

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 chancy - 30 Nov 2022 19:52

Exactly.

same thing happened with me.

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Re: TAKING OFF MY MASK

Posted by jackthejew - 30 Nov 2022 20:57

[chancy wrote on 30 Nov 2022 19:52:](#)

Exactly.

same thing happened with me.

Maybe add a reminder in the address? For example, mine is Jackthejewgye@gmail.com

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Re: TAKING OFF MY MASK

Posted by YeshivaGuy - 19 Dec 2022 06:21

Or make it something like gehenomis@hotmail.com

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Re: TAKING OFF MY MASK

Posted by chancy - 19 Dec 2022 19:12

You are a comedic genius....

That is gooooooooood....

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Re: TAKING OFF MY MASK

Posted by Eerie - 19 Dec 2022 19:41

Does it have to be so firey? Or can it be something like shmerelhatzaddik@gmail.com, or kedushasatzmi@gmail.com?

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Re: TAKING OFF MY MASK

Posted by Geshmak! - 19 Dec 2022 19:55

Dear no mask!

I owe you everything you were the first guy to send me a nice pm when I first came in to gye and I felt so good I wonder if you remember but I sure do! Thx and the zichus is all yours!! Hatzlachsh on the f2f program!

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Re: TAKING OFF MY MASK

Posted by No Mask - 19 Dec 2022 21:03

[Geshmak! wrote on 19 Dec 2022 19:55:](#)

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and I felt so good I wonder if you remember but I sure do! Thx and the zichus is all yours!!
Hatzlachsh on the f2f program!

Thank you so much for your kind words.
? ??? ????? is always welcome
But specially today.

You should continue to be matzlich and go higher and higher.

No Mask

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Re: TAKING OFF MY MASK
Posted by No Mask - 10 Feb 2023 06:17

Refresher

I wanna practice a week of being mindful about my lust, and feeling it EXECTLY what it is, and not running away from it.

But in the same time not to act on it.

Meaning feeling and urge and lusty should not = looking

It should = I'm having an urge

[If this talks to you, please join me]

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Re: TAKING OFF MY MASK
Posted by No Mask - 10 Feb 2023 06:23

copying a post from @chancy [you didn't write that it is ©]

1. You enjoy the feeling of desire and lust- its a fact that you cannot and will not change.
2. You are normal and not sick, this has been the human condition forever!
3. You do not want to use that desire in a bad way, obviously or you wouldnt be here on GYE..... so you know what you dont want.
4. You can understand where the feeling of desire comes from and you are ok with the fact that its there, since you cant fight it anyway, just make place for it. so you are not in a fight with the actual desire anymore, that would be like fighting with your left hand because you want 2 right hands..... its there, just accpet that fact.
5. Now you can decide what to do when you see something that arouses you. You can think, i know i have desire and i understand it and i cant fight it, however, i dont want the desire to carry me away and then i will do something stupid that i will regret, and therefore, i am moving on from the desire and not continuing to pour oil on it.

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Re: TAKING OFF MY MASK

Posted by Eerie - 10 Feb 2023 07:43

I also copied it, and put in a file in my computer. ????

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Re: TAKING OFF MY MASK

Posted by DavidT - 10 Feb 2023 13:47

[No Mask wrote on 10 Feb 2023 06:23:](#)

copying a post from @chancy [you didn't write that it is ©]

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There should be a section for "GYE TOP POSTS" ...

This is definitely one of them...

Thank you @chancy

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Re: TAKING OFF MY MASK

Posted by chancy - 13 Feb 2023 16:44

If anyone is interested in learning more about this, you can research ACT therapies. Or go thru the F2F program on GYE where i found out for the first time about ACT.

It was a complete game changer for me in this area.

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Re: TAKING OFF MY MASK

Posted by doingtshuva - 13 Feb 2023 22:38

Can you please share some info about ACT ?

Thank you

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Re: TAKING OFF MY MASK

Posted by chancy - 14 Feb 2023 15:51

It stand for Acceptance Commitment THerapy. Look it up online.

I got the original info from the F2F program they took a lot of stuff from therapy.

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