

TAKING OFF MY MASK

Posted by No Mask - 30 Sep 2021 22:24

Hi everyone.

I'm here for a few months but I didn't post about myself, and I decided to take that step. I still remember the first time when i emailed GYE I was trembling it was the first time I told someone my secret.

I am in my thirty's and I am struggling from about age 10 and never told a person I just suffered in silence.

When I was a kid one day I was going home from school and there was a CD playing on the bus of a kid singing and I got all funny type of thoughts and feelings and since then i had cravings to be together with someone physical and I would have a friend that I would have my hands on his shoulder and it was I my mind all day and night. But I felt stupid bad but I didn't know what to make of it.

i remember when I was 13 I learned reishis chachmah and went crazy and came in to a shul in Brooklyn where I lived at that time and the rov came over to me if I'm ok because I look like I'm fainting.

Then I went to mesivtah and I started working on myself good days good hours bad days.. and so on.

And at about age 15 it changed to girls.

b"H I never watched porn but I did try to look at pictures and love videos and mainly on the street and fantasizing..

And I just went crazy. I was a very good boy a masmid lamden i was considered from the top boys but I felt like I have this big mask.

I had a chart that I filled in if I masturbated if i careful with my eyes, and I had knosos I had to pay, I always left over one thing from super and lunch to show my self that I don't have to give in to my temptation, cried and davend etc. And it didn't help much I used to try at least half my day should be good Rov. And I am not going to bore with the rest I'm sure a lot of you guys can finish the rest. (Which I didn't know at that time)

but the hardest thing was my MASK and that I knew i will never come out of hell.

I had very judgmental parents which didn't make it any easier. And I never felt comfortable in there presence because it should not leak out to them

I wanted to end my life because I felt I'm doing more damage then good.

The rest to continue

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Re: TAKING OFF MY MASK

Posted by No Mask - 31 Aug 2022 04:38

[YeshivaGuy wrote on 29 Aug 2022 05:31:](#)

How are you doing?

Thanks for asking and taking interest

I'm doing ok, I was very busy the last few days, and had a lot to do, so i didn't get on much on GYE,

also kids came home from camp, and I don't want to be on computer a lot.

And i also try to do some ??? ??? and not only focus on ??? ??? so when i have free time I'm trying to do something productive, or learn a little, to fill my head with other things instead of logging on [but I got to see if this is a good idea].

All the best

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Re: TAKING OFF MY MASK

Posted by No Mask - 06 Sep 2022 05:11

I was sitting in Bais Hamedrash and I saw flies coming to the food there, and I was wondering since they keep the place clean, no flies, there is still food 24/7 but fresh food and clean, and the flies don't come, so I was wondering why flies like more dirty and spoiled food. Thought

Suddenly I started thinking am I not the same, I like to look and..... The dirtiest women and the most dirty places on them, some regal modest well dressed women, not that interesting as this dirty not dressed, and the most dirty places on them are the most attractive to us.

So I guess the flies look at us the same way we look at them

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Re: TAKING OFF MY MASK

Posted by No Mask - 15 Sep 2022 05:11

Bl'n I'm gonna start posting tomorrow how my day was.

As I'm writing this something in me tells me, don't, do it only for yourself, any outside motivation is no good,

Still thinking

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Re: TAKING OFF MY MASK

Posted by No Mask - 16 Sep 2022 05:35

Thursday ??? ?' ????? ?? ???

was a very good day b"h

as I'm writing this, I'm thinking good? it was a very hard day in some other areas.

The answer, good and bad is what you did with your life and day, and not what happened.

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Re: TAKING OFF MY MASK

Posted by No Mask - 25 Sep 2022 15:50

??? ??? ???? ???"

To all my dear and loving friends of the GYE community

And to all my friends who were together with me on my journey, replying, taking interest, giving a thank you,

And for the founders and the entire administration of GYE

I wanna thank you so much, I'm going to Rosh Hashanah I'm not the same person. Im not one piece of guilt, I could look at myself, and even more im happy and content.

And it wouldn't have happened without you

You should all be zocha to ????? ??????, ?????? ????? ?? ??????

A sweet happy content year

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Re: TAKING OFF MY MASK

Posted by No Mask - 27 Oct 2022 05:38

I feel like I need to refocus not to have any interest in any women on the streets etc.

not being interested at all, [even I'm just looking not lusting]. so I ask myself are you also so interested to look at the men,

so I wanna start posting tomorrow how my days were

No Mask

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Re: TAKING OFF MY MASK

Posted by No Mask - 28 Oct 2022 04:03

Day 1 Thursday oct. 27

was quite good, but had one time that I looked,

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Re: TAKING OFF MY MASK

Posted by chancy - 02 Nov 2022 16:50

Im working now on not being afraid of seeing a women on the street, It got to a point where every women i saw i got into a fear that maybe ill get triggered and act out so i had to fight my brain constantly.

Now im trying to get to the point where im not afraid, i know that i can look away and i dont have to keep thinking about it. To continue thinking is not something that happens by itself maybe subconscious but not by itself. So i need to know that nothing will happen if i see something as i will move on. this is very hard for me. but there is no other choice. My brain got fried by fighting all day.

Fyi, I cant look at or answer to my private messages. Ive been blocked.....

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Re: TAKING OFF MY MASK

Posted by Vehkam - 02 Nov 2022 17:56

[chancy wrote on 02 Nov 2022 16:50:](#)

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Fyi, I cant look at or answer to my private messages. Ive been blocked.....

hatzlocha. this is a very important step. There are many triggers every day (especially for someone like me that works in the city.) Using the triggers (which you resist) to gain confidence as opposed to feeling like you are in a constant struggle will be a game changer.

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Re: TAKING OFF MY MASK

Posted by Teshuvahguy - 02 Nov 2022 18:24

Wishing you the best, my friend. I believe you can do this.

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Re: TAKING OFF MY MASK

Posted by No Mask - 14 Nov 2022 05:49

[chancy wrote on 02 Nov 2022 16:50:](#)

Fyi, I cant look at or answer to my private messages. Ive been blocked.....

If I send you a private message can you see it in your email ?

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Re: TAKING OFF MY MASK

Posted by chancy - 14 Nov 2022 17:15

yes,

but i dont think i can reply.

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Re: TAKING OFF MY MASK

Posted by chancy - 30 Nov 2022 18:53

I get your message. But i cant reply. it goes to me personal email which has my name. so i dont really have any options at this point.

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Re: TAKING OFF MY MASK

Posted by Eerie - 30 Nov 2022 19:03

Hi chancy, create A new email account with a fictitious name. that's what I did. Takes a few minutes tops.

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