

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 - 24 Jan 2018 18:43

Also ieeyc I'm not sure if it's necessary to mention but I believe it's against gye rules to be using multiple usernames on a regular basis

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 24 Jan 2018 20:26

[Markz wrote on 24 Jan 2018 18:36:](#)

[ieeyc wrote on 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

Hi ieeyc

We are here to support each other and need to be extra careful with what we write.

Negativity is not appreciated. This last post and some other recent ones have not been nice. Deleting them doesn't do anything. I'm subscribed to all posts.

If your perception of therapists and other people is negative, you gotta look within

There are a lot of suffering people here on gye that need help and want help and do not need to hear negative comments about therapist which they may be considering, moreover the comment was totally baseless

It's hard for me to share my personal story here, but I do it and wouldn't be where I am today with such great support without it

I realize it maybe hard for you to share your story, but until then I think you should take a **brake** from the forum.

When you create a new thread with your story and people get to know you better, hopefully your participation here will be different and much improved.

With my love

Mark

hi ,i want you to know i just got through deleting a 30 minute response(including thinking over if my words are too negative), and it is not the first time(maybe the other times not 20 minutes).i did it because i feel although my words were true(according to my understanding) and i brought valid examples to what i wrote ,i deleted it because im not interested in a **heated debate** on

this peace loving forum and website,although im very covinced some of these things are very true ,and i have even been in contact with others in a private way seconding what was written.

im not a Talmud Chacham unfortunately, never finished a mesechta of Gemara, therefore my words negative **or** .even positive should be taken with a grain of salt !

i have seen things that had a negative leaning (and ive read **alot** of posts,bezras Hashem)and have not seen any protests assueming it was in your favor, although definitely negative ,i dont want to to bring them up .

just one thing i will say ,there **have** been things said here that smells along the lines of bullying,maybe even gang bullying and i dont feel i have to back out saying things that i hold will be encouraging to others who feel the same .

what i said about theripists was not including frum therepists at all, a question was asked and i answered ,what i thought was a proper answer and true and necessary .im assuming non frum theripists dont read this forum.

again dont want a debate and family responsibilities are upon me now and cant continue.

i love you all,we all are going through a hard time and for such a large membership here what works for some ,might not be the best for others. Hatzlacha.

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Re: Introducing Myself - "Nerdy"

Posted by Trouble - 24 Jan 2018 21:25

I know that peace is not my middle name, but any chance of starting all over perhaps?

Or, should the issues be tackled one by one?

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Re: Introducing Myself - "Nerdy"

Posted by heemircha - 24 Jan 2018 22:37

[Trouble wrote on 24 Jan 2018 21:25:](#)

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Or, should the issues be tackled one by one?

).

I personally vote for the one issue at a time, I think both of you Markz and ieeyc are raising numerous points and in keeping with the spirit of this wonderful site the issues should be addressed oiaat (one issue at a time).

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Re: Introducing Myself - "Nerdy"

Posted by Trouble - 25 Jan 2018 00:18

[heemircha wrote on 24 Jan 2018 22:37:](#)

Thank you Mr. Trouble Peace (it is your last name

[Trouble wrote on 24 Jan 2018 21:25:](#)

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I personally vote for the one issue at a time, I think both of you Markz and ieeyc are raising numerous points and in keeping with the spirit of this wonderful site the issues should be addressed oiaat (one issue at a time).

I can't decide that for them. If they do decide to go that route, I'd be more than happy to help list

some of the issues.

There probably should be some ground rules, but that's also for a later time.

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 25 Jan 2018 01:06

[Markz wrote on 24 Jan 2018 18:36:](#)

[ieeyc wrote on 24 Jan 2018 18:07:](#)

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

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Mark

thank you trouble and heemircha ,i dont think there is any problem here, i respect markz and hes certainly entitled to his opinion,BUT,so am i ,and time will calm any friction if theres any, it happens to be before i started writing my opinions that may be different than those posted here , i wrote something up which i thought was strongly written and took counsel with someone here on gye whose name shows up in different colors than mine(im being vague on purpose , i respect him and dont want his name belittled)and asked him if i can post something like this or is it too controversial, after i think a day, i got the ok,i still havent posted it yet,but im just saying i dont feel that im just shooting off my mouth without responsibility,and to stress the point , that person **did not** give me an ok for everything i write, just on that piece(im not saying he agreed ,) and on that piece im not saying it holds true for everyone,i dont think anything written on this

forum is for everyone,its not my way or the highway.anyway, if anyone else has an issue with what was written please feel free to pm me .Hatzlacha to all.

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Re: Introducing Myself - "Nerdy"
Posted by Markz - 25 Jan 2018 03:33

[ieeyc wrote on 25 Jan 2018 01:06:](#)

[Markz wrote on 24 Jan 2018 18:36:](#)

[ieeyc wrote on 24 Jan 2018 18:07:](#)

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

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If you write your comment in PMs you'll get pm's and if you write on the forum you accept to get a response on the forum

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Re: Introducing Myself - "Nerdy"

Posted by ineedanewheart - 25 Jan 2018 03:39

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 25 Jan 2018 04:01

markz wrote:

If you write your comment in PMs you'll get pm's and if you write on the forum you accept to get a response on the forum

i was just offering if anyone was intimidated by a rumor that im a nasty and theyre nervous who knows what this guy will answer if they mention anything (there ARE some people who scare people off from commenting,im not saying names if people could figure out who im talking about, well those people who answer nasty have themselves to blame)please be my guest and pm me , in my krumer kop it sounded like a friendlyoffer.

~~another gye rule?~~

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Re: Introducing Myself - "Nerdy"

Posted by Markz - 25 Jan 2018 04:37

[ineedanewheart wrote on 25 Jan 2018 03:39:](#)

another gye rule?

So I got this post in email a few minutes ago which seems to have been deleted.

leeyc and absent I wonder why

Also I was wondering how Reb Avrom Cordnoys karma dropped 15 points, 3 in one hour. It's a good thing you didn't have a 4th username or Cordnoy would be back to a regular guy

He's not. He's helped countless people here guys and gals achieve sexual sobriety, me too. If you don't like him it's fine to minus 1 point, but non stop?

However you miss the whole point of Guard Your Eyes. What are you doing here?

Do you struggle with **** or ***** or plain old ****

C'mon ieeyc PLEASE join the chevra and stop sulking on the sidelines

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Re: Introducing Myself - "Nerdy"
Posted by Markz - 25 Jan 2018 04:56

[cordnoy wrote on 24 Jan 2018 03:30:](#)

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

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.

The following user(s) said Thank You:

[ineedanewheart](#)

Cruel

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Re: Introducing Myself - "Nerdy"

Posted by ineedanewheart - 25 Jan 2018 05:35

(sorry everybody) markz wrote: *There are a lot of suffering people here on gye that need help and want help and do not need to hear negative comments about therapist which they may be considering,*

to anyone who is takeing into their considerations the words of this rambaling idiot(me,ieeyc),whether they need therapy, ,be smart ,and do what you need to do im not an expert in addictions ,therapy, im just mentioning things that worked for me ,and for the benefit of whoever can benefit,ill just mention this ugly thing of my past,i fell into mb around 14-15 years old ,i was clean from a year and a half before my chasuna,till 10 years later(approx) BH,and then unfortunatly started to fall back into bad habits ,first by fantasizing due to things that started to trigger me again which reminded me of those bachur years,then to actively looking at whatever picture of a lady that i could look at ,had no newspapers in house nor tv internet,then i fell into mb again, and i was **scared**,because for 10 or so years i was i guess what they call whiteknuckling, the problem(although there **were** alot of relaxed days of control due to musar ,listening to shmuesen attentively and **not** with the YAAAWN attitude, meaning if i dont take these words to heart I AM DEAD !) there was a time when i left the house to learn on friday night and saw some attractive shiksese in the summer and followed them from a distance hoping that they(or she) would look at me and flirt Rachmana litzlan, and while i was doing this i was

thinking "WHAT AM I DOING?!" "AM I CRAZY?!" any way i gave up after ten minutes or so,i davened and cried , learnt musar , went to shmusen from a big talmud chacham and Yorei shamayim , and felt i was improving, and was .eventually this crazy lusting got less and less, im still suffering from it ,but went from a lust craving person ,to a person who i was during the 11 clean years just with the problem of mb and looking a couple of times during the week , with clean weeks in between, meaning im accepting myself that i **can** fall but that doesnt change who i am, im a yid and not a fashtunkana i have a Neshama kedosha ,fashmutzed and tainted maybe,but a pintele yid nevertheless,Elokay,-My G-d-Neshama shenasata bi -The Neshama that you gave in me , Tehora hee -it is Pure,IT IS PURE?!after all that ive done?! YES!! it may be dirty ,but the pintele -part of the Neshama which the tuma will never able to reach there IS PURE and even i can say this Tefila,i want olam haba, i want shalom bayis , yiddishe nachas,Torah ,Yiras shamayim, tikun hamidos ,kedusha ,closeness and awareness of my (our)Creator and Father .He knows my struggles and i know that ONLY HE can and has helped me .(not to belittle therapy or 12 steps, but i was taught this by my Rebbe(Rebeim) , and sefarim that i was learning , im litvish /yeshivish if it makes any difference)so thats part of my story probably the main part.

i just wanted to say again i still remember the fear when i saw that under an attack of lust in my imagination i could have thrown it all away,but its a tremendous irrationalism, and for those who feel that therapy is the way for them,please do what you have to do ,your life marriage kids religion could be at stake. but please also allow people who feel that there is another way,maybe theyre fooling themselves BUT MAYBE NOT, so i guess what im saying is do what you have to do that works for YOU, i felt/feel i dont need it,but if you feel your way is the way. and i and im sure everyone on this forum respect you and your feelings,please respect our feelings too, may we all have hatzlacha!

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 25 Jan 2018 06:07

{this post was being written as some one was doing some smart detective work , i submitted it under the name of ineedanewheart and realized my blunder (Hashems way of telling me to stop it)after i deleted it, i saw markz s discovery, and felt hypocritical to post my story,the only reason why i am posting is because markz would probably post it anyway with my username ineed etc,and be made like a bigger fool in public,the exposure could have been done in a nicer , private way , an apology could have been made behind the scenes and hush hush , but Hashem planned otherwise so ill complain about my misbehavior instead of other peoples lack of tact, so i decided to post it myself , after this scandal i dont think there is anything to learn from my story.}

(sorry everybody)

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 25 Jan 2018 06:35

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[ineedanewheart wrote on 25 Jan 2018 03:39:](#)

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However you miss the whole point of Guard Your Eyes. What are you doing here?

Do you struggle with **** or ***** or plain old ****

C'mon ieeyc PLEASE join the chevra and stop sulking on the sidelines

ok guys the jig is up ,caught red handed, i was just giving someone what i thought they deserved,i felt cordnoy wasnt speaking nice at all many times,intimidating etc. but i guess that Hashem was not happy with what i was doing the way it was done, and blew my cover.i regret the way i went about it although i learnt from someone ,wont mention his name.giving like 10 karmas to someone one after the other,ill have to look it up.my user names are ieeyc,absent,and ineedanewheart, when i made these names it was not with the intention of dekarmanizing anyone , but once i had them it was too tempting to fight .ill speak to the administrator to remove the other two names and remain with ieeyc,i apologize to you cordony for this underhanded trick ,i should have came out with my dissatisfaction with you openly.i hope this will be behind us and go foward with recovery.ieeyc.

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