy name.

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All the clean streaks aka 'life' is depended on his will

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During the clean streak, I say, I won't fall back

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. But it's all in the will of Hashem. When he hid his face from me, I was lost and fell back again

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I realized again that I depend on his mercy to keep me clean, and I cry out and call to him for help

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I say to Hasem, what is the gain of me being in the dirt, can I praise you then, can dust praise you, can a porn addict declare your faithfulness?

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Please hear me out and grant me your assistance - I do not deserve it but help me anyways

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You will turn all my falls to joy. I will see how all of this helped me become the person I wouldn't be able to become otherwise

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and my whole being will sing to you forever

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 07 Nov 2024 16:13

Thanks Hashem Help Me for holding my hands while I'm taking my very first steps! There are more people I've hurt, directly or indirectly, I have a lot of reconciliation to do. Be"n we will close out file by file.

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Re: My personal journal - open to the public
Posted by neshomo kedosha - 07 Nov 2024 19:28

[dreamyunicorn28 wrote on 07 Nov 2024 12:07:](#)

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Its really really amazing to see who Klol Yisrael is.

As someone not getting emotional of things but now it literally came me tears when I read it.

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 08 Nov 2024 06:52

2 days ago I reached out to HHM and he gave me a whole Muser Shmooz on how I have cheated on my wife and betrayed her so badly! I didn't expect that to be the first thing, but slowly it's syncing in and I'm starting to realize how important that was. It has changed my perspective on the work I'm doing here.

My mission has changed, it's no longer about me, it is to marry my wife again and try to repair all the damage I've done to her and the relationship. My goal is no longer (only) about me breaking free from masturbation because it's hurting me, I want to make my wife happy and pay my debt to her!

The magnitude of the damage I caused is enormous!!! How do I even begin to rectify my wrongdoings? She has always been so hungry for my connection and I pushed her away, I deprived her from the basics.

How many Months in a row that we were not intimate because of me having relationships with other woman! I gave away my precious sperms to Shikshas on the screen! I gave away my attention to fantasies instead of listening to her!

I don't even know where to begin in cleaning up this mess!

My DW was always so respectful to me and trying her best to keep up. She's taking so good care of me and my children aal while she doesn't get the basics from her man. What a poor woman!

I want to hug her so tight and not let go for all the time I deprived her and when she needed it so strongly! But how can apologize when she doesn't officially know about anything? As much as I believe she's suspecting it, she never asked me about it, nor did I say anything

Crying...

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Re: My personal journal - open to the public
Posted by Muttel - 08 Nov 2024 09:55

Wow, you speak so eloquently of what I and many others thought and spoke out in other words.....

The Nechama I give myself, is that I am a new person who now has tremendous fidelity to my wife and am doing everything in power to spread that around...

We need to believe in Teshuva. Your regrets will spur dedication, which is everything you can do to fix it up.....

With tears for my dear brother,

Muttel

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