

Didn't know there are people who don't masturbate!

Posted by Human being - 04 Jan 2022 22:00

Hello Everyone!!!! I'm in my early 20s and single. My life has been an interesting journey of growth and dreams, anxiety and *bitachon*, and finally, sadness and hope.

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I grew up with such guilt. That *I'm* the reason my mother is so sad and angry and *I'm* the reason my father is so depressed. I'm a nerd and an inherent awkward weirdo.

Because of this, I was a prime target for bullying, because I was a depressed, down and sloppy kid. I felt like the worlds biggest failure.

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The fun didn't end there. My rebbi in primary physically abused me as well, giving my cheek a hard twist and then lifting me up from my twisted cheek because I did the grave sin..... of not lending someone my marker, from my new package of markers that my mother got me.

I became an anxious wreck. I sat in my primary desk biting my nails out of anxious desperation until they bled. I didn't have anyone to turn to because I couldn't rely on my mother who was a dangerous figure in her own right. I couldn't rely on my father either

because I knew he didn't know what in the world to do with himself to be a father. He is insecure, unsure, and so feeble. Nothing to lean on in times of stress. 1+1 (insecure, unsure, not confident and feeble + extremely uncomfortable/weird with emotional expression) = I didn't have a father. I had one physically, but that did nothing for me emotionally. On the contrary, not having had a father at all, would have at least took away my self blame and garnered sympathy.

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Warning: Spoiler!

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at that time I had no clue what that even was.

All I knew, was that I was bad. Like really really bad. Like bad enough that I thought if my father would find out he would throw me on the street. Or my mother would beat the hell out of me.

I thought a gruesome death was coming to me from shamayim because I was such a vile human being. As I got older and I started to come to a realization of what I had done to/with my sisters and brother I began to feel worse and worse and worse. ~~I thought~~. never mind, *I knew*, I was the worst person in the world.

I distanced myself from yishivishness in order to mentally ~~distant~~ (disassociate) myself from my past. Although I was still shark and very Frum. I started learning missilas yesharim every day, whom I used as an imaginary father figure for the next few years.

Then started my next challenge. My father was now lost. He had a son that was no longer yishivish and he didn't have any clue how to be a father to this new kid. The new identity I had created had caused me to practically lose my father, even physically. (he would never touch me, hug me, kiss me, pat my back. nothing. For the next 6 years (all my teenage years) the relationship with my father consisted of 1 phone call a week if he was lucky with a quick "how's everything" "fine" "good Shabbos"

I didn't have a father or mother to turn to at all. This continued through my teenage years. I had packages of guilt and shame sitting in me with no one to tell me I'm a good person. I continued hiding my terrible secret that I'm really the worst human around)

I remember the first time I masturbated. I knew I had now done the worst thing known to mankind. I was over. I didn't have Hashem to turn to either now. Slowly this turned to porn and it metamorphized into my way of finding safety and comfort from my anxiety.

?In summary, I had 0 secure attachments to turn to for safety and emotional regulation. I was just abandoned. I lived in a house with a bunch of people whom others called my parents and siblings, but to me they were strangers invading my space.

Fast forward to today. Baruch Hashem I've found a rebbi that finds me valuable enough to sit with me in my pain and be the first person i can come to for safety.. (My rebbi has stood by myside throughout although I'm always scared I'm going to lose him when he finds out all i has inside)TYH!

My mother Bh has improved tremendously and is someone who i can get some (albeit very limited) safety. Bh she is no longer scary. TYH!

?I have been in therapy and regained control of my life and I've taken many steps towards moving on. TYH!!

?The challenges are still so real and painful. I've developed a disassociated mind that has 2 states. 1) When i over-feel. I feel like a scared bullied traumatized little 5 yr old and I'm so terrified of being alive because i have no attachments (older protective people) to turn too. 2)when i under-feel. When ever I'm not committed to people, my brain takes the easier route to avoid the fear and terror of living without attachment. It sends my 5 yr old away to the recesses of my mind, where I no longer perceive it as "me" anymore. It makes life confusing and disorienting. It makes me feel so much shame because I have a really hard time explaining to people what is going on with me. Both my underfeeling state and my overfeeling state appreciate different friends. Different activities. Many friends wonder why I haven't called them in so long and then all the sudden want to chill with them every day. I feel like I cant get married because one part of me wants to be less Frum, is outgoing and confident while another one is more yishivish, quiet and a scared little boy. (I DO NOT HAVE DID!! [dissociative identity disorder] my parts know each other and I don't get amnesia)

I suffer emotional flashbacks and sometimes randomly want to cry and be my chavrusas little baby. I want my physiatrist to be my mother and a youtuber to be my older sister.

Porn was a huge safety for me. My younger parts crave emotional intimacy from a mother figure. One can imagine how to a broken brain, porn is the safest thing around. People being intimate and open in a non judgy way. For the younger parts of me porn = safety. For my older parts who are less yishivish and don't have parents, porn is the same thing. a safe place to get away from the scary concept of being totally disconnected.

My father still gives me no affection, attention, or time. He simply doesn't know how to. To give you an example of what it means to have a father with no social skills, I'm going to give you one example. He one time told me "I never believed you would become anything". He didn't even do

it out of anger or hate. He simply didn't 'chop' how hurtful that is for a son to hear that from his own father. Its not even his fault. He simply doesn't know better. He himself wishes he knew better.

?There's a part of me (**more yishivish younger part**) that hates hates hates HATES anything yishivish because it triggers me to back when I was a yishivish and frightened little boy, biting my nails off with anxiety. in my 'Inner Childs' mind **Yishivish=petrified, and in extreme danger with no one to turn to.**

This part of me is literally allergic to learning , davening, yishivish singing, Shabbos, yom tov, many mitzvos etc. etc. etc.

In addition to the part above that is allergic to anything yishivish, there's another part of me (**less yishivish older part**) that really dislikes everything my father enjoys. This part feels that the things my father spends time with and enjoys are the things that stole his love for me. He loves his things instead of loving me. This makes me hate hate hate anything yishivish as it reminds me "I'm not worthy of a fathers love" "I'm worthless". "I'm useless".

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Baruch Hashem I've never turned to any illegal substances and I don't even have a smartphone. But I'm living in a weird world. One part of me is a "shtark" guy In a shtark Yeshiva that lives by the missilas yesharim and wears a hat and jacket. That keeps and is happy keeping all the mitzvos and wants to learn 3 sedorim a day. But another part of me hates all of it and it triggers me to feel useless and worthless. This trigger is really intense and triggers an extreme hatred of anything that reminds that part of my father. (IE Anything yishivish.) Shabbos is hell first seder is hell davening is hell. I do all of them but their hell for one part and regular life for another.

I'm growing and I love Hashem and I'm slowly learning to cope. I will beezras hashem get married (my different parts are compatible).

I will be able to understand others and hopefully heal one day. I'm already healing to a significant degree and I'm feeling more and more like a single person. Anyone who read till now is a huge tzaddik. Btw even though a lot of pain is expressed here, I'm bh happy and ready to uplift myself and others!

I have my work cut out for me! 90 days here I come. Whether I fall or not it will always be my goal.

?Any chizuk or people that have had similar experiences that want to share is appreciated!

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Re: Didn't know there are people who don't masturbate!
Posted by chancy - 10 Nov 2022 17:44

Thank you HB!

To answer your lomdus, i think it was my gavra and your cheftza in the way you explained what kinds of gavras you like looking as a cheftza.

One of my biggest fantasies is being in the situation you are in now. I had too much fun in Yeshiva and i have a very hard time forgetting about it.

So hearing you put it down like that i almost exploded.....

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Re: Didn't know there are people who don't masturbate!
Posted by Teshuvahguy - 10 Nov 2022 18:00

Can someone please define for me lomdus, gavras, and cheftza? A little lost here...

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Re: Didn't know there are people who don't masturbate!
Posted by chancy - 10 Nov 2022 18:50

Gavra means person

Cheftza means object

So his question was, what was the reason that i was triggered? Was it just me (the Gavra) or was it his post (the cheftza)

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Re: Didn't know there are people who don't masturbate!
Posted by Markz - 11 Nov 2022 04:16

[chancy wrote on 10 Nov 2022 18:50:](#)

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Oh well,

I thought

Man = Gavra

Woman = Cheftza

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Re: Didn't know there are people who don't masturbate!
Posted by Geshmak! - 11 Nov 2022 04:21

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Giiiiit!

But that only when your still brainwashed from all the porn you watch... but now that your cleaning out your haligah brains a women is a person not an object...

btw thx hb for bringing in lumdies to the forum- I LOVE lumdies!

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Re: Didn't know there are people who don't masturbate!
Posted by Human being - 22 Nov 2022 15:52

I'm learning so much along the way. Looks like i figured out on my journey that human beings don't really need to masturbate to survive. Everything will be ok without it. Life will get harder the first few days to 3 weeks. easier from weeks 3/4 till months 2/3, Then harder again because it stops getting as exciting and the challenges are still there. Then easier long term (hopefully) because we learn to cope with our challenges in a healthy way.is hs been my experiance.

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Re: Didn't know there are people who don't masturbate!
Posted by 5Uu80*cdwB#^ - 22 Nov 2022 16:36

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Nice post. I like what you said that human beings don't need to masturbate. You are correct. Just like human beings don't need to drink alcohol or use cocaine, we don't need to lust and masturbate. It's just another drug of addiction. When we break free of it, we see how it was controlling our life completely. Keep up the great work.

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Re: Didn't know there are people who don't masturbate!
Posted by Human being - 16 Dec 2022 08:27

I didn't know people could masturbate 5 times in 1 day especially on an all nighter.

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Re: Didn't know there are people who don't masturbate!
Posted by Eerie - 16 Dec 2022 19:52

hey, HB! I just read your story for the first time. My heart aches for your pain, my friend. It really does. You are amazing that you are here, working so hard to be good, to be clean. After all you've been through, I'm in awe of you that you work so hard to be the best you can be. Hashem should continue to give you strength to keep trucking, my friend. Keep posting all your wonderful insights!

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Re: Didn't know there are people who don't masturbate!
Posted by pesachs - 23 Aug 2024 17:57

[Human being wrote on 04 Jan 2022 22:00:](#)

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That's some story. Like you I have positive influences in my life that keep me strong. Keep it up.

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