

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 bachurishe 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 Shmuel - 04 Dec 2022 22:32

[Human being wrote on 04 Dec 2022 22:28:](#)

Maye Gye can set up a new subset in the forums for Questions and answers about healthy sex. It can be moderataed. Triggers will be removed. Only Preapproved individuals can answer the questions. What does the guys think?

Gye has many articles covering most of this...

Check out the library on this site

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Re: It's all in the name

Posted by Human being - 04 Dec 2022 22:39

I feel like personal connection between people going through it in the now is what will help us rewire our brains.

I think a special place for a forum for those that are married to post about thier "surprises" and for bacherim to be able to begin feeling what they believe is wrong. Where bachurim can clarify their own personal questions, doubts etc

Just having question and answers i agree will not cut it.

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Re: It's all in the name

Posted by Eerie - 04 Dec 2022 23:07

Hey, HB! Mazal tov on the 3 digits! Keep it up! I do agree with you that hearing it from people that are in the process of discovering it is a very powerful tool, but it's very tricky not to be triggering. Even the little that I've written brought on some mentions of triggers. But I will keep posting, most of it in the BB forum, but I'll let you know here if I put something there. Keep on trucking!

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Re: It's all in the name

Posted by Human being - 05 Dec 2022 01:08

Thanks!!!

I'm thinking of just asking to be on the balbatim forum. There's no new info about sex I'm going to learn. Unfortunately I need a 'de-knowledging' not any more knowledge. Yes, on the specifics of Jewish intimacy too. I did a lot of halachic, biological, neurological, and behavioral research. (I'm ADHD and very compulsive, so whenever I have a question I research till I found out the answer, wherever it might be) I've in a funny/weird way heard 10s of more chosson & kallah shmuezzen then most people married for years. Its a weird little piece of info I'm sharing here. I'm ashamed and embarrassed that a part of me is compulsive, especially sexually. But hay their are some benefits too. Gaining some knowledge. Maybe ill be able to do something one day with it. As I'm sharing how compulsive i am on this public forum anonymously, I'm blushing and just hoping nobody judges me and everyone can still accept me. If anyone has reassurance, that would be really caring.

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Re: It's all in the name

Posted by Teshuvahguy - 05 Dec 2022 02:12

[Human being wrote on 05 Dec 2022 01:08:](#)

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Hey, HB...I am also somewhat ADD and OCD. No shame, my friend. It's all part of what makes us who we are. There is a lot of good that comes from people like us who relentlessly pursue answers. Yes, the compulsivity in our cases has also been channeled into unhealthy areas, but that's just part of the package. Keep providing us with your thought-provoking posts. You make your adopted grandfather very proud!

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Re: It's all in the name

Posted by Emes-a-Yid - 05 Dec 2022 06:55

[Hashem Help Me wrote on 04 Dec 2022 20:50:](#)

I'm sure understand the need to detox their minds but find talking to someone, especially face to face, way too scary too even contemplate, is their only hope to just get over their inhibitions and open up to speak to someone? Maybe GYE **could provide some recordings appropriate for bochurim, but there is a drawback - the guy can't ask any questions.**

I didnt get that

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Re: It's all in the name

Posted by Emes-a-Yid - 05 Dec 2022 07:01

[Shmuel wrote on 04 Dec 2022 22:32:](#)

[Human being wrote on 04 Dec 2022 22:28:](#)

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I love the site, so much stuff, but to see it in playing responses that one responds is a bit more realistic than an article or so that yes someone wrote and is many times reviewed, just may

seem a bit far fetching to the viewer than a direct chat.

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Re: It's all in the name

Posted by Emes-a-Yid - 05 Dec 2022 07:09

[Human being wrote on 05 Dec 2022 01:08:](#)

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although I am not ADHD, but I do have similar understandings to going all the way through on a task, so this is something that's normal, so I don't think you should believe it's something wrong. Adding to that, I do feel it is beneficial to learn it up a few times, as chazarah and understanding kinyanim, but I personally don't get nor want to think on getting all the types of research, some make sense because it's more helpful, the other 2 I don't quite understand (nor am I asking) but it seems to be very impressing for such work, you never know what good you can bring out with that knowledge.

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Re: It's all in the name

Posted by Human being - 05 Dec 2022 07:17

what comes out of compulsion is, mostly shame, a little giult, awkwardness and feeling really dumb. Hopefully ill one day be able to "be more accepting loving and non judgmental" based on

all my compulsive forays into anything and everything Jewish sex

Anyways were jacking reb Eeries thread which has become a popular activity in recent days. So I'm going to continue it elsewhere.

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Re: It's all in the name

Posted by jackthejew - 05 Dec 2022 09:25

[Hashem Help Me wrote on 04 Dec 2022 20:50:](#)

But there are many people out there that I'm sure understand the need to detox their minds but find talking to someone, especially face to face, way too scary too even contemplate, is their only hope to just get over their inhibitions and open up to speak to someone? Maybe GYE could provide some recordings appropriate for bochurim, but there is a drawback - the guy can't ask any questions.

I've found this audio to be helpful in the prespective and objectification

areas: guardyoureyes.com/GYEFiles/MP3s/Dov/Dov%20to%20Bochur%20News-story.mp3

BTW other recovery audio from Dov can also be helpful and they're usually appropriate for Bochurim in my opinion

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Re: It's all in the name

Posted by Eerie - 05 Dec 2022 18:41

Hi my good friends! I don't think you were hijacking my thread, as the discussion came from what I posted, which was my point. I want people to see the damage done by these things. I would add, that I mentioned many times that I'm a very emotional person, I think even more than my wife. Many times when people see the things we've seen, coupled with the fact that men are more physically based and women are more emotionally based, it causes trauma on the part of the wife. In m case, I think that the fact that I'm a very emotional person, and I have a marriage with a very strong emotional connection, I think that it limited the damage a lot. But I want to point out that there still is damage. I am very disturbed about that. I always knew that I shouldn't be watching etc. but I didn't realize that it would influence the dynamics of my marriage. And that bothers me very much. Maybe I'm a little obsessive as well, but I think about a lot these days, and it really disturbs me. My wife is very sheltered and I am so upset that I

brought in things that don't belong. I did things she didn't really enjoy. And I hope that people reading this will realize that what they see there is not the normal way people connect. It is not the way a human being connects to his spouse. Every wife has her choice of deciding what she likes, but what's there is not the natural way. I hope that some people will learn from my mistake and spare themselves and their marriages the trauma.

About your feelings, HB, you have nothing to be ashamed of. I teach my family all the time, the only thing you have to be embarrassed of is if you did something wrong. the way Hashem wired your brain is not something you did. It's similar to desire. I, and most bachurim I think, and some married guys, used to think that I am bad because I desire things. But that plain false. desire was created by Hashem, and there's nothing wrong with me that I desire things. What IS up to me is to control those desires. What is up to you is to do what you can to help yourself, and although I don't know you from the way you write you seem to be a very intelligent fellow, so I'd assume you are doing what you can to be able to live a productive life in the service of Hashem. My friend, you remain unjudged. Keep sharing your insightful posts with us, here or anywhere!

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Re: It's all in the name

Posted by Human being - 05 Dec 2022 21:11

[Eerie wrote on 05 Dec 2022 18:41:](#)

About your feelings, HB, you have nothing to be ashamed of. I teach my family all the time, the only thing you have to be embarrassed of is if you did something wrong. the way Hashem wired your brain is not something you did. It's similar to desire. I, and most bachurim I think, and some married guys, used to think that I am bad because I desire things. But that plain false. desire was created by Hashem, and there's nothing wrong with me that I desire things. What IS up to me is to control those desires.

Thank you. That is nice to hear, it makes me feel a lot better.

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Re: It's all in the name

Posted by cordnoy - 05 Dec 2022 22:34

I generally do not talk Torah on this site and I certainly do not weigh in on philosophical

nuanced stuff, however....

The Torah says: Lo sachmod, accordin' to many that means: do not covet/desire thin's that are not yours or that are wrong.

I am addicted to lots of stuff. I have acted upon those addictions as well. It is my responsibility to fix both those thin's. I may not equate the two and I may be more guilty of one more than the other, but even if God gave me those desires, which I have no way of knowin', He still would rather that I work on them somehow.

Yes, the Ibn Ezra, beis halevi, and more.

Godspeed to all

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Re: It's all in the name

Posted by Eerie - 05 Dec 2022 23:57

I wrote a little bit more about my discoveries in the BB forum

here's the link

guardyoureyes.com/forum/17-Balei-Battims-Forum/388715-honest-conversation-with-my-wife

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Re: It's all in the name

Posted by Eerie - 06 Dec 2022 00:09

dear cordnoy, just wanting somebody else's stuff is not an aveirah. One is oiver only if he forces the owner to give it to him or somehow forces the situation to get what he wants. That said, it is not a middah toiva to covet somebody else's things. here we are discussing a different desire altogether. We are talking about sexual desire, which is not among the things the Torah says to eradicate from your heart. Of course, one must not harp on those desires or think about them in

a way that he grows those desires. That's part of what I meant when I wrote that what IS my job is to control those desires. Not only control from doing terrible things, but also to do my best to not cultivate that desire and cause it to grow. As much as possible to not think about it. Not look at things that are triggers. Also, we are talking here about the feeling that many people have that desire makes them bad, and that is not true. The desire is not something that they bring upon themselves, so it in no way defines them. and whatever desire is there naturally is not something that one must get rid of. I would love to hear what you have to say

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