

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 Human being - 02 Nov 2022 00:04

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wow. 10 steps forward 9 steps back. i just got so re traumatized. i started telling my father about sexually abusing my other sister and and then he told me he wants me to stop telling him. My blood turned cold. Ive been deadly scared of him since.

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Re: Didn't know there are people who don't masturbate!  
Posted by chancy - 02 Nov 2022 02:59

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Yes, didn't do that right....

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Re: Didn't know there are people who don't masturbate!  
Posted by Human being - 02 Nov 2022 13:57

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10 steps forward..... 9 steps back..... 3 steps forward again! My fathers coming with me to therapy to learn how to interact with someone who went through truama , because he wants to avoid retraumatizing me. THANK YOU HASHEM!!

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

Posted by Human being - 06 Nov 2022 00:50

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had a crazy week, I came into contact with so many traumatic feelings and didn't have therapy for another week. I felt like I'm falling apart and finally after a few days starting to put the pieces back together again. The good part of falling apart, Is that I get to see the individual pieces more clearly. I had such a strong pull to destact myself. Years back i would have gone straight to masturbation or phone lines. Today that enters my mind for a second and then i start allowing myself to fall apart. Yes I fall apart but no, I don't fall down. THANK YOU HASHEM.

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

Posted by Teshuvahguy - 06 Nov 2022 02:58

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[Human being wrote on 06 Nov 2022 00:50:](#)

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You are such a fighter, my friend. So courageous and I'm so proud of your accomplishments! Keep it up, buddy, you're doing great!

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

Posted by Human being - 09 Nov 2022 06:54

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I'm realizing more and more that my shame of having had weird sexual (orientations?) in the past, and still having them to an extent today, is what makes me feel so scared and out of place in the general Frum community. I feel like if anyone would know me sexually they would think I'm demonic. But all it is, is the way my brain learned to get safety. And now that the way my brain is wired to (only somewhat. It is just a small part of me not **me**) only be sexually attracted to people that feel really safe to me. The only people my brain is wired to feel safe with and then

by extension have sexual attraction are a few categories of a unique type of look.

This causes me so much shame. i feel like this part of me however small it is, cant be accepted by the yeshiva world.. i feel like this part of me is not invited.

On the flip side of things, gaining self awareness about my shame is helping me move forward and embrace myself for who i am, weird sexual feelings and all. A guy was making fun a ssa and said about something i was doing "dude you gay?" so for the first time ever i said "yeah a little actually". lol the dudes reaction was awesome. im a yeshiva bacher who is wearing a hat and jacket and telling a guy i have a challenge with ssa, anyways it felt really good to not be ashamed. AND PLEASE TONT WORRY. this is not about Identifying as ssa. Its about **acknowledging** the feelings of a small part inside me and the challenges that comes along with it. Btw my struggle is not really ssa. Its any person that i feel safe with. which includes cute girly boys and boyee girls. I know its weird. but im not hiding it anymore. Im basically not too attracted to anyone bigger then me or older then me. or normal. they need to be proactive, or against the regular.

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Re: Didn't know there are people who don't masturbate!  
Posted by chancy - 09 Nov 2022 18:49

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Hi Human Being,

Ill be totally honest with you, I was a bit more then a bit triggered by your post here. It seems a like a lot of the same things you do unfortunately.

Thank Hashem that i have bullet proof filters..... I have calmed down already.....

In the future, if possible, please do not be so descriptive. I dont need more fantasies in my head.....

If it helps you in your journey, then continue doing what you are doing, ill just try not to read your posts.....

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Re: Didn't know there are people who don't masturbate!  
Posted by Teshuvahguy - 09 Nov 2022 18:56

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[chancy wrote on 09 Nov 2022 18:49:](#)

Hi Human Being,

Ill be totally honest with you, I was a bit more then a bit triggered by your post here. It seems a like a lot of the same things you do unfortunately.

Thank Hashem that i have bullet proof filters..... I have calmed down already.....

In the future, if possible, please do not be so descriptive. I dont need more fantasies in my head.....

If it helps you in your journey, then continue doing what you are doing, ill just try not to read your posts.....

Chancy, what in Human Being's post triggered you? I honestly didn't see anything sexually descriptive there. Just curious.

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Re: Didn't know there are people who don't masturbate!  
Posted by Teshuvahguy - 09 Nov 2022 19:02

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[Human being wrote on 09 Nov 2022 06:54:](#)

I'm realizing more and more that my shame of having weird sexual (orientations?) is what makes me feel so scared and out of place in the general Frum community. I feel like if anyone would know me sexually they would think im demonic. But all it is, is the way my brain learned to get safety. And now that the way my brain is wired. Only to be sexually attracted to people that feel really safe to me. the only people my brain is wired to feel safe with and then by extension have sexual attraction is boyish young looking girls, effeminate boys or really provocative girls.

this causes me so much shame. i feel like i cant be accepted and regular. i feel like i cant fit in.

On the flip side of things, gaining self awareness about my shame is helping me move forward and embrace myself for who i am, weird sexual feelings and all. A guy was making fun a ssa

and said about something i was doing "dude you gay?" so for the first time ever i said "yeah a little actually". lol the dudes reaction was awesome. im a yeshiva bacher who is wearing a hat and jacket and telling a guy i have a challenge with ssa, anyways it felt really good to not be ashamed. AND PLEASE TONT WORRY. this is not about Identifying as ssa. Its about **acknowledging** the feelings i have inside sometimes and the challenges that comes along with it. Btw my struggle is not really ssa. Its any person that i feel safe with. which includes cute girly boys and boyee girls. I know its weird. but im not hiding it anymore. Im basicly not too attracted to anyone bigger then me or older then me. or normal. they need to be proactive, or against the regular sexual experiencing.

Really amazing stuff. I think you are doing great. This is such a different tone from you and I think it is a healthier one for you, maybe. By the way, it seems as though you are discovering places where you DO fit in. You mentioned several types of people you are comfortable with. Am I reading this wrong?

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Re: Didn't know there are people who don't masturbate!  
Posted by chancy - 09 Nov 2022 19:46

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The description of the types of boys and girls he likes.

Im just hypersensitive today. Everything is a trigger today for me...

I just noticed a women in my office who i never gave a second glance. now i got seriously triggered by her.....

Some days you just gotta go back to sleep.....

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Re: Didn't know there are people who don't masturbate!  
Posted by Teshuvahguy - 09 Nov 2022 19:51

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[chancy wrote on 09 Nov 2022 19:46:](#)

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Im just hypersensitive today. Everything is a trigger today for me...

I just noticed a women in my office who i never gave a second glance. now i got seriously triggered by her.....

Some days you just gotta go back to sleep.....

Yeah, I see how that could be triggering even though it's not more explicit. It was probably not a smart question. Sorry, my friend ??

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Re: Didn't know there are people who don't masturbate!  
Posted by chizuk613613 - 09 Nov 2022 20:58

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Sounds like you need some time, but in the proper time, having desire for someone who you're very comfortable with sounds great. That's the type of relationship one has this their wife. Closest, most open, and intimate relationship with another human being you'll have bezras Hashem.

It's amazing to see your perseverance and growth. Keep on shteiging!

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Re: Didn't know there are people who don't masturbate!  
Posted by Human being - 09 Nov 2022 20:58

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I'm sorry you got triggered! was this a result of my descriptiveness or internally you were in a position to get triggered? i asking this seriously because i don't want to trigger anyone, yet i found my post to be quite ok. i don't even know how I'm supposed to share in the future if something along those lines are triggerfull. So my question is, do you think it was truly triggering in a general way, or just as it relates to you in that moment? Again please understand that that there's no judgment here. I'm asking seriously. once again sorry you got triggered.

to get lumdish. Was it a din the the cheftza or the gavra?

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

Posted by Vehkam - 09 Nov 2022 22:22

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[Human being wrote on 09 Nov 2022 20:58:](#)

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anything very descriptive has the risk of being triggering. you can say that you are attracted to a certain type and be vague about it. but once you start describing that "type" in detail there is a greater risk of someone starting to fantasize based on your descriptions. it is not just the gavra here....

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