

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 likes 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 cordnoy - 06 Dec 2022 21:42

Hopefully the adults in the room are smart enough to know which posts to take to heart and which to discard.

Godspeed to all

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Re: It's all in the name

Posted by jackthejew - 06 Dec 2022 21:50

[Human being wrote on 06 Dec 2022 21:09:](#)

?How do we heal those faulty cognitions? By healing the feeling that is causing those faulty thoughts and perceptions.

Now we get to the main point. The jealousy and sexual desires. -feelings lead to thoughts that leading to feelings. For ex: "I wish I had his bike" "I want to have his big house". - And then come feelings of jealousy. In this scenario, we must ask ourselves. Where did those thoughts come from?

And when we search deep, the answer almost always is.....feelings.

This is what's going on: For ex: A feeling of low self worth, a feeling of anger, a feeling of shame. Thoughts are then created of hay "if i had that guys car, maybe i would feel more respected" or "I'm so angry that my partner got the promotion. I wanted it really badly. But maybe if i would have a car like "plony" I wouldn't be so angry" or "I feel so ashamed that I'm pulling in so little money for my family, if only i would be able to have "plonys" bike for my own kid"

In this scenario, working with the thoughts, will not do anything unless we understand why we are having these thoughts! if we don't know that low self worth or anger or shame is creating my thoughts which then go on to create the feeling of jealousy, no matter how many times we "CBT" our thoughts and tell ourselves "hay its not your bike its 0 shychis to you" it will not help. Because our problem is not cognitive! We know its 0 shychis to us yet we still crave it for underlying reasons of low self worth and shame.

Now comes the part about sexual desire. Sexual desire is like trauma-except it can never be taken away. Our sexual desires are inside of us no matter what. (unless we chemically castrate ourselves) So regardless of what we tell ourselves, We cant just erase our desire for something sexually. *even if we say "this has 0 shychis to me sexually"*, What we now *can* do is avoid is avoid sparking our sexual desire, but it doesn't go away! That's just not how our neurobiological brain works. its like a trauma. "its stuck" if you don't have sexual desires, its because your 6 feet under. Our body's produce hormones whether we like it or not! And those desires will.....

.....cause thoughts.....which will causefeelings.....thoughts.....feelings.....thoughts.

In other words the sexual desire, is stuck in us just like the feeling in trauma. And therefore the trauma itself wont heal cognitively, because its still there! Same with sexual desire, you cant talk to it cognitively and destroy it. Because..... its still there! But we definitely can work on not triggering that desire.

There is one option to remove "alt feelings" completely rewire our brain and rewire all our memories and experiences using the neuroplasticity of the brain. But in order to do that, we must follow the entire trail back from feeling to thought t feeling to thought to feeling to though to feeling, and resolve all of our feelings, and completely change all our memories of all our sexual experiences, that would take years and years of emdr, and that is only if a person reached the stage were he is absolutely certain where his "alt" desires came from.Anyways anyone who gets there, good luck

But there's a reason conversion therapy doesn't work.

CBT recognizes much of sexual deviancy not as hardwired into the sexual drive, but as sexual, (or even other desires)" distorted through a filter of trauma", for example BDSM, which is often about a desire for a feeling of control on both of sides of the equation. So if the trauma can be identified, not all feelings of sexual experience necessarily need to be changed, rather the attitude of needing control can be worked on, and then the sexual desire won't be tinged with the desire for control that causes the end result of sexual attraction in that way

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Re: It's all in the name
Posted by Eerie - 06 Dec 2022 22:12

Ok, ok. guys! Let's all calm down a little bit, there's a little too much heat, I fear. Everyone of us had his baggage, his past, his education, the things his rebbe, therapist, etc. told him because he felt it would work for HIM. We are not the American Academy of Psychologists here, so we'll leave the academic questions for now. And please, my dear friends, if I can ask, next time when we argue, no insults please. First of all as Yidden we are enjoined "lo soni ish es amiso". Secondly, many of the people here are suffering from many different things, and when they are made to feel childish we are hurting them in a very real way, be they anonymous or not. So

please, I urge you all to think very carefully when posting an argument. If you are concerned that someone may wrongly influence the people reading here, post a respectful response. If you feel that is not enough, ask a Rav. Being hurtful just isn't the way. My friends, we are here in GYE, fighting for Hashem, fighting for our families, together, holding hands, helping one another get to the top! Keep on smiling and share a word of encouragement.

Love y'all!

Eerie

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Re: It's all in the name

Posted by Eerie - 06 Dec 2022 22:35

hi my dear friends, fellow bunkmates at GYE! I wrote another little piece in my thread in the BB forum

guardyoureyes.com/forum/17-Balei-Battims-Forum/388715-honest-conversation-with-my-wife#389065

Keep trucking! And smiling!

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Re: It's all in the name

Posted by Sapy - 07 Dec 2022 03:16

[Teshuvahguy wrote on 06 Dec 2022 01:47:](#)

[cordnoy wrote on 06 Dec 2022 01:32:](#)

[Human being wrote on 06 Dec 2022 00:17:](#)

[cordnoy wrote on 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

I don't think that would apply to sexual desire that cant just get worked on and "fixed".

Covetin' your fellow's wife sounds pretty sexual to me.

What's the deal with the final "g"s, Cord...**you didn't used to drop them.** What is the significance of that?

Omg... Cords, I can't decide if this means you gotta write more or less.... Vyukem Dor Chaddash asher lo yuda....

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Re: It's all in the name

Posted by jackthejew - 07 Dec 2022 08:21

[Eerie wrote on 06 Dec 2022 22:12:](#)

Ok, ok. guys! Let's all calm down a little bit, there's a little too much heat, I fear. Everyone of us had his baggage, his past, his education, the things his rebbe, therapist, etc. told him because he felt it would work for HIM. We are not the American Academy of Psychologists here, so we'll leave the academic questions for now. And please, my dear friends, if I can ask, next time when we argue, no insults please. First of all as Yidden we are enjoined "lo soni ish es amiso". Secondly, many of the people here are suffering from many different things, and when they are made to feel childish we are hurting them in a very real way, be they anonymous or not. So please, I urge you all to think very carefully when posting an argument. If you are concerned that someone may wrongly influence the people reading here, post a respectful response. If you feel that is not enough, ask a Rav. Being hurtful just isn't the way. My friends, we are here in GYE, fighting for Hashem, fighting for our families, together, holding hands, helping one another get to the top! Keep on smiling and share a word of encouragement.

Love y'all!

Eerie

On behalf of myself (the sane half:stuck_out_tongue:) I'd like to sincerely apologize for hijacking the thread

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Re: It's all in the name

Posted by i-man - 07 Dec 2022 08:24

[Eerie wrote on 06 Dec 2022 22:12:](#)

Ok, ok. guys! Let's all calm down a little bit, there's a little too much heat, I fear. Everyone of us had his baggage, his past, his education, the things his rebbe, therapist, etc. told him because he felt it would work for HIM. We are not the American Academy of Psychologists here, so we'll leave the academic questions for now. And please, my dear friends, if I can ask, next time when we argue, no insults please. First of all as Yidden we are enjoined "lo soni ish es amiso". Secondly, many of the people here are suffering from many different things, and when they are made to feel childish we are hurting them in a very real way, be they anonymous or not. So please, I urge you all to think very carefully when posting an argument. If you are concerned that someone may wrongly influence the people reading here, post a respectful response. If you feel that is not enough, ask a Rav. Being hurtful just isn't the way. My friends, we are here in

GYE, fighting for Hashem, fighting for our families, together, holding hands, helping one another get to the top! Keep on smiling and share a word of encouragement.

Love y'all!

Eerie

Doesn't seem to any insults from what I read, just some strong opinions on how to understand something. Remember that sometimes by making a giant deal about something small , it can become a big deal. then again , this is your thread to which you are entitled to control the narrative .

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Re: It's all in the name

Posted by Human being - 07 Dec 2022 18:00

[cordnoy wrote on 06 Dec 2022 21:42:](#)

Hopefully the adults in the room are smart enough to know which posts to take to heart and which to discard.

Godspeed to all

I won't take your post to heart, because a smart man named cordnoy once told me,

Why should one get insulted from the text and opinions of some anonymous, pajama-clad, basement-dweller, missin'-teeth, foul-odored, pot-bellied, winston-smokin', soap-allergic freak? Who really gives a damn? And if someone does care, then go ahead and say somethin'! Yes, some folks are shy.

We disagree on much! But you have definitely helped me be able to tenaciously stick up for my beliefs, while getting hit on all sides. So thanks.

Many of your beliefs are really bothersome to me, but you as a person are bothersome to no-one.

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Re: It's all in the name
Posted by Eerie - 07 Dec 2022 18:15

Hi there all my dear brothers at GYE! I'm pretty new here and just started posting recently, so this whole new experience and stage in my struggles has got me thinking a lot about my past bunch of years. I know I'm sharing a pretty simple point, but anything that we see on our own flesh has that much more meaning. In my first post I wrote that I fall approximately every 2-3 months. After thinking about it I realized that basically every time I had access to a device that was not filtered (or not properly filtered) I would fall. I would fall hard. During the time that my wife had a smartphone I fell almost every day. Thank goodness that was not for a very long period of time. I'm a wimp, I know. I have urges that are powerful, and almost any time that I had the possibility of giving in to those urges, I did. That led me to realize that the only reason I did not fall more often is because I don't have the access. Which leads me to the simple point: avoid unfiltered devices. I have to do what I can not to have access to the garbage that has poisoned my mind, be it not to have devices that are not necessary or to filter those devices that I need and use. (If you need access and need to use an unfiltered device, maybe only use it with someone else in the room, or (courtesy of HHM) touch base with a friend before using it, and tell him you are going on to that device and when you finish let him know you got off safely.) In parenting we are always told to 'pick your battles'. In protecting myself from the harmful things on the internet I see I have to pick not to battle. I just have to avoid being tested, because if I am...

I want to share another thought. I once saw in a dieting book that one of the tricks to dieting successfully (don't we all have that battle of the bulge:)) is to retrain the mind. When a person keeps thinking 'I wish I could have that. That thing is so yummy. But what can I do, I have to lose weight', they make it so much harder on themselves. Because they identify the 'I' as wanting that thing. Rather, they should train themselves to think 'I don't want that. I know that thing is not good for me. There is an urge inside of me that is pushing me to eat that, but **I, the real me**, does not want that. You need to train yourself to think that the 'I' does not want to eat that. I keep writing in my posts 'the garbage we've seen', 'the trash we've ingested', the terrible things out there'. trust me, guys, I have urges and desires, and I beg Hashem that I not be tested. I write it like that because I am trying to train my brain to truly realize that that is what it is. If I keep thinking, 'It is so geshmak. It is so enjoyable. I wish I could see those things again, but I know I shouldn't', then I will miss out on retraining my mind, I'll leave the urge as is, and leave the danger as is. I hope that by reminding myself constantly that those things are poisonous, that they are killing my neshama, then maybe I'll have a fighting chance. If I keep remembering that what I've done has damaged my marriage, I hope that will retrain me to think about the garbage as garbage and maybe I'll get past all of this. Dear brothers, thank you all for being here with me, it gives me so much strength to know that we are all in this together! Keep it up!

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Re: It's all in the name
Posted by Eerie - 07 Dec 2022 18:18

dear HB and JTJ, I just wanted to clarify that I forgot to put the smiley in my comment about the
Sorry about that! No need for anyone to apologize...always onward! Keep the
comments coming my dear friends! And keep pumping!

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Re: It's all in the name
Posted by Human being - 07 Dec 2022 18:36

This post has been moved to the thread "Feelings vs Thoughts. Can we "Get rid of them?"

AA of P(s)...
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Re: It's all in the name
Posted by Eerie - 07 Dec 2022 19:04

Dear HB, I see there are many things that you like to research all the way! That's a mouthful you
got there...I have absolutely no problem with you teaching all that here, just wondering if a

Keep growing, my friend!

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Re: It's all in the name
Posted by Human being - 07 Dec 2022 19:33

[Eerie wrote on 07 Dec 2022 19:04:](#)

Dear HB, I see there are many things that you like to research all the way! That's a mouthful you
got there...I have absolutely no problem with you teaching all that here, just wondering if a

Keep growing, my friend!

separate thread would be more effective, titled 'mind over matter 101'
yes im so sorry!! I only saw your message after i posted it! I will open a new thread. Hugs.

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Re: It's all in the name
Posted by Human being - 07 Dec 2022 19:34

[Eerie wrote on 07 Dec 2022 19:04:](#)

Dear HB, I see there are many things that you like to research all the way! That's a mouthful you got there...I have absolutely no problem with you teaching all that here, just wondering if a

Keep growing, my friend!

So Sorry! i only saw your post after i already responded! I will open up my own thread. Hugs.

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