

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 - 16 Jun 2022 04:33

[connected wrote on 13 Jun 2022 20:03:](#)

[No Mask wrote on 13 Jun 2022 19:16:](#)

DAY 6# Sunday. June 12

B"H VERY GOOD

I hope I can still join.

I'm adopting the following Pasuk as my own "???? ???? ????? ??".

(Till I find one that speaks more to me...)

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????? ?? ????? ?????? ?????, ?? ????? ?????? ??????? [???? ????? ??? ?????? ?"?)

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Re: TAKING OFF MY MASK

Posted by No Mask - 17 Jun 2022 14:56

DAY 10# Thursday. June 16

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 17 Jun 2022 21:33

Today I was doing some shopping and I didn't wanna go to the big supermarket etc. because I didn't feel strong enough not to look around.

And the yetzer horah started having fun with me, and he told me, that means you didn't watch your eyes because you can't watch them, you are just not going there.

And I started thinking if I would need to be exposed to peritzus you wouldn't be strong enough.

So I wanna know is that true.

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Re: TAKING OFF MY MASK

Posted by No Mask - 17 Jun 2022 21:37

[No Mask wrote on 05 Oct 2021 15:14:](#)

My partner texted me a few days ago, that he feels that he didn't get anywhere because for a few moths he was in a quiet place no major triggering situations, but bein Hazmanim he came to the city and he is going crazy from all the women dressed etc.

One thing is for sure that this is a gimmick of the Yetzer Horah for a lot of reasons which I'm not going to elaborate now.

But the real truth is, that if when he wasn't faced with all the triggering situations, he didn't

want go to P&M, he didn't want go to places where you could see women etc. he didn't want to go on the internet, and he was ok with that, then he is a much better place, because we all know that when we are in a not good place, we dream about being able to have a peek, a touch etc. and having the mind that it is ok without it is major.

Why am I writing this, because we very often feel that avoiding not good situations means that we really didn't get anywhere, and we get all down about it, and that's a complete lie.

Of course we need to work on ourselves to be able to live in this world that when we need to go somewhere triggering we should be able to withstand not to do and look, but nothing wrong to make yourself Gedolim where you go or you don't, that you shouldn't get triggered. And not only nothing wrong, just this is the way it has to be, everyone knows the Gemarah if someone goes on a road that women are not dressed modest, then he is considered a Rasha even if he didn't look, so it looks like this the way, don't go if you don't need to, and when you need to be mindful BEFORE you go.

Wishing everyone success and happiness

I reminded myself that I wrote about this before,

But I guess it's easier to write for others

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Re: TAKING OFF MY MASK

Posted by No Mask - 17 Jun 2022 21:49

[No Mask wrote on 17 Jun 2022 21:33:](#)

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And I started thinking if I would need to be exposed to peritzus you wouldn't be strong enough.

So I wanna know is that true.

Really it makes no difference, because I know that it's not the positive side of me saying it, so just don't listen,

How do I know, maybe it's EMES talking, my measure is, is this sentence helping me, I know it's EMES talking, if it's making me down it's not the truth talking, it's the yetzer horah.

Today when I'm gonna go to shul and I'm not going to get the respected seat, this voice is not gonna say, well you really can't watch your eyes, so this the way you should get treated. That is voice is gonna say why did they give you this seat, you deserve better than that,

Just venting my thoughts

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Re: TAKING OFF MY MASK

Posted by connected - 17 Jun 2022 21:56

[No Mask wrote on 17 Jun 2022 21:33:](#)

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And I started thinking if I would need to be exposed to peritzus you wouldn't be strong enough.

So I wanna know is that true.

There's a story that someone (Dubno Maggid?) once told the Gr"a that it's no "kuntz" that he has Shmiras Einayim, because he's locked in a room, learning, all day. So the Gaon replied "I'm not looking to make Kuntzen, just to watch my eyes".

Epes azoi. (There are many versions to this story, #iknow)

In our case, of course we ultimately want to grow and become strong enough to overcome every test. But the fact the you decided to go to the smaller grocery instead of the minefield that's called "supermarket" (shudder), that itself shows your mindfulness and growth.

Don't put yourself into a bigger Nisayon just to test your progress.

You're a good man!

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Re: TAKING OFF MY MASK

Posted by frank.lee - 18 Jun 2022 23:09

Now that you mentioned the Dubno Magid, i heard that he talks about this, look in Parshas Chukas near the beginning, by adam ki yamus baohel.

He discusses running away from the yetzer hara, or facing it. With a mashol of going on a diet from meat.

Check it out. Very helpful and relevant to the issues here in GYE...

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Re: TAKING OFF MY MASK

Posted by frank.lee - 18 Jun 2022 23:11

But we do daven to Hashem to not give challenges, ??? ????? ??????...

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Re: TAKING OFF MY MASK

Posted by No Mask - 19 Jun 2022 04:36

DAY 11# Friday. June 17

B"H VERY GOOD (a small v)

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Re: TAKING OFF MY MASK

Posted by No Mask - 19 Jun 2022 04:38

DAY 12# ??? ????. June 17

B"H VERY GOOD (???? ???? ???)

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Re: TAKING OFF MY MASK

Posted by No Mask - 20 Jun 2022 04:26

DAY 13# Sunday. June 19

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 20 Jun 2022 19:36

I want to do another week of ????? ?????

Thanks to everyone who joined me until now

DOES ANYONE WANT TO JOIN ME FOR 1 WEEK KEEPING OUR EYES CLEAN

?starting tomorrow Tuesday June 21

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Re: TAKING OFF MY MASK

Posted by No Mask - 21 Jun 2022 00:14

[No Mask wrote on 20 Jun 2022 19:36:](#)

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Thanks to everyone who joined me until now

DOES ANYONE WANT TO JOIN ME FOR 1 WEEK KEEPING OUR EYES CLEAN

?starting tomorrow Tuesday June 21

Our wives count ????? ????? and pure themselves before they are together us, how about we do it once for them

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Re: TAKING OFF MY MASK

Posted by No Mask - 21 Jun 2022 03:57

DAY 14# Monday. June 20

B"H VERY GOOD

With graduate to ???"?" for enabling me to finish two weeks of having pure eyes, I would like to invite you all to the L'chaim I'm making today.

[Send me the bill of the whiskey]

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