

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 - 28 Nov 2024 17:10

[redfaced wrote on 28 Nov 2024 16:43:](#)

[youknowwho wrote on 28 Nov 2024 15:51:](#)

[dreamyunicorn28 wrote on 03 Nov 2024 21:14:](#)

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Been meaning to comment on this for a while, just never got to it.

I find this nekudah fascinating. Finding a Mashpia/Rebbi, thinking your problem is finally solved, only to find out that, *boom*, you are really back to square one. All flowery chizuk aside, you are not *really* different **inside**.

I had the same experience. What it taught me was, that although I was experiencing a certain "Ohr" in Avodas Hashem, and yes, that "light" powered me to win for a long time, it still was not the internal change I desperately needed.

This is sometimes the problem with the "Mashpia Approach". A new energy for Torah and Mitzvahs? Perhaps. There may even be some level of accountability to your Mashpia. But the real tools such as those presented here, the support system, the deeper internal work, the deeper understanding of *why* we use, so we can finally shift from user to non-user, are sometimes missing.

So, I guess I am mentioning this to share that you are not alone in realizing that even a new path in Avodas Hashem may not always be the real answer.

It can even sometimes be a curse disguised as a blessing. Because if you are taught that this "mehalich" is supposed to work for "everything", and it really doesn't, than that becomes a deep and painful internal *stirah* to your very Emunah. It takes real courage to take a step back and reach out for help.

You took the courage to take that step.

The act of slaying a unicorn and drinking its blood would *cause the drinker to suffer a cursed life*, even if they do live forever.

Redfaced you saved me! I was about to take a sip

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 28 Nov 2024 19:19

[youknowwho wrote on 28 Nov 2024 15:51:](#)

[dreamyunicorn28 wrote on 03 Nov 2024 21:14:](#)

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You took the courage to take that step.

You viciously wanted to lure me into drinking unicorn blood, but my good friend redfaced rescued me before it was too late.

Anyways, you're making a good point about the inner work that can't be ignored. But it's not either or, you need both... Looking back at my journey, I measure my progress by my falls. What is my baseline? And boy did I come a very long way BH!!!!

Thanks for paying attention to what I wrote- it means the world to know that people are actually listening :)

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Re: My personal journal - open to the public
Posted by chaimoigen - 28 Nov 2024 19:42

[youknowwho wrote on 28 Nov 2024 15:51:](#)

[dreamyunicorn28 wrote on 03 Nov 2024 21:14:](#)

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You took the courage to take that step.

This is a courageous post.

There is a lot to think about and digest here. There is tremendous value in recognizing the difference between internal ways of changing and external ways of changing.

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Thank you,

Chaim

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Re: My personal journal - open to the public
Posted by Heeling - 28 Nov 2024 21:20

[dreamyunicorn28 wrote on 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 Shiksas 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...

Going through this thread now...

Wow! what a post! It brought out a tear...

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 04 Dec 2024 15:17

As much I would wish to post about how I stood back up and keeping a clean streak, it did not happen... Something inside me is not letting go.

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Re: My personal journal - open to the public
Posted by chancy - 05 Dec 2024 18:54

Dear Unicorn,

I think that agree more with you then HE-WHO-MUST-NOT-BE-NAMED in this topic.

I believe that growing in Avodes Hashem and feeling a real connection to Torah and Mitzvos is crucial and a big catalyst for change.

Of course you cant ignore the lustful pattarens your brain has creaed and you must dig deep. But without any good and holy connections it will be very hard indeed.

Once you find joy in davening and learning and you feel closer to Hashem, these struggles can become much easier.

Im not saying that its always teh case because everyone is different and we have different needs and different reasons why we are into lust.

But i dont think its a curse disguised as a blessing.

Sometimes, I will have an urge and I will tell myself and pray to Hashem "Please let me rather have pleasure from Shabbos then this"

And let me tell you, boy is it worth it! I would rather enjoy a shabbos davening or singing zmiros then any type of sexual pleasure.

YKW/HHMNBN/Voldy, im sorry I disagreed with you. I hope the dark lord forgives easier nowadays.....

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 05 Dec 2024 22:17

I didn't see anyone disagreeing!

It's so true what you're saying about finding joy in Avodas Hashem... I have already experienced joy in Avodas Hashem and I know how much better it is than lust, but I don't have control over that; it's a gift I sometimes get from Hashem. When he takes it away from me I become very desperate for satisfaction and I act out... It's my life struggle to stay committed when there's no deep emotional satisfaction to what I do. I feel scared to let go of the things that currently give me instant gratification because fearing finding myself not having anything better.

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Re: My personal journal - open to the public
Posted by jewizard21 - 05 Dec 2024 23:40

It's scary, difficult, and a bit overwhelming to try to cut ties with this life long "friend". We have to realize that the comfort we feel from acting out is really a facade, and when we learn to let go and deal with matters in a healthy way, life becomes more enjoyable and manageable without porn or masturbation.

I get stressed and overworked a lot and I have notice that I was more erratic when my brain was wired to react with porn and masturbation. Now my mind is more clear and is able to deal with my situation as it comes rather than to jump to my old "friends" porn and masturbation which would ultimately just leave me with a chemically imbalanced brain and a lot of work to do.

My experience with avodas Hashem is that I wasn't really connecting with Hashem while lust ridden. I would go to seder and daven b'tzibor 3 times a day but until I really started my journey of wanting and becoming clean I didn't realize how weak my connection was. Now I am more connected to Hashem than ever. I didn't start my journey bc I wanted to be closer to Hashem, but through becoming clean I came to build a stronger connection.

What I'm trying to say is that your initial drive on this journey to becoming clean is for yourself and your family which is very meaningful, and with time you realize that Hashem is helping you and you can lean on him for help. Just holding off on a Lustful act even if you eventually secumb to it is in it of itself avodas Hashem.

I don't know if I am clear or weather you resonate with this but I hope it does.

Keep on Trucking, One Day At A Time!!

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 06 Dec 2024 16:35

[dreamyunicorn28 wrote on 05 Dec 2024 22:17:](#)

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I spoke to HHM last night and he reiterated the fact that life is not meant to be one long big orgasm (excuse me), there's up's and downs, and middles. We don't always have to feel "**strong**" feelings. There's a time and place, and a beauty to dullness.

I've been thinking about my thinking and it got me thinking...

We're used to the idea of counting blessings as counting the external blessings, like kids, family, health etc. But after my conversation with HHM it occurred to me that we also need to count the

blessing within. We need to realize the amazing qualities we were given and also see the good choices we make so much of the time. I think it's fair to say that most people do, by choice, a lot more good than bad! And we need to count those blessings.

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Re: My personal journal - open to the public
Posted by vehkam - 06 Dec 2024 16:57

[dreamyunicorn28 wrote on 06 Dec 2024 16:35:](#)

[dreamyunicorn28 wrote on 05 Dec 2024 22:17:](#)

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One can take tremendous pride in keeping up the determination even during the “down” times.
It is something to think about and recognize

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 09 Dec 2024 16:18

B'h this morning my Davening was something I haven't experience for Months. I poured my heart out for my fellow GYE's who are struggling so hard - had some of you specifically in mind (by your GYE user names). Hashem has also answered my prayer about something in a very open way (I'll spare you the details).

I see it as a pat on my back from Hashem (maybe for calling HHM even I didn't want to)

I'm obviously feeling a little better so now the Y"H is trying to put me down for not having showed any loyalty to Hashem while I was so down... Isn't that the whole point, to keep doing the things while we don't feel like it?

In the meantime I'll try to focus on the positive things I do and ignore all the negative voices.

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Re: My personal journal - open to the public
Posted by staypure - 10 Dec 2024 23:34

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It will give you a lot of for dovening in difficult times

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 11 Dec 2024 16:15

I haven't spoken about my struggle with chatting with strange woman... I used to do that a lot, and that worked even with the best filters because I'd use basic email or Google chats. Over the years I have opened and closed so many Google accounts. It's been a while that I didn't do it but recently I started doing it again. But with Hashems helps I just closed the account and hopefully this was the last time.

I did open a special Gmail account for GYE, because my wife has access to my regular email account and she's not aware of my struggles- and I'm not ready to let her become aware. I hope I won't misuse it again and then have to close it. I've already switched my GYE email multiple times.

I haven't seen anyone sharing this specific struggle but by now I'm convinced I'm not alone. In any case I need to heal and need forgiveness for all the damage I caused to other human beings.

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Re: My personal journal - open to the public
Posted by Markz - 11 Dec 2024 16:50

[dreamyunicorn28 wrote on 11 Dec 2024 16:15:](#)

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Thanks for sharing!

#28 you are definitely not alone.

KOT!!

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There's at least another 25 similar guys here