

Introducing Myself - "Nerdy"

Posted by nerdy - 09 May 2017 19:10

Hello readers.

I am new and not sure how "vivid" is vivid. That is, I am not sure what may trigger in others. Feel free to edit.

I was born in 1963 making me 53 years old. My upbringing was rather stiff as my father was very controlling. In the late 70's , when I reached puberty, I started masturbating. Unfortunately, my struggle has been ongoing. TV in those days would be super clean compared to what children see today but shows like Charlies Angels and Wonder Woman gave me material to feed the masturbating habit.

My first marriage started when I was in my early twenties and lasted 27 years. My marriage starting going downhill after only a few years. there was sex 2 or 3 times a month and much masturbatng throughout. With the introduction of the internet, words are not needed to mention the material that fed my habit.

My second marriage started a little after a year of separation. During our dating she was bold enough to ask if I see inappropriate material on the net and I was honest to say yes, although masturbating was never brought up and even now we never spoke about masturbating during our marriage. She asked to me to speak to my Rav and therapist and I did and she was convinced the issue was under control. In our current marriage we do not have a TV or internet at home, but still I see things at the library. I told my wife i have a strong sex drive and would like like sex almost every night. She is reluctant to engage that often, but we do have sex 7 or 8 times a month.

My Rav used to take an active interest in helping me but has gotten so busy , he doesn't have time to reach out. My therapist is a "generalist" and not giving solid enough advice to help my problem.

I am hopeful GYE may help.

Thanks for reading

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Re: Introducing Myself - "Nerdy"

Posted by Markz - 23 Jan 2018 13:00

Thanks for the share

This should move to the BB bed & breakfast section

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Re: Introducing Myself - "Nerdy"

Posted by cordnoy - 23 Jan 2018 14:04

[Markz wrote on 23 Jan 2018 13:00:](#)

Thanks for the share

This should move to the BB bed & breakfast section

As he decided to basically eat alone or not at all, it can stay here; if, however, there is a shmorg, like in the past, then it should be moved to the dessert table.

In all seriousness, I feel bad about the two sextions and the fact that the mechitzah is usually down. I view posts strictly in the "recent posts" drop down, and I have no way of knowin' if the thread is in bb sextion or not.

Poor Nerdy. I wonder if he's gettin' eggs and sausages seven or eight times a week like he so wanted.

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Re: Introducing Myself - "Nerdy"

Posted by Markz - 23 Jan 2018 14:19

Hey cord' you need a moderator - a lot of spelling errors in that 1

Nerdy in case you do revisit your thread... actually maybe you should visit my frum neighborhood. I saw on someone's bumper sticker "I don't need sex". That may cause road rage for some, yeah... but Trucking for others

Taking anti depressants although it gets to your insides, it's not internal change.

When you give charity it has to come from your heart. Whatever small change you have it has to be internal. Ask the therapist how to access your oink bank and keep us posted!

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 23 Jan 2018 19:57

[cordnoy wrote on 23 Jan 2018 14:04:](#)

[Markz wrote on 23 Jan 2018 13:00:](#)

Thanks for the share

Poor Nerdy. I wonder if he's gettin' eggs and sausages seven or eight times a week like he so wanted.

sorry ,he wanted it a **month** not a **week** , no wonder why you were upset at him(if im mistaken ,i apologize)

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Re: Introducing Myself - "Nerdy"

Posted by cordnoy - 23 Jan 2018 20:02

[ieeyc wrote on 23 Jan 2018 19:57:](#)

[cordnoy wrote on 23 Jan 2018 14:04:](#)

[Markz wrote on 23 Jan 2018 13:00:](#)

Thanks for the share

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Month, week, what's the difference?

YouYou probably won't believe me, and that's fine, but I wrote week on purpose.

Also, I wasn't upset at him.

No need to apologize.

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 23 Jan 2018 22:55

[cordnoy wrote on 23 Jan 2018 20:02:](#)

[ieeyc wrote on 23 Jan 2018 19:57:](#)

[cordnoy wrote on 23 Jan 2018 14:04:](#)

[Markz wrote on 23 Jan 2018 13:00:](#)

Thanks for the share

Poor Nerdy. I wonder if he's gettin' eggs and sausages seven or eight times a week like he so wanted.

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Month, week, what's the difference?

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Also, I wasn't upset at him.

No need to apologize.

shucks,i thought i...

Warning: Spoiler!

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Re: Introducing Myself - "Nerdy"
Posted by ieeyc - 24 Jan 2018 02:25

[ieeyc wrote on 22 Jan 2018 19:02:](#)

one of the things that id like to discuss with a therepist is my problem of paranoia-for instance i wanted to say thank you but my thank you button was missing , and a crazy thought came to my head that funny things have been happening to my computer since i started answering with a little bit of chutzpa, and this thought came to my head ,if someone is so smart to get around every filter, why cant he hack my computer? my thank you button is missing for thefirst time (but

now my message self destruct button is misbehaving,

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Re: Introducing Myself - "Nerdy"
Posted by ieeyc - 24 Jan 2018 02:29

[ieeyc wrote on 24 Jan 2018 02:25:](#)

[ieeyc wrote on 22 Jan 2018 19:02:](#)

a yid gibbs zich an eitzza-sorry for the yiddish,google translater is also on the blink

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your not gonna believe it ,now my karma is going **down** when obviously people are pressing the plus karma button...

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 24 Jan 2018 02:36

[cordnoy wrote on 23 Jan 2018 20:02:](#)

You probably won't believe me, and that's fine, but I wrote week on purpose.

i think your lyin`?nah , intimidatin`? maybe a little

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Re: Introducing Myself - "Nerdy"

Posted by cordnoy - 24 Jan 2018 03:30

[ieeyc wrote on 24 Jan 2018 02:29:](#)

[ieeyc wrote on 24 Jan 2018 02:25:](#)

[ieeyc wrote on 22 Jan 2018 19:02:](#)

one of the things that id like to discuss with a therepist is my problem of paranoia-for instance i wanted to say thank you but my thank you button was missing , and a crazy thought came to my head that funny things have been happening to my computer since i started answering with a little bit of chutzpa, and this thought came to my head ,if someone is so smart to get around every filter, why cant he hack my computer? my thank you button is missing for thefirst time (but

now my message self destruct button is misbehaving,

your not gonna believe it ,now my karma is going **down** when obviously people are pressing the plus karma button...

Dat's strange.

ByBy Me, it's been like a yoyo.

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 24 Jan 2018 04:06

now **thats** spooky,maybe my explosions are upsetting the system

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Re: Introducing Myself - "Nerdy"

Posted by ineedanewheart - 24 Jan 2018 05:08

do we win anything when we get a certain amount?

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Re: Introducing Myself - "Nerdy"

Posted by Shlomo24 - 24 Jan 2018 05:13

[Hashem Help Me wrote on 12 Jan 2018 05:43:](#)

In "real life" I was raised to be extremely careful with language. When speaking I avoid words that many consider part of normal daily banter (crazy, stupid, etc.) In general one must have an *aidele shprach*. This is something yidden have prided themselves throughout all the generations. In Yiddish in particular, an entire lexicon of terminology exists. Example - going to the bathroom - *ich gei arois* (I am going out). A room that is a mess is called a *hekdes*. When wants to curse someone they say *gebenched zohl er zein* (he should be blessed). However in GYE we speak openly and clinically about sexual issues, be it pornography, masturbation, sex chat, prostitutes, etc. It is part of recovery to get it all out on the table, to shine the lights on it and dissect it. The first time I said the word masturbate (it was on the phone with a chaver from GYE) I shuddered but it was the first step in my recovery, The first time I typed it I did not want to push submit, but I did. When I speak with a new member I immediately break the ice and use all the terminology, and by doing so, I smash the big black well guarded secret to smithereens. Out the door with all that panic hysteria and anxiety. And BH it has not affected my language in "real life" at all. Sometimes I will also use ***** also, but usually when dealing with this subject seriously it is my humble opinion that it is best to be explicit. Any opinions?

Not going to read the whole thread but I'll input my opinion. My Sponsor tells me that I can hide behind being vague or not explaining exactly what's going on. "I was lusting" for example. What does that mean? He usually asks me to clarify myself. Ultimately, I usually am not specific when I am too ashamed to be specific. I don't want to say that I was fantasizing about having sex with an older man, I want to say that I was having some fantasy. But the thing about shame is that the more I hide it, the more ashamed I get. In my experience, the most potent way to get rid of shame is to share it.

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 24 Jan 2018 18:07

[tzomah wrote on 23 Jan 2018 10:53:](#)

was there sa in the times of the gemaroh

i think so but i think it was called someone who was caught " be`yad yitzro" hes in the hands of his yetzer hara , i can quote such a lashon,if anyone wants, nowadays theripists wont mention yetzer hara since they deny that there is such a thing as yetzer hara

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