

## 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 Vehkam - 01 Jul 2022 23:37

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[connected wrote on 01 Jul 2022 21:50:](#)

[No Mask wrote on 01 Jul 2022 20:04:](#)

[No Mask wrote on 21 Jun 2022 00:14:](#)

[No Mask wrote on 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***

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

I thought after ???? ???? comes Mikvah night.....

I guess that follows.

But at this point I'll have to excuse myself. I try to stay far away from a Mikvah. It generally brings me to the opposite of purity...

No Mikvah for this SSA (among other things) dude.

Shabbat Shalom!

no mikva for me either for the foreseeable future...

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Re: TAKING OFF MY MASK

Posted by No Mask - 03 Jul 2022 03:18

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????? ???? ?????

I didn't mean that, but that's true for some people.

I meant something else, I wrote **Our wives count ???? ????? and pure themselves before they are together us, how about we do it once for them**

Usually husband and wife have intimacy after ???? ????? and I just kept it and.....

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Re: TAKING OFF MY MASK

Posted by No Mask - 05 Jul 2022 00:24

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DAY 9#. Friday July 1st

B"H GOOD [a little slippery]

DAY 10#. ??? ???? July 2

B"H GOOD

DAY 11#. Sunday July 3

B"H GOOD

DAY 12#. Monday July 4

B"H GOOD [a little slippery]

I didn't fall back, and I have to give myself credit I had a lot of opportunities for a lot of stuff, I travel and pass by some places that are lust interest, but I never stopped, and I even looked away when I was in the street etc. but it still wasn't lust free. A glimpse her and there, and to much interest in it.

I think I need to start posting again every day how my day was.

And to be mindful that I'm not really interested in that its just a snake inside me, it's like its itching

**And if anyone wants to join me it would be much appreciated.**

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Re: TAKING OFF MY MASK

Posted by chancy - 05 Jul 2022 18:40

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Have you ever read a good book on ACT? They have this concept of acceptance and making space for a unwanted thought in your mind.

It helped me alot when there is an urge on the street and even if im able to avoid directly gazing at anyone, i know that everything i do happen to see will bother me tremendously, i practice that for a min.

It goes something like this!

1. Scan yourself from head to toe and feel any sensations you might feel.

2. Now, think of the idea of lust, nothing specific, only the idea that you know that there is something in your brain that wants it, you can imagine it as an animal, ( I imagine a pig, as i grew up around them and i can vividly imagine one) and you see that this animal only wants lust, doesnt care for anything else, and you are really bigger and you are disgusted by that animal, but hes still there, cant get rid of it.
3. So now, you feel where in your body do you feel the lust, (I mean someone in the heart, throat, chest, etc, not the p\*\*\*s, that's just a physical reaction, not the source) lets say, you feel it in your chest as a burning sensation.
4. Start breathing deeply and be aware that the sensations is still there and that you cant get rid of it even if you want, and start making place for it, you can say "I know clearly that i dont want this feeling and i would rather not have it, but its here now, and i will make place for it so that it stops bothering me so much"
5. If you do this correctly, you will be able to be fully mindfull and aware that your lust is not you but its there anyway. But the most important thing is that it wont bother you so much now that you stopped fighting it so much.

I hope you understood what i write and that i works for you. I think you should really get a good book on ACT.

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Re: TAKING OFF MY MASK

Posted by No Mask - 05 Jul 2022 20:16

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Thank you so much

Beautifully written and articulated

It sounds like the perfect thing I need.

all the best !!

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Re: TAKING OFF MY MASK

Posted by No Mask - 06 Jul 2022 03:44

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DAY 1#. Tuesday July 5

B"H VERY GOOD

(Day 27)

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Re: TAKING OFF MY MASK

Posted by No Mask - 07 Jul 2022 03:25

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DAY 2#. Wednesday July 6 B"H VERY GOOD (small v)

(Day 28)

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Re: TAKING OFF MY MASK

Posted by No Mask - 08 Jul 2022 18:29

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DAY 3#. Thursday July 7

B"H VERY GOOD

(Day 29)

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Re: TAKING OFF MY MASK

Posted by No Mask - 10 Jul 2022 04:54

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DAY 4#. Friday July 8

B"H VERY GOOD

(Day 30)



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Re: TAKING OFF MY MASK

Posted by No Mask - 10 Jul 2022 04:56

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DAY 5#. ??? ??? July 9

B"H VERY GOOD

(Day 31)

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Re: TAKING OFF MY MASK

Posted by No Mask - 10 Jul 2022 05:00

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I wanna do another week of guarding my eyes, starting today Sunday July 10

**If anyone wants to join me it would be much appreciated**

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Re: TAKING OFF MY MASK

Posted by frank.lee - 10 Jul 2022 19:43

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Please count me in!

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Re: TAKING OFF MY MASK

Posted by Steveblum - 10 Jul 2022 20:48

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Im in !! In the summer months the struggle is way way harder! Let's stay strong

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Re: TAKING OFF MY MASK

Posted by No Mask - 11 Jul 2022 05:01

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DAY 1#. Sunday July 10

B"H VERY GOOD

(Day 32)

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