

It's all in the name

Posted by eerie - 24 Nov 2022 19:25

Hi there all my anonymous friends!

I am on here for a while, most of the time just to sign in and update where I'm holding, but from time to time I do read around some posts on the forums, and I am really at a loss of words when I try to describe what I think about all of you. I'm simply awed into silence. You guys are all amazing, fighting the terrible urges, sometimes in such difficult circumstances, from complicated pasts, I stand humbled. I am so proud to at least be part of the same nation, even if I don't come close. Keep up the fight and may Hashem be with all of you and may you feel his closeness.

And now, Hi! I gave myself the name eerie because that's what I think about my situation. I am blissfully married to a really special person,(which, I learned from the posts on this site, is not to be taken for granted. It's something that so many of my dear friends here struggle with, their addictions creating issues in their marriage and the problems in their marriage further exacerbating their addictions) and we have a few wonderful kids. I really cannot imagine a better marriage, we respect each other, love each other, communicate beautifully, and my intimate life is wonderful. I believe my wife would say the same. I am a seriously respected member of my community, I am in a position of chinuch (and I think I do a pretty good job:)), so why oh why on earth am I here? What would the people think if they knew? Would I still have a wife? Would they let me talk to my kids? At that point would I even care about my job or my life's mission? I BH had a wonderful upbringing, loving and caring parents who are very proud of their "successful kli kodesh" son. What would they think if they knew? These thoughts were on my mind as I created my account and the feeling I had was "This is eerie. A mechanech. A talmid chacham. Sought after maggid shiur. This is totally eerie." So there you have it. It's all in the name.

A little about me. I think many of you would disagree but I don't think I'm addicted to P&M. I have normal urges like all healthy people. I have no smartphone (if you would only hear me speak about the downfalls), no computer at home. So where and when do/did I fall? I called a talk line by mistake, I was trying to reach a company. I was horrified. I hung up and told my wife about it. But, of course, my curiosity plus urge got me to call. This was probably 10+ years ago, called maybe 10 times total. Can't remember the last time I did that. Then my wife got a smartphone, and we blocked the browser entirely through parental controls, with each of us having half the code. Of course, when I was down I tried a few times and of course I figured out her half. Here and there I would go on really bad sites. Not long thereafter we got rid of that phone. That was also 10+ years ago/ But every once in a while I fall. I once found that one computer in the Yeshiva (!!!!) where I work had no filter. You read that right.. No filter, in the yeshiva computer! I would estimate that once in 2-3 months I went on really bad stuff there. One day I just realized that I need accountability, so I came to GYE. I know I have to answer to someone, I'm going to write it if I fall, and that helps me.

Now you might wonder, what am I writing this for? I am writing it first of all because I feel a kinship and I feel like it's "therapeutic" to tell my story someplace. Because even the people that I really trust, I can't tell them any of this. I sometimes wish there was an anonymous phone line where I could call and tell a Rav what I struggle with, to get it out of my system. When I was

bachur I was really close to my rebbeim, and I shared with them even my deepest secrets and struggles, I would tell my Rebbe if I M'd. BH I didn't struggle with that much, but I did do it a few times in my bachurische years, and my rebbe knew/knows about it. Maybe I'm weird that I shared that with my rebbe, but that's me. If I felt an attraction to a bachur I told him, and he understood me, always helped me, never judged me. There's no question that having such a person in my life changed me in unimaginable ways. Alas, I don't think I'll ever have the nerve to go to anyone and discuss my normal struggles and mistakes at this point. What would a rav or even my rebbe, whom I am still very close to 20+ years later, think if a person in my position came and said "I struggle with this. Once in a while I can fall into watching P." I can't do that, so I'm saying it here. I'm a healthy person with normal urges and desires and it can happen that I fall sometimes. I try to avoid unfiltered machines, when I'm at my parents' house I don't touch their devices, I told them to never let my kids touch their things and I warn my children to stay away, not even to look at Grandma's phone. But I know that every once in a while I'll find a device, and my urges, desires and curiosity (yes, I am still curious as to what some tags on some sites are supposed to mean. Curiosity is powerful.) can get the better of me. I joined GYE so I have to give an accounting, and I even had a fall since I joined, which I reported. I have a life's story, like everyone else, and here I shared some. Maybe some more another time.

But another reason I write this is because I look at what other people have written here, and I realize how small I am. I, the guy who sits up front at dinners, the guy whom you may have even heard at a dinner or some other place, I look at you in awe. Because I am not torn to shreds like some of you are, I have a happy marriage, and so many of you are working so hard to just keep the pieces in place. You are brutally honest with yourselves, and in spite of being in places I have only read about, doing things out there....in spite of that you are here, trying mightily to get only closer to Hashem, to be good, to be clean. I also struggle, but nowhere nearly as much as most of the people here. And I wish I could shake your hand and tell you how proud I am of you. I am so proud, and I know that I can't imagine how proud Hashem is. Keep it up!!! In this world I'm at the head table at the dinner, but believe me, at the se'udas livyason you guys will be up there, I hope I'll at least be in the crowd!

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Re: It's all in the name

Posted by Vehkam - 01 Dec 2022 18:39

[chancy wrote on 01 Dec 2022 17:20:](#)

If i had told my chussen rabbi to what i was exposed to, he at first wouldn't believe me, then wouldn't understand what im tiling about, and if i had explained it to him, he would've died right

So make sure to find the right kind of teacher.....

Lol. So true

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Re: It's all in the name

Posted by Eerie - 01 Dec 2022 19:28

Hi, I moved this post to the BB Forum, guardyoureyes.com/forum/17-Balei-Battims-Forum/388715-honest-conversation-with-my-wife . Thanks Emes-a-yid

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Re: It's all in the name

Posted by Gevura Shebyesod - 01 Dec 2022 19:32

Eerie Eerie Shir Dabairie!

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Re: It's all in the name

Posted by Emes-a-Yid - 01 Dec 2022 19:34

I think this shouldn't be posted here, maybe to the other forum of married guys. Hatzlacha, but I did find out a limud out of your life routine so keep it up.

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Re: It's all in the name

Posted by Emes-a-Yid - 01 Dec 2022 19:41

[Vehkam wrote on 01 Dec 2022 18:39:](#)

[chancy wrote on 01 Dec 2022 17:20:](#)

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So make sure to find the right kind of teacher.....

Lol. So true

I was wondering about that if you have a Rebbe closed to the shmutz how can he help you, there and then from a stroke or heart attack, even if you tell him, he won't know what to do.

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Re: It's all in the name

Posted by Emes-a-Yid - 01 Dec 2022 19:45

[Eerie wrote on 01 Dec 2022 18:00:](#)

Dear emes-a-yid, yes, you've been exposed to way too much, as have I. And yes, before you get married and build a beautiful Yiddishe home with Torah values dictating your life, you should find the right teacher that can teach you what is real and where you've been fooled. Because we all know that we've been fooled, can real life ever be like in the movies? But like jack the jew says, there ain't no tachlis in you getting into the details now. Yes, undoing damage takes time and hard work. And that's what you're doing by being here! But as to the particulars of married life I would think that once you're engaged you can get to work on it. Keep it up, my friend! You are an inspiration to me! You are holding up the world

True, but why would you say when one's engaged, maybe even earlier say 15-25 if not married yet. because their may be such people watching and thinking such desires and help themselves from now, and forsure less fantasize in such ways if they were to fall Ch"vshl

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Re: It's all in the name

Posted by Emes-a-Yid - 01 Dec 2022 19:50

[jackthejew wrote on 01 Dec 2022 14:34:](#)

[Emes-a-Yid wrote on 01 Dec 2022 13:52:](#)

[Eerie wrote on 30 Nov 2022 22:19:](#)

But **some of the things mentioned are really only for married guys**. Please.

I understand it totally I believe, although I am still a bochur, I have heard this very recently, it is sad that we have been so influenced by the world of money that decided to do such a thing. Anyways back to your point, I think it can be very beneficial if bochurim do hear about this, specifically refering to the ones that have seen way too much for way too long, because I personally feel that I don't know if I would automatically be 100% on page a day of a chusen talk this may need to be said before hand. But to my dismay there are lots of rebbeim that would disagree, because it may affect a bochur now just hearing about it and may think on it etc. So I don't know if someone can help clear my mind a bit, I don't think it should just be a secret to Baal Baatim/avreichim people, I think also bochurim that have been exposed.

What does the oilam feel?

I think even for us Bochorim, it's only really useful knowledge when it's practical, D'haynu when we're BE"H engaged. But it is critical that you inform your Chosson teacher that you have been exposed to porn, because unfortunately there's usually lots of damage to undo

I agree to tell them 100% but wouldn't you think it may be better, I am not just talking about myself, but for others, it can be a big toeles in knowing some sugyas of what is and isn't nokea, or at least just what isn't nokea, and not talk about what is. Because then they can not continue if they fail rh"lzl it won't go so vite, of building up thinking that that's fine, because if they would, then when they meet the teacher they may hear it that one time, but it won't be ingrained, it's more of a neccessary build up I believe like reg watching P or fantasizing. Both mehalchim will

help prevent the yid to have gedarim and to know what's chal kedusha and what's not. I am only speaking about people that have been exposed, and I can almost say it's royv' am' I think

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Re: It's all in the name

Posted by Eerie - 01 Dec 2022 19:51

You are right, emes-a-yid. I'm going to move the past 2 posts. About your question, I'm sorry, give me a minute to see if I can get back to it

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Re: It's all in the name

Posted by jackthejew - 01 Dec 2022 19:58

[Emes-a-Yid wrote on 01 Dec 2022 19:50:](#)

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As far as I can understand, learning the mechanics of Sex, which kinds are Muttar and how to satisfy your wife now ain't gonna help me with urges, falls, or any other part of the struggle. Frankly, I used to stimulate myself with some of those Gemaras. I think most of the work is accomplished by working on your attitude toward the whole Inyan **From a personal prespective.**

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Re: It's all in the name

Posted by Vehkam - 01 Dec 2022 20:56

[Emes-a-Yid wrote on 01 Dec 2022 19:41:](#)

[Vehkam wrote on 01 Dec 2022 18:39:](#)

[chancy wrote on 01 Dec 2022 17:20:](#)

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I was wondering about that if you have a Rebbe closed to the shmutz how can he help you, even if you tell him, he won't know what to do.

If someone has been exposed it is important that they find a teacher who understands this. It won't help to open up to someone who is not educated on these topics. Fortunately or unfortunately depending how you look at it today there are many many teachers that know everything out there....

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there and then from a stroke or heart attack.
Re: It's all in the name

Posted by Eerie - 02 Dec 2022 00:09

Hi emes-a-yid, I think every rebbe can help somewhat, but a rebbe that really understands what you've seen and understands what it does to people, he's the type of rebbe that, if you open your heart and your mind to him, he'll be able to help. As far as explaining things in married life, for now just know that what we've seen there is the total opposite of the real thing. It's like watching superman and thinking that if you put on a cape you'll be able to fly. So when you are actively preparing to get married find a rebbe, probably the moderators here can suggest someone, and let him straighten out your thoughts. And keep on pumping! The chazon Ish

would tell children when he finished farhering them "Dear children! Remember Hashem loves you so much, with your mitzvos your building thousands of worlds (in shomayim), the light of the shechina shines on you, a holy light that shines from one end of the world to the other! " The same for you, my holy brother

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Re: It's all in the name

Posted by Emes-a-Yid - 02 Dec 2022 01:00

[jackthejew wrote on 01 Dec 2022 19:58:](#)

[Emes-a-Yid wrote on 01 Dec 2022 19:50:](#)

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hah if you put it that way I am now speechless, but like I said maybe to what is not okay only to learn and only to those with such exposues

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Re: It's all in the name

Posted by Emes-a-Yid - 02 Dec 2022 01:02

[Vehkam wrote on 01 Dec 2022 20:56:](#)

[Emes-a-Yid wrote on 01 Dec 2022 19:41:](#)

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If someone has been exposed it is important that they find a teacher who understands this. It won't help to open up to someone who is not educated on these topics. Fortunately or unfortunately depending how you look at it today there are many many teachers that know everything out there....

When the time comes I will bzh be sure to find those rebbeim

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Re: It's all in the name

Posted by Human being - 02 Dec 2022 07:25

[Emes-a-Yid wrote on 01 Dec 2022 13:52:](#)

[Eerie wrote on 30 Nov 2022 22:19:](#)

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I understand it totally I believe, although I am still a bochur, I have heard this very recently, it is sad that we have been so influenced by the world of money that decided to do such a thing. Anyways back to your point, I think it can be very beneficial if bochurim do hear about this, specifically refering to the ones that have seen way to much for way too long, because I personally feel that I don't know if I would automatically be 100% on page a day of a chusen talk this may need to be said before hand. But to my dismay there are lots of rebbeim that would disagree, because it may affect a bochur now just hearing about ti and may think on it etc. So I don't know if someone can help cluur my mind a bit, I don't think it should just be a secret to Baal Baatim/avreichim people, I think also bochurim that have been exposed.

What does the oilam feel?

I agree with you. I think its critical for a bachur who has already been exposed to constant porn and masturbation to start reprograming his brain now when hes single, to hear about what real sex and intimacy are about in real life. Getting a few chosson shmuezses from a rebbe who A)-May be someone we don't feel safe opening up to about our porn challenges and B)-May or may not really perceive the way porn affects the brain---will not do the trick.

I personally did not want to "learn on the job". I thought that would be a terrible experience. Reprogramming our brain *takes time*. Reprograming doesn't come with knowledge of what's right and what's wrong. That's where it starts, but that's not where it ends. *It takes time*. I think its very beneficial for bachurim to have a goal they feel they can reach in time for marriage of really feeling that what we see in porn is actually not reality. Because no matter how many times you tell me and I cognitively understand that what I see in porn is not real life, I still *feel* like its real life. And to take away that feeling and reprogram my brain, *it takes time*.

I personally bought a book on Jewish sex (*not necessarily recommended- it can be triggering. Better to hear it here on gye with all of our chashuve role models.*) and read up a lot about it. It has helped me set a goal for marriage of being in a place were I really feel that real sex is real and porn is crap and totally not real life. And that woman connect mainly to the emotional intimacy of sex and not the physical aspect of sex like men and like in porn. --And bh I'm already far along the path and I'm 10 times ahead of other unfortunate singles who will have to wake up to a very disturbing surprise, not to mention their kallahs, who will be traumatized by not understanding why in the world this new chosson of theirs wants them to do things they find strange, awkward, scary, and hurtful. A hurtful and traumatizing chosson night 1 of marriage doesn't sound like a good recipe for success to me. It will be so damaging. No one should ever start a marriage like that.

I am not saying bacherim should know the ins and outs/triggering details of healthy sex. Therefore I'm not saying we should know what is assur and muttur in sex. We don't need to know that. All the details of sex is not what I'm talking about here. I'm talking about the authentic bonding experience that is sex. The authentic experience vs the acting in porn. The most intimate part of *our relationship* with our wives. The more we hear from people like our chashuve friend Eerie, how scammed they were and how surprised they were and how they wish they would've known earlier, the more we---bachurim that have been exposed and only have had false and fake exposure to sex--- can internalize and reprogram our brain, about what authentic sex is. Going into marriage to start reprograming my brain I think is a terrible idea. For me. For my wife. For my shalom bayis.

I think Gye is the exact place that we should be reprogramming our brain as apposed to other sources. So please continue posting about the truth of Jewish intimacy and your intimacy truths. bachurim please reach out to all the great role models we have here on Gye. Ask them if

woman enjoy the sex portrayed in porn. Ask them what your wife will think of you if she doesn't enjoy porn-type-sex and you tell her "But you enjoy this, i know you do". Ask them how your wife will react to feeling like you are using her if she doesn't enjoy porn type-sex Go ahead and ask. Its about time.

And please don't think "my wife will like it" maybe she will maybe she wont. You cant decide for her what she enjoys. The same way she cant tell you you like eating whole wheat bread. You may like whole wheat bread, but that's for you to decide, not her.

Love ya'll either way!! BTW- no judgment here to any girl who enjoys sex in ways the average "yishivish girl" doesn't. I'm not here for judgment. I'm talking about girls who don't enjoy porn-type-sex and find it hurtful, strange, awkward and scary. No judgment to anyone else here. I love you too!

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Re: It's all in the name

Posted by jackthejew - 02 Dec 2022 09:40

[Human being wrote on 02 Dec 2022 07:25:](#)

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I would tend to agree on the relationship side more than on the sex side. The "authentic experience" seems to be also built on having a true loving, appreciative relationship with your wife without it being a 50 year long repeating, running attempt at seduction. The understanding and rewiring is also on the relationship aspect. Porn rewires our prespective to see all relationships as a power game, taking advantage of others and cheapening ourselves. I would say the way I understand the equation is: **Porn says Sex= relationship; Rewirin/ recovery says Sex= the apex of a healthy connection and relationship**

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