

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

=====

=====

Re: Introducing Myself - "Nerdy"

Posted by youcan - 11 Jan 2018 21:25

[ieeyc wrote on 11 Jan 2018 16:19:](#)

hi guys id like to ask a question which i feel has to do with nerdys thread, if a bachur has a problem with ma*****,is it wrong to advise him to get married, please dont give me opinion that marriage doesnt solve the problem, i just want to know if this advice is saying that a wife is a ,s*x toy, sp*** bank ,kosher bathroom(?), or whatever.waiting for your reply,please dont dance around the question, a simple yes or no will do.

If you're interested in my opinion: I would say that most people who are mbing r"I (i.e. me) are enjoying real sex much more than emjoy mb or s++ t++ (*****), they use it as an alternative & it doesn't necessarily mean that he will want to force (or whatever fancy word you wanna use) his wife, because he may still be a normal human being.

Now to your question; I agree to your answer that marriage doesn't solve the problem.

(BTW, I think that you're a really special person & you do not deserve all that)

=====

=====

Re: Introducing Myself - "Nerdy"

Posted by youcan - 11 Jan 2018 21:31

I traveled today for 3 hours, so before I left I searched in the audio section here something interesting to listen to, I found rabbi feuerman's chosson shiurim. I finished only the first 2 and started the 3rd. I have a feeling that he clarifies a lot of things we discuss here.

=====

=====

Re: Introducing Myself - "Nerdy"

Posted by Workingguy - 11 Jan 2018 22:33

Are you asking whether people should assume you're saying bad things about women because you suggested that such a bachur get married? Some will, and some won't.

=====

Re: Introducing Myself - "Nerdy"

Posted by lionking - 12 Jan 2018 01:23

[Gevura Shebyesod wrote on 11 Jan 2018 21:19:](#)

[lionking wrote on 11 Jan 2018 19:07:](#)

Sorry for the sidetrack. Just a quick question.

Is there anything wrong with writing out words clearly rather than using ***? I had to run those *** through my decoder to make sense of the question? I'm not suggesting using foul language which GYE's filter removes, I'm only asking about proper terminology, like sex instead of s*x, masturbation instead of m*****n, etc...?

p.s. does the old poll feature still work?

[Here](#)'s a thread from the Olden Days discussing this Inyan.

Thanks!

=====

Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 12 Jan 2018 05:11

[Gevura Shebyesod wrote on 11 Jan 2018 21:19:](#)

[lionking wrote on 11 Jan 2018 19:07:](#)

Sorry for the sidetrack. Just a quick question.

Is there anything wrong with writing out words clearly rather than using ***? I had to run those *** through my decoder to make sense of the question? I'm not suggesting using foul language which GYE's filter removes, I'm only asking about proper terminology, like sex instead of s*x, masturbation instead of m*****n, etc...?

p.s. does the old poll feature still work?

[Here](#)'s a thread from the Olden Days discussing this Inyan.

thank you G.S. i hope to be checking it out , just want to say before i read it , when i first saw some of these sinful words , not saying the posters are sinful ,but the words are , i really dont use these words in everyday talk if i do say something its usually in hebrew since its not my mother tounge and feels more abstract, and the reason i dont use hebrew here is 1. could be not all readers will understand if i write it in hebrew or hebrew words with english letters ,2.i dont know how to get hebrew letters on gye.

i remember hearing as a kid, if you read it ,youll say it,if you say it ,youll do it, when being told not to read scribbles on bathroom walls. so *****ing(thats" astrek"ing)is for me a harchaka , especialy on words that are VERY common here and most people know them ,i even got the idea from here,so you can take it or leave it , like it or lump it,youll never hear from me asking people why are you writing out those words, no not me:innocent:, anyway be well to all .theres a thread that explains gye abbreviations like KOMT maybe we should open up the same thing for *****s -astrecks, again please let no one feel that i look down on them if they use the words that they feel express themselves ,not that anyone gives a hoot what i think.

=====

=====

Re: Introducing Myself - "Nerdy"

Posted by Hashem Help Me - 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 *hekdesch*. 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?

=====

=====

Re: Introducing Myself - "Nerdy"

Posted by cordnoy - 12 Jan 2018 06:15

[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 *hekdesch*. 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?

This is one Hell of a p***

I will also a**** that it ~~BadWordDeleted~~in' shocked me.

kol hakavod!

And yes, WDHIDFFSWT?

=====

=====

Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 12 Jan 2018 07:34

is nerdy around ?can someone tell him that his thread is alive and well and rockin`

=====

Re: Introducing Myself - "Nerdy"

Posted by bb0212 - 12 Jan 2018 09:49

Nerdy has been informed. And this thread the past few days has a lot of great posts.

=====

Re: Introducing Myself - "Nerdy"

Posted by tzomah - 12 Jan 2018 09:56

[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 *hekdesch*. 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?

very well put thanks i feel the same way

for me sometimes a feeling of lust and acting out was just to think soime of these words

now they are starting to have no other meaning other than their intended purpose

thanks for the clarification it really helps

=====

Re: Introducing Myself - "Nerdy"

Posted by youcan - 12 Jan 2018 15:11

I think that many people are avoiding these words because they are ashamed. In graphology they say that if somebody is not happy with his family he would rather not write out his last name, he will use initial or just scribble it. I think that while I'm avoiding these words I have no problem admitting that I struggle with these bad bad things & don't have an issue talking about it.

=====

Re: Introducing Myself - "Nerdy"

Posted by Hashem Help Me - 12 Jan 2018 17:41

[cordnoy wrote on 12 Jan 2018 06:15:](#)

This is one Hell of a p***

I will also a**** that it ~~Bad Word Deleted~~ in' shocked me.

kol hakavod!

And yes, WDHIDFFSWT?

What does WDHIDFFSWT mean?

=====

Re: Introducing Myself - "Nerdy"

Posted by iampowerless - 12 Jan 2018 17:45

Let me be blunt. when my father first explained sexuality to me it was when i was going to sleepaway camp in 7th grade it was a 5 minute conversation with a bunch of holy torah words. to be honest i didn't understand a thing and my father never spoke again to me about this topic again until very recently. The fact that my father couldn't speak openly with me about this topic instilled in me the fear that doesn't matter how much i'm struggling with this issue it's not something i could discuss with him in the future! and as such i suffered in private and felt very

I think it is crucial for healing and recovery not to beat around the bush and be as open and honest as possible. listen who are we fooling by writing M***** because we are to holy to write it bluntly and then 5 seconds later actually doing the unholy action of masterbation itself.

=====

Re: Introducing Myself - "Nerdy"

Posted by cordnoy - 12 Jan 2018 19:20

[Hashem Help Me wrote on 12 Jan 2018 17:41:](#)

[cordnoy wrote on 12 Jan 2018 06:15:](#)

uncomfortable discussing my issues with anyone!

This is one Hell of a p***

I will also a **** that it ~~BadWordDeleted~~in' shocked me.

kol hakavod!

And yes, WDHIDFFSWT?

What does WDHIDFFSWT mean?

If I answer that, the mod****or will need to put in asterisks.

=====

=====