

Who am I really??

Posted by Apariencia - 23 May 2013 00:21

Hi!

First of all I want to explain why I

call "Appearance".

On the outside I'm a noble, pleasant,

friendly, smiling ... Inside, alone, I do

I want.

I am only what I appear to be, not who

I really am.

I'm religious.

It all started when I was Bar Mitzvah and my

body began to change.

I was wanting to feel physical contact.

But Baruch Hashem I did not. Not good.

One night I did it for the first time. I did not know

what had happened. I thought I urinate.

I felt confused.

It made me a custom and so I repeated hundreds

of times without exaggeration. I liked.

I knew it was wrong and that hurt me to my

same. But I continued, and I am still.

I approach a Chacham I know and I believe with

all my heart.

Trembling told him everything.

The first thing he told me astonished, was:

"You?".

As I said before. Appearance.

We can all be victims regardless of anything

how to be.

He gave me advice, support me, comprehendio and

I never blame to throw me on the contrary,

get out more.

I was embarrassed to see me as a freak.

I advise you not to cover my feet so as not to

Hot body or not close with the button

bathroom.

In the Yesivá, in Israel, relented.

He did so, but was still.

I studied books on the subject in private, but

was still.

Baruch Hashem started a family and felt

protected by my Mrs. Wife.

I felt that this matter was left behind ...

It started again after ... How bad

could it be? How bad is it only once?.

I struggled to get the service that first time.

One day I felt confused and alone and bought
printed material.

So am "Appearance". Look it what I am not.

It was not enough already printed. He was looking
now

video, and then on the phone ... Internet ...

I was wish more to do just that with my wife. (Even

Why not enjoy a by that sense of guilt,

to cheat on my wife, myself).

Suddenly I have no desire with her ...

Well how?? Well if you do it alone.

These images made me and made fantasize

actions by myself, but always wanted company.

But is not it worse levatala Zera?

It's worse because you do not limit ... And do not
matter.

Truth no longer want to continue.

Is leading a double life. No right or stay

with you or your wife ... or with your family or

with

Hashem.

I feel angry that no one warned me what

is, why, why.

I know it's a weapon of bobble edge. I know that.

But perhaps you do not take more guidance as to

lightly.

By the way, I told my wife of friend and

that made young (never said that I still

doing or what the videos and magazines). But

an error telling that. It is "you" secret.

Just make yourself less before their eyes and to

what?? She can not help. You can only make

feel what little thing you are ... Sometime

get it out.

I thought I was the only married to vice, but I see

we are several, or many.

I like GYE. I like the warmth I feel here.

Trust.

The spirits they give you.

And above all. That you're not alone or lost. And

what can, and should, be the end of this vice so

hard.

Hashem Beezrat you can, and leavethis.

Thanks for all people and thanks GYE.

Tool is badly needed.

My nisayon ??is stronger in nida, my days

"Free" ...

=====
=====

Re: Who am I really??

Posted by gibbor120 - 23 May 2013 01:06

WELCOME! This is a warm accepting place. We are all in the same boat. Glad you joined us!

=====
=====

Re: Who am I really??

Posted by teshuvah13 - 23 May 2013 11:43

who are you really?

you are the man that your wife married and she loves you.

you are a G-d fearing man who loves G-d and bows before Him.

you are a man with conscience and feelings.

you had a friend who was close to you and maybe you loved him.

you have the opportunity from HaShem EVERY day to atone and beg forgiveness.

you can pray.

you can say sorry and do the mitzvot to amend

you can guard your eyes

=====
=====

Re: Who am I really??

Posted by apariencia - 23 May 2013 12:05

Hello Teshuva13.

Thank you very much for those nice words.

You made me feel I really am someone who is worth a lot.

Thanks for your support and for making me feel so good ...

I think I've lifted the spirits for some time fallen.

=====

Re: Who am I really??

Posted by zvi - 23 May 2013 19:24

You're not a fake, you just have a large yetzer hara- we're people, not angels! It's normal. The fact that you're trying to work on it is already a massive step.

Keep climbing!

=====

Re: Who am I really??

Posted by apariencia - 24 May 2013 01:14

Hello Zvi.

Thanks for the support and for making me feel so good!

I tell you, the truth is that I just fall into images and action two days ago, after being clean of action 55 days.

It is now my third attempt since I met GYE.

At least, I'm BH on the road to recovery and put a

lot more attention to my actions.

It is not the same as the previous year BH. Never

had a bad year like the past 2 years.

It was dirty when I first married after.

There is no way that images do not lead to action.

It's like playing with fire and not get burned.

But I'm stubborn and cling to what is wrong and

go with eyes closed behind my heart ...

I started in GYE BH 3 months ago.

I between the call of the 12 steps ... And I read

the AA program.

I never thought I was ever addicted, but to be

honest with ourselves. It is only for our good. Our

complete recovery.

Also, how can it be 15 years of addiction and

have no vice ...

Too bad there are no calls in Spanish ... Not much

public ...

My moderator and I were like Jabruta and friends.

Apart from master ..

Any suggestions?

Greetings!

=====
=====

Re: Who am I really??

Posted by 1daat - 24 May 2013 08:22

Welcome, Apariencia. It's really good that you can talk about being different than what you make yourself to others. Every single one of us did/do that. But as you keep working at it the inside and the outside start looking a lot more like each other. You are on the right track. You have admitted that playing with images is like playing with fire. Yes. Yes! v'loh sasooroo ach'rei...aynaychem.

thank you for sharing so honestly. I can't help you with your nisayon about men, but there are many guys on gye that will be there for you on that subject.

Keep on.

Joel

=====

Re: Who am I really??

Posted by AlexEliezer - 24 May 2013 23:40

Welcome brother!

I heard from R' Avigdor Miller zt'l that chazal teach us our goal should be to make "tocho k'baro" one's inside like his outside. Not chas v'shalom the reverse. Inside we have many thoughts and desires. A dog is baro k'tocho. If he needs to urinate, he lifts up his hind leg and lets go. If he sees an attractive dog, you know what he tries to do.

Humans are different. We create a persona, an exterior. Our goal is then to internalize that exterior. Make it truly us. It's a lifetime's work.

Your writing is beautiful. And I know that your struggle is beautiful to Hashem.

Keep at it. One day at a time.

Alex

=====

Re: Who am I really??

Posted by apariencia - 25 May 2013 01:31

Hello Joel!

I tell you something? Actually I want to start first

to get BH to 90 days, clean images and action.

Then, with the help of Hashem want to continue

the battle against addiction and then work on

SSA, in fact, here's a section of it and I also

recommended www.Jonahweb.org, they are

especilistas in SSA.

Thanks for the support

=====

Re: Who am I really??

Posted by apariencia - 25 May 2013 02:04

Hi Alex.

You're right.

At the time to hide what you're feeling we are Tojo Kebaróa. For example: Your you smile,

but these really angry.

-You understand everything I said?, And you:

ahaaaaa. (Perhaps you did not pay the necessary

attention to hear what you said, but I'm

ashamed). Or, Wealthy wise food?? And you

say: mmmmm. (But it not was so good), etc.

By having addiction, we are exposed to it all the

time. "You look so Frum", all people lock at you well ... But, you

know that not everything is what it seems, as you

know about yourself.

People will have a concept

that you know is not real.

You say, it is take to fix a lifetime ...

Alex, Thanks for the support.

Shabbat Shalom!

=====

Re: Who am I really??

Posted by cordnoy - 29 Jan 2015 02:54

And post here as well, for you told your story here from your heart.

You are so good.

You mean so well.

your wife is loving.

you can do it!!

for you are worth it!

b'hatzlachah

=====
=====

Re: Who am I really??

Posted by shomer bro - 29 Jan 2015 05:20

It means a lot to see someone write from the heart and with meaning. You're a true fighter

=====
=====

Re: Who am I really??

Posted by Appearance - 30 Jan 2015 05:53

Cordnoy, Shomer bro..

I really appreciate that.

Thakns for your support.

I need to fell that support.

Its so good...

Before a few weeks I start to talk to Hashem, ask for my things, ask for his help.

I feel he listen to me!

I feel his protection, he does not me fall.

=====
=====

Re: Who am I really??

Posted by cordnoy - 30 Jan 2015 07:21

That's good.

Talking to Hashem is wonderful.

A work ethic is also important.

Do something for that commitment to get closer to Hashem.

b'hatzlachah

=====

=====

Re: Who am I really??

Posted by Appearance - 30 Jan 2015 11:10

Cordnoy , I always have that doubt.

In the 12 Steps says you have to be spiritual, how can it be spiritual?

Tefillah , Chesed ?

Perhaps not every Yehudi does this?

What more is needed?

=====

=====