

## TAKING OFF MY MASK

Posted by No Mask - 30 Sep 2021 22:24

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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 - 14 Feb 2023 18:09

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Good One,

Reminds me of the joke "a Romanian and Hungarian Jews went into a nice hotel one night, they went to their rooms to refresh, they met an hour latter, so the Hungarian asks the Romanian " Did you take a bath yet?" So the Romanian answers "No, not yet, its way too heavy, i took a few towels though".....

Nobody gets that joke anymore because there is no one around that remembers that Romanians were supposed to be thieves.....

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Re: TAKING OFF MY MASK

Posted by jackthejew - 14 Feb 2023 18:45

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[chancy wrote on 14 Feb 2023 18:09:](#)

Good One,

Reminds me of the joke "a Romanian and Hungarian Jews went into a nice hotel one night, they went to their rooms to refresh, they met an hour latter, so the Hungarian asks the Romanian " Did you take a bath yet?" So the Romanian answers "No, not yet, its way too heavy, i took a few towels though".....

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Reb Shloime Hadarshan used to say that of the 10 Chalokim of Geneivah that came down to Earth, the Romanians got 9, and the tenth, they stole.

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Re: TAKING OFF MY MASK

Posted by Eerie - 14 Feb 2023 20:41

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[chancy wrote on 14 Feb 2023 18:09:](#)

Good One,

Reminds me of the joke "a Romanian and Hungarian Jews went into a nice hotel one night, they went to their rooms to refresh, they met an hour latter, so the Hungarian asks the Romanian " Did you take a bath yet?" So the Romanian answers "No, not yet, its way too heavy, i took a few towels though".....

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They say that Romanian Ganav is like saying mayim achronim vasser...

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Re: TAKING OFF MY MASK

Posted by Markz - 14 Feb 2023 21:29

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[jackthejew wrote on 14 Feb 2023 18:00:](#)

[chancy wrote on 14 Feb 2023 15:51:](#)

they took a lot of stuff from therapy.

Me too.

My therapist just called me to ask for the lamp back

## **WHY DOES YOUR THERAPIST NOT DESERVE VALIDATION TOO?**

**A little empathy, please!**

[Steve wrote on 24 Dec 2009 06:39:](#)

How many Therapists does it take to change a light bulb? Answer

Only ONE, but the light bulb has to really want to change...

Steve.

Tell your shrink the lamp doesn't want to go back. It would rather get the electric chair than sit in another session.

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Re: TAKING OFF MY MASK

Posted by frank.lee - 06 Mar 2023 01:52

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Hi no mask, we miss you and how your are doing great!

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Re: TAKING OFF MY MASK

Posted by No Mask - 06 Mar 2023 14:09

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[frank.lee wrote on 06 Mar 2023 01:52:](#)

Hi no mask, we miss you and how your are doing great!

Hi frank.lee

Thank you so much for your interest

I am going through a lot now discovering my essence, who I really am, and all my insecurities etc.

And trying to figure out which direction to take.

All the best

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Re: TAKING OFF MY MASK

Posted by No Mask - 12 Mar 2023 04:29

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365 days B"H

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Re: TAKING OFF MY MASK

Posted by Avrohom - 12 Mar 2023 04:30

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[No Mask wrote on 12 Mar 2023 04:29:](#)

365 days B"H

Mazel Tov!

Amazing!

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Re: TAKING OFF MY MASK

Posted by Trying The Best - 12 Mar 2023 04:38

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MAZEL TOV!! MANY MORE YEARS CLEAN AND SMILING!!

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Re: TAKING OFF MY MASK

Posted by Grant400 - 12 Mar 2023 14:15

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[No Mask wrote on 12 Mar 2023 04:29:](#)

365 days B"H

lyh many more!

How was shana rishona?

Please share your feelings.

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Re: TAKING OFF MY MASK

Posted by Hashem Help Me - 15 Mar 2023 21:54

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MAZEL TOV!!!

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Re: TAKING OFF MY MASK

Posted by willdoit - 15 Mar 2023 21:59

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MAZEL TOV!!! AMAZING!!

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Re: TAKING OFF MY MASK

Posted by frank.lee - 09 Apr 2023 00:05

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Hi no mask. Hope you have a great pesach, helping your true essence become clearer and more empowered.

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Re: TAKING OFF MY MASK

Posted by No Mask - 11 Jun 2023 06:22

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There was a lot on the forum about watching your eyes

I could only share my experience

I basically gave up my struggle years ago, because it was worse when I didn't look, because I got so exited what's going on there..... and as we all know by now that 99% of this struggle is the imagination that makes you.....

So what I learned

I needed to find a way not to look around, not because I'm strong and I'm able to FORCE myself not to look, only to find a place in me that's not interested

So I practiced, urge surfing, mindfulness, and when I'm aware what in me wants to look etc. and you don't give in, I'm are not forcing myself, rather being in control of myself, being mindful and recognizing the urge, and not letting it hijack me, and not letting him take me over.

But this helped me to be happy not to look around and feeling in control, and feeling good not being controlled and pulled by my urges.

But still once I see something attractive I still have a hard time, but still much better than before.

But being in this mindful mindset is not easy all the time

And I do feel I need to practice daily urge surfing etc.

I tried accountability, to have to report how my day was, but I see it doesn't help me, because when I use force the opposite happens, I need to feel not interested in looking.

But to have a partner that keeps me accountable to practice urge surfing, F2F that's a very big help.

## Summary

1. Practice urge surfing
2. Review F2f, work on one thing each week
3. Avoid triggering situations

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