

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

Posted by Human being - 04 Jan 2022 22:00

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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.

My father is emotionally weak and socially awkward. He was never and is still not someone in my life I can turn to or connect to in any meaningful way. On the contrary, I feel extremely uncomfortable sharing my emotions around him, because he feels so uncomfortable himself with emotions and reacts in such anti social ways to emotional expression that it makes me feel really really dumb expressing emotions around him.

My mother was not someone I could turn to when I was younger either. She was an angry, verbally abusive, and a scary enemy. Every morning I walked on ice waiting to be berated and screamed at for doing nothing. For simply being me, because my mother was angry and needed someone to blame. She would scream at me for anything as long as she was in a bad mood. I never knew what her mood would be. She sent me to school in sloppy and nerdy clothing. And because I showered once a week, I came to school smelly at times.

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.

I was bullied for 6 years in elementary school from primary to 6th getting tackled, beaten up and verbally abused every day.

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.

Then came puberty.

ouch!

I wasn't given a "bar mitva shmuezz" (IE sexual education.) Instead, my father hired a rebbi to tell me "If you fall down then get back up again"

( A 45 minute car ride that gave me no information about what I was supposed to feel bad about and get back up from). The first time I had a wet dream I thought I was dying. It was really traumatic. I thought something was seriously wrong with me. I started doing my "research" to figure what was going on

**Warning: Spoiler!**

and began realizing that theirs "this thing" that married people do and the stuff coming out of me probably has something to do with "that". I then started feeling a lot of sexual curiosity and began exploring with my younger siblings. I had a lot ( like ALOT) of sexual experiences when I was 11 and 12 with my younger sister. I sexually abused another sister [and brother] although

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 Zedj - 21 Jan 2022 07:17

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There sure are better outlets-

Exercise

Go out for a run

Catch up on errands

Catch up with friends and family

Learn something

Read a book

Eat ice cream

Make a smoothie

Make a Duncan Hines cake

Grill a steak

Weave a basket

Arts&crafts project

Learn to sew a button (very handy BTW)

Enjoy!

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Re: Didn't know there are people who don't masturbate!  
Posted by jackthejew - 21 Jan 2022 10:27

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keep it up buddy your amazing!

remember, there's masturbation and then there's the relief from it! we dont need to masturbate!  
we need often a relief! so go get a kosher one! and stop the brain from connecting that relief  
automatically has to be masturbation! we can find a kosher pacifier!

Yup that's true! Anyone has any Ideas for me? As of now my outlet is youtube and netflix. And  
that is not the best outlet to have if I am trying to stay clean. I am looking for new outlets.

For short clips check out Aish.com's Jtube or try gruntig.com

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Re: Didn't know there are people who don't masturbate!  
Posted by Human being - 21 Jan 2022 12:36

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Its very interesting. I'm getting less and less nervous about the concept of not masturbating bh.

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

Posted by 613guard - 21 Jan 2022 21:15

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Good 4 you

I noticed even after stopping porn if I continue masturbating it makes me wanna watch more a day or 2 later

So keep up your streak

And remember even if you fall

Get right back up because if not it's double as hard later

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

Posted by Hashem Help Me - 25 Jan 2022 12:12

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The "low level" sexualizing is expected. as we BH get clean, our subconscious really wants "it's fix". So it makes us notice everything on the street that we never really concentrated on before (because we had much more thrilling and exciting stuff online...), and it makes us fantasize as soon as we start spacing out. This is also why many guys get wet dreams at this point, which should also be ignored because it is just a desperate attempt of the subconscious to get "the real thing". With time, Bh this subsides and fades. Meanwhile, as mentioned, find healthy diversions as soon as you consciously realize you are heading "south". Hatzlocha buddy!

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

Posted by Human being - 07 Feb 2022 17:11

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I think its time for an update. I'm bh 36 days clean from porn, phone sex, and masturbation. It is incredible. It is double incredible being that I was and still am scared to refrain from masturbating for too extended of a period. (I'm still nervous that if I'm not motzi zera... what will be when the time has come.... if I will be healthily able to be motzi zera.)

I have had 5 instances of waking up wet so that still calmed/calms me down and makes the anxiety a little easier.



I am having a new challenge now. I'm posting it to share and hopefully catch some support and ideas.

In the summer and the winter I'm 2 totally different human beings. I'm literally a different person. I have 2 totally different personality's, I have different feelings and I'm overall way louder, outgoing, all over the place, and uncentered during the summer. I'm way less focused during the summer and I stop feeling a lot of my feelings (dissociative). I feel all over the place and I don't have a feeling of "me".

This makes me have a really hard time not masturbating, because I don't feel like I'm connected to my body.

Its hard to put into words, but its almost as if when I masturbate, *I'm* not the one masturbating. I don't feel like I just did anything to myself. I also don't feel connected to my streak, because I don't feel like its *my* streak. I don't feel proud about my accomplishments because I don't feel attached to *me*.

In phycological terms its called depersonalization/derealization.

Its so much harder for me to care to not lust (or low level lust) because I don't feel like *I'm* doing anything. I don't connect what I did to myself. As an example, I don't feel guilt because I don't feel connected to the person that did something guilty. (me).

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Re: Didn't know there are people who don't masturbate!  
Posted by Lost In Search - 08 Feb 2022 01:05

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First of all congratulations on such a long streak! Keep it up!

Second of all, I feel for you, that is really hard. It's impressive how you understand your emotions, that is already half the problem solved.

I find that for so many people myself included it's the emotional struggle that makes it so hard to stay clean, It's when our emotions start taking control over us that we feel the need to act out. I don't have any ideas to help out other than saying I can understand how hard it is not to act out when there is emotional turmoil, and kol hakavod to you for being so many days clean with all the emotional challenges that you have.

It defiantly shows how committed you are for thinking in advance of your triggers that will arise.

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Re: Didn't know there are people who don't masturbate!  
Posted by Human being - 25 Feb 2022 12:50

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So I feel like its time for me to tune in to myself a little and not lose track. I'm clean BH. I don't think about phone sex regularly anymore. I haven't masturbated in 54 days. As I'm saying this I'm thinking to myself how incredible that is.

?I actually had a dream where there was a tv with "illicit content"..... and I turned it off and avoided masturbating!! Its super cool how the brain works. My brain has actually switched to the point that even subconsciously in a dream I don't want to masturbate or watch porn. Thank you Hashem

I am seeing that I actually view woman as humans for the first time in my life and not as some strange type of non relatable species. Thank you Hashem.

That being said I'm noticing that my uninvovement in the struggle has its challenges as well.

I'm not as prepared when I do have a challenge. I'm noticing the times that I'm down sad or depressed to be almost the same difficult as in the beginning.

I also have to keep in mind this is not an all or nothing battle. Bein Hazmanim is going to be hard. I cant let myself think, "if I lose my streak, screw it"

I WILL NOT GIVE IN !!!!!!!!!!!!!!! 6 more days till 60. Very exciting!

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Re: Didn't know there are people who don't masturbate!  
Posted by Vehkam - 25 Feb 2022 15:15

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Double down on the small things that make a difference.

For me I read a little bit of battle of the generation each night.

Recently I started another thing. I try to remember when I kiss my tzitzis during shma (even just one time) to have in mind that hashem loves me. I find it very powerful.

Find the things that work for you.

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Re: Didn't know there are people who don't masturbate!  
Posted by Human being - 27 Feb 2022 14:33

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**Warning: Spoiler!**

For the first time since i started a real effort to challenge myself to stop masturbating i was at a nonfiltered computer. I always envisioned that moment as being the moment my streak collapses.

-I told myself. I WILL NOT GIVE IN. I needed to prove myself that its not *just* about gedarim. Its also about biulding an inner resistance and fortitude, to be able to confidently tell ourselves "I Can hold myself back and i *will* hold myself back.

Bh i succeeded in the challenge. I finnally prove to myself that im able to be on an unfiltered computer, be tired, upset, *and not give in*.

Now that i proved myself that i can do it, i am now officially.....A NON-PORN WATCHER anymore. Sorry Mrs and Mr Porn. Find someone else to keep up at 5 AM hungry tired and numb to life.

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Re: Didn't know there are people who don't masturbate!  
Posted by jackthejew - 27 Feb 2022 16:33

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[Human being wrote on 27 Feb 2022 14:33:](#)

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It's great that you stood up, but putting yourself into situations where you may fall isn't usually a great idea

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Re: Didn't know there are people who don't masturbate!  
Posted by Shtarkandemotional - 27 Feb 2022 16:59

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[Human being wrote on 27 Feb 2022 14:33:](#)

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Wow this is incredible! Standing ovation to you! Im super impressed with you buddy! It's incredible that you withstood through that situation! But to me the most incredible is how you have such a good mindset your ahead of all the people that still have the filter fighting for them! Your building who you really are! Filter or not! To me this seems to be the key to success in this area! We ARE building our value system! Filter or not! loophole or not! Cleaning lady's phone or hotel room! We don't do XYZ cuz we're clear! We know where it takes us! We know what it's all about it's emptiness! This is an amazing step you reached! The mindset is incredible! Keep it up YOUR inspiring all of GYE.

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Re: Didn't know there are people who don't masturbate!  
Posted by Shtarkandemotional - 27 Feb 2022 17:00

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Keep on ingraining this clarity! You'll have it with you for life! It's so important!

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

Posted by Hashem Help Me - 28 Feb 2022 12:23

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[Human being wrote on 27 Feb 2022 14:33:](#)

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You are a hero! You are proving that "it can be done" b'ezras Hashem. Keep inspiring. May Hashem protect you from nisyonos (like unsafe devices sitting right in front of you), but may you have the ability to say **NO!** when a nisayon arises.

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