

My personal journal - open to the public

Posted by dreamyunicorn28 - 03 Nov 2024 21:14

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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 - 12 Dec 2024 17:35

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I'm so inspired by the many of you who are making such great progress, and I also want to be part of the winners! ??? ?????!

I'm just **so** afraid of the heartache of failing!

In the past I had long streaks (maybe 60 days) but it came to me when I was doing very good spiritually, not that I have made any commitment then. Only when I realized that I was being clean for a while, I became conscience about it and fell shortly after.

But on the other hand, I can't wait till it will comes again, so I do have to make some kind of commitment. In many ways I feel ready to take the leap. But I'm so afraid!!! I'm so afraid of falling after counting days that I worked so hard to stay clean! It breaks my heart every time.

I know it's all coming from my screwed-up ways of thinking. I get very caught up in the numbers and it makes me super conscience about my keeping clean which ultimately leads me to fall again.

I know I will probably OCD (OCD- verb) on the quality of my cleanness. I all-of-a-sudden become so Frum with my judgments.

Anyways, I'm committing to 3 days for now...

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Re: My personal journal - open to the public  
Posted by stopsurvivingstartliving - 12 Dec 2024 20:31

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I would suggest not to focus on the days, like today is day 4 etc. Rather each day make it through clean and keep us posted that that day was clean.

I used to post each day what day it was for me. Now I just write if that day was clean. I don't have on my head anymore what day today is.

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 13 Dec 2024 18:30

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[stopsurvivingstartliving wrote on 12 Dec 2024 20:31:](#)

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I totally get it but numbers is not the entire problem

Let me explain. I have different stages in my struggle, when I go low I will actively seek to act out in many different ways. When I'm in a very good place, it doesn't take much effort to avoid lust. But when I'm somewhere in the middle I won't necessarily seek out lust but I will touch my private parts and gaze at woman by instinct.

So, unless I make some kind of conscience effort to change these habits I will always fall back to it. I need to have awareness in order to break the habit. Even if it's not counting days it will be something else that will have to keep me aware about not looking at woman and not touching.

Now, thinking about staying clean will help me stay clean, but in the same time will make me think more about it, and just thinking about not looking could make me look even more...

I somehow need to find the balance of being aware while not becoming hyperconscious about it.

There's still a lot of inner-work to be done!

Git Shabbos

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Re: My personal journal - open to the public  
Posted by Heeling - 15 Dec 2024 16:40

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Hows day three going? Are we going for a forth?

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 16 Dec 2024 17:38

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[Heeling wrote on 15 Dec 2024 16:40:](#)

Hows day three going? Are we going for a forth?

Thank you Heellin' for checkinin... Yes, day 4 stayed clean too.

I don't see myself keeping it on for too long. I still don't have much Sipuk in my life, and there's that much I can fight. When I have Sipuk I don't have to fight as much.

Maybe it's time to address my obesity and lack of physical activity! This might be my greatest obstacle of breaking free of lust.

But Hashem, I don't even know where to begin!

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 19 Dec 2024 16:27

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[dreamyunicorn28 wrote on 16 Dec 2024 17:38:](#)

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I haven't masturbated since my last update but I was viewing inappropriate clips and images yesterday. I also stimulated my penis but didn't ejaculate. I don't know if that counts as clean, but I did have some wins in the same time.

Another win was that I did some exercise yesterday.

I feel like I can do so much better if only I get back involved in learning and watch on my weight and do exercise. I've been struggling with learning forever and I don't know how to go about that. I've already tried so many different things. I don't want to share everything publicly but I wish someone can direct me to the right resources.

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Re: My personal journal - open to the public  
Posted by amevakesh - 01 Jan 2025 19:14

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

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

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!

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**.

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.

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.

Loved this post, and I wanted to comment on it for a while. There are many sources that demonstrate that [cognitive behavioral therapy](#), [transcendental meditation](#) and [mindfulness](#) all are effective ways of combating the YH. Probably the most famous is the ["staircase"](#) that says ["cognitive behavioral therapy is like a staircase, mindfulness is like a ladder, and transcendental meditation is like a hot air balloon"](#). Yet, we find that there are so many people who's existence is in the world of ["the YH"](#) and ["the YH is a part of me"](#), yet they continue to struggle. While they're actually on a high from their ["cognitive behavioral therapy"](#) they're okay, but when the high wears off, they sometimes find themselves back in the mud, wondering why the infusion of ["cognitive behavioral therapy"](#) and ["mindfulness"](#) wasn't effective in weakening the YH. Sometimes a dynamic ["cognitive behavioral therapy"](#) helps people find a path in ["the YH"](#) that resonates deeply with their ["cognitive behavioral therapy"](#), but ultimately after a while the effect on the struggle often tends to dissipate over times as the YH creeps back bit by bit. Again, what happened to everything ["the YH"](#) taught us about how involvement in ["the YH"](#) is an effective way of getting rid of the YH?

7 / 21

Please don't take this as a knock on Mashpiim. They do what they're supposed to do, which is to guide someone in their '????? ?'. What probably works best for most people is a two pronged approach where one has the Mashpia to fill him with spirituality, and someone else in his life that understands him and the ????? well, so that he can help extricate him from his addiction, habits or any other negative behaviors. Often the Mashpia will be someone will be someone that can wear both hats, but this second hat, will require much more time and patience, so that he can guide him with a tailor made plan that works for him. Lucky is the person that has found the Mashpia that speaks to entire person, both the ??????? and the healing part of his journey, but for those that haven't, reaching out for help from other sources might necessary to fully heal.

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 02 Jan 2025 19:32

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[amevakesh wrote on 01 Jan 2025 19:14:](#)

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

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

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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

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.

You took the courage to take that step.

10 / 21

taste of sin, he can probably manage to combat the fleeting temptations, by falling back on the general satisfaction he derives from living a ???? true lifestyle. This should usually be sufficient to get the YH off his back.

However once a person has already experienced ??? ??, he now has taught himself that there's an extremely effective way to numb pain and escape from reality whenever the going gets tough. The best a Mashpia usually will do for someone, is provide a path in ?????? that strongly resonates with his followers. This works well as long as he's on fire, but when that fire wanes (which it inevitably will), and the void(s) resurface, he will unfortunately resort to his pacifier to distract himself. Rare is the Mashpia that actually helps a follower go through the arduous journey of weaning himself off his pacifier. It's tedious, difficult work that requires experience, which the Mashpia might not necessarily have.

Additionally, as YKW pointed out, what happens sometimes, is that since the individual was inspired and thinks that all his problems were solved, when the inspiration wears off, he will hit the bottom much harder than before, not understanding why the newly attained "spiritual high" hasn't saved him from sin. He's left floundering, flailing, and desperately let down by the savior who he thinks has failed him.

Please don't take this as a knock on Mashpiim. They do what they're supposed to do, which is to guide someone in their '????? ?. What probably works best for most people is a two pronged approach where one has the Mashpia to fill him with spirituality, and someone else in his life that understands him and the ????? well, so that he can help extricate him from his addiction, habits or any other negative behaviors. Often the Mashpia will be someone will be someone that can wear both hats, but this second hat, will require much more time and patience, so that he can guide him with a tailor made plan that works for him. Lucky is the person that has found the Mashpia that speaks to entire person, both the ?????? and the healing part of his journey, but for those that haven't, reaching out for help from other sources might necessary to fully heal.

Dearest amevakesh & YKW, I do appreciate that you're responding to my post but I feel very misunderstood and I hate feeling misunderstood... I hope you understand : )

The feeling I'm getting when reading both of your responses is as follows: "Mr. dreamyunicorn has been struggling for years with P&M and instead of doing the real inner work he's gotten involved with some Mashpia and gets pumped up by his words of Chizzuk which keeps him clean for a while but once the high settles down he's back to square one. But even more so, this itself is keeping him away from doing the real work because he thinks he's already doing it. Let's wake up Mr. unicorn from his dream and knock some sense into him..."

First off, that post is merely a brief outline of my life and struggle where I'm saying that once upon a time I used to be a humongous mess, and after years of therapy and after I found this Mashpia I slowly started becoming less and less of a humongous mess. I'm not saying that this is the approach I took to healing, nor am I taking a stance on the issue of "Healing from P&M - The Mashpia Approach vs The Two Pronged Approach".

The fact is that through this Mashpia I became a much healthier person in every area of my life; including lust. It's just the fact. If you can't imagine a Mashpia having such an effect, either stop projecting your idea of a Mashpia on to my Mashpia or I'm willing to give up the term Mashpia and call him something else - Dentist perhaps. In any case, please don't discount what I'm saying about the "real" progress I made.

As for this low I reached after 3 years that I didn't think was possible, wasn't about P&M; it was about my mental health and Yiddishkeit in general. I don't think any program related to P&M could have prevented that.

Anyways, I agree with both of you on all the things you're saying I just don't think this would be your response if you would have read my post with more care. I'm guilty of it too sometimes.

**Warning: Spoiler!**

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Re: My personal journal - open to the public  
Posted by youknowwho - 02 Jan 2025 22:16

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[dreamyunicorn28 wrote on 02 Jan 2025 19:32:](#)

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[spoiler][spoiler]

Nu???

When are you *takeh* gonna wake up?!

Kidding.

Feeling misunderstood is a yucky kind of feeling. To clarify, I was TOTALLY not lecturing you that you should wake up and smell the coffee. I genuinely understood your words to be an experience you were sharing, specifically, that your "Mashpiac Experience" did not suffice to get you out of the mud.

Just meant to share that I'd been through that too. Not to lecture you about waking up.

But you're saying that's *not* been your experience, soooooo....I guess we now have one less thing in common!

Stay well,

- A "striving to read your posts more carefully so that I shan't ever be guilty Moldy Voldy"

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 02 Jan 2025 22:52

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YKW I appreciate your witty redress to a volatile snappy snowflake. Please don't dare misunderstanding this!!!

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Re: My personal journal - open to the public  
Posted by amevakesh - 03 Jan 2025 00:33

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[dreamyunicorn28 wrote on 02 Jan 2025 19:32:](#)

[amevakesh wrote on 01 Jan 2025 19:14:](#)

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Anyways, I agree with both of you on all the things you're saying I just don't think this would be your response if you would have read my post with more care. I'm guilty of it too sometimes.

**Warning: Spoiler!**

I apologize profusely if my tone came across as lecturing. My words were honestly not directed at you per say, I was just trying to project the general idea. I definitely never would comment on your Mashpia, especially since I don't know who he is, but I think that I made it quite clear (in bold now), that multi talented people are out there that do wear both hats. I'm truly happy for you that you've discovered one of these special individuals. My post reflected my own personal experience. The person I look up to in my life, is someone who I've been privileged to absorb much from in the past and continue to do soon a constant basis. I think that he's G-d's gift to humanity for many reasons, I admire him to no end. That being said, in this area, I've received very little if any direction. It might be because I was afraid to ask, I do feel the need to have him think of me in a certain way. He doesn't know about my past, and I would honestly be uncomfortable sharing it with him. He does inspire me to no end, but until I came to GYE, I was floundering. I'm sure that there are many here that can relate. That's the context my words were written from. Again, my sincere apologies.

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 06 Jan 2025 23:14

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I have such an ingrained habit of touching my penis, and it's happening subconsciously even without feeling aroused. Same with staring at woman. I don't have any control over it.

I masturbate on average once or twice a week but I never stop touching myself. Every night I touch myself to sleep, my hands just go there without any thought.

I'm powerless!

Twenty years ago I would shake every time I touched myself - let alone masturbated - knowing that I have crossed a red line but that red line has long disappeared. It became so normal. On a day to day basis I don't even feel like I'm having a problem, unless I act out more severely like porn and chats.

But every now and then it hits me how far I am from being clean! I still remember that innocent child who wouldn't put his hands under his belt because he didn't want to be "Farchapt in Sheol Tachtis".

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Re: My personal journal - open to the public  
Posted by cleanmendy - 07 Jan 2025 15:48

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This an amzing post gave me so much chizzuk!! thank you im a week clean today!

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Re: My personal journal - open to the public  
Posted by chancy - 07 Jan 2025 15:51

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[dreamyunicorn28 wrote on 06 Jan 2025 23:14:](#)

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Maybe you should start with a small Kaballa? Today I will not touch my penis! And then be aware of it, its not so hard to obstain for 1 day. Once you do that more and more, you will be

able to create a distance and changing the habit into something that is not done. It is a very important geder to keep us back from getting aroused.

Think about your Bris as a Holy Sefer Torah. It is just as holy btw.

Would you just go around touching a sefer torah for fun? NO, why? Because it will land you in Sheol Tachtis? NO, because its HOLY and its not to be used as a toy.

Same thing is your Bris Kodesh. All the Shefa in this world comes down thru Yesod, its too holy and too important to play around with it. That would be true even if doesnt lead to MZL.

Find a better thing to touch when going to sleep..... How about your Tzitzis???? Thats holy enough.....

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