

Newcomer

Posted by bradley smith - 17 Feb 2023 05:26

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Hi everyone. I just discovered this site today and couldn't believe I hadn't heard of it before. I immediately signed up, how could I not? I've always wanted to share my story and I never found the opportunity. Here goes (deep breath..)

I am bH a married man with several yummy delicious children ka"h and an amazing stellar wife. I could go on and on about how blessed my life is. I have friends, chavrusas, parnassa, great family and in-laws, everyone's healthy bH etc.

As a bochur, I was a good boy. ("huh? what are you doing here??")

I basically never looked at anything improper (besides for maybe one or two times that I saw a pretty immodestly clad lady and thought innocently "hey she looks nice" and moved on without a second thought). It was always "beneath me"; something that I knew was prohibited and would become permitted and holy when I married. So my brain was kind of shut off to it. However, for as long as I can remember, I felt attracted to other boys in my class. Not everyone, just the really good looking ones. It got more and more intense as I got older and I would find myself having erections, sometimes daily, and I hadn't a clue as to what it was. Starting in my mid-teen years I would occasionally wake up wet, also totally unaware what it meant (need I mention I was quite sheltered?) Eventually, I learned about sexual attraction and would hear my classmates talking about girls. I suddenly realized that my, um, "obsession" with certain boys was not really the natural order of things. It drove me into sort of a panic, to the point that I was once relieved to wake up wet remembering that the dream from the night before featured girls instead of boys.

I don't remember when, but sometime in my mid to late teen years I watched a movie with an immodest pretty lady in it to convince myself that I could be attracted to girls (ummm...it worked).

I never had any form of sexual contact with anyone (boy or girl) until marriage. Neither have I self pleased.

After getting married to an amazing wonderful wife, things started changing slowly. We had a rocky start to our marriage and especially with intimacy. Here we are years later and it's still a struggle although much more stable due to intense therapy. However, the consistent lack of marital intimacy, and the stress of moving, leaving kollel to get a new job (a *wrenching* experience for many), having a new baby bH, and dealing with several frisky little ones with no idea how to parent, has driven me to find an outlet. I started going to the local libraries to find images and videos of girls doing things that I found arousing. Then, I got a job that necessitated having a computer and knowing the struggles I started having, I IMMEDIATELY put a filter on it. But somehow some things got through and the self pleasuring continued. My

Sometimes the driving force was anger. I was such a good boy! I didn't do anything wrong as a child! I was confronted with homosexual thoughts for YEARS and didn't act on them ONCE!! I

had never tasted sexual pleasure! And now after getting married and I saw and experienced it, it was abruptly taken away from me?! Why did Hashem do this to me?? It seemed like letting a kid have his first taste of ice cream and then grabbing it away.

I know these thoughts are heretical, but those were the thoughts I was having. I was so angry I acted out of desperation to get "Heavenly attention". Ironically, my wife had gotten more interested in intimacy and I was less interested because of my "excursions".

So now I find myself masturbating with just the memories of what I've seen. Each day that goes by without it feels like a week.

I want to scream and cry out to Hashem but I feel like the gates of Heaven are closed in my face. Hashem gives me so much and this is what I do?? I never thought it was possible for me to sink so low! I never suffered abuse as a child so theres no reason I should be struggling with this. Now its just pleasure. Sure, sometimes its to escape stress etc but many times its just pleasure. Like an animal! I wish I could cry, why am I not? Why isnt my heart filled with regret? I scared of all the demons I have created with wasted seed. I know teshuva is always possible but how can I do teshuva for real if I dont feel any deep regret?

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Re: Newcomer

Posted by jackthejew - 22 Feb 2023 11:50

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[Geshmak! wrote on 22 Feb 2023 03:50:](#)

[Yeshayahu 41:6 wrote on 22 Feb 2023 03:40:](#)

"Yeshayahu 41:6" post=392460 date=1677037253 catid=19

Btw I see you have your gmail address and number in your signature... I just want to let you know that gye doesn't screen there members and even though most people here are sincere yidden look for help or looking to help others (maybe) some are just yantis or people looking for trouble. So just be careful ( even though it's a google voice number) I used to have my gmail in my signature and I erased and I use pm a lot. And if I do want to call or meet someone I would first see and make sure this guy is a trusted person.

Good luck brother!

I would add that this forum is publicly searchable even for those who aren't members.

Hatzlacha!

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Re: Newcomer

Posted by Yeshayahu 41:6 - 23 Feb 2023 01:10

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Im having a really rough day. Actually crying while typing this...theres something im struggling with beyond masturbation and for me its even more embarrassing. Its not even meant for this forum but i havent found any other support group for this. I dont deal with stress very well. In fact i cant deal with it at all. I used to just fall apart when i got stressed out, but now i started getting angry. sometimes, like today, i get really angry. with myself. with my kids. not with my wife. but i emote very strongly to her and its toxic for us. i complain to her when things get out of hand.

Its so hard for me to say.. i sometimes throw things out of anger which scares my wife. as a kid i had no self esteem at all so im used to thinking that what i say or do doesnt make a difference to people. now as the head of a household its such a no-no to lose it, but im so not used to the fact that my negative emotions actually impact others.

this is really baring my soul here..i started using bad language to myself. no one else ever heard it from me. i never even revealed it to my therapist..you guys are the first to hear (anyone feel honored?)

it started with what the "he.." then that wasnt satisfying enough so i moved on to "da.."

now i've "graduated" to the real four-letter-word. i admit this at the risk of losing any respect i may have garnered from my week at GYE.

I feel this is worse than masturbating. when a person masturbates he is experiencing pleasure. this is nothing but an animalistic, low, undignified, subhuman way of reacting to stress. this addiction is worse for me than any sexual issues i struggle with. i know this isnt really a forum for anger and language issues but i dont know of any other anonymous forum..

i struggle with my kids (oldest is just four)...i've been reading all kinds of books and listening to classes and talking to my therapist but i just cant seem to get a handle on it. is there anyone out there struggling with this too? this makes me feel so much worse than a fall to sexual desires. its so goyish and just uuugghh... once or twice ive felt suicidal from the stress. ive never felt that way after a sexual setback. Im so ashamed but im stuck in the YH of anger and cursing. it makes me feel more dirty and damaged than all the pritzus in the world. can anyone relate? can someone help?

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Re: Newcomer

Posted by Eerie - 23 Feb 2023 01:34

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I can. And probably most people here on their level and when they had their bad days. There were times that I thought maybe I am totally ruining my kids. And I realized I really am. I traumatized myself when I realized where anger got me, and what it was doing to them. We have to really realize that our children, and on smaller level our wives, look to us to be their bedrock, their support, their dictionary of the world and all that's in it. We need to internalize that our children need our love more than they need toys and treats. They need us to love them, and to express that love. Every time you come into the house, give every kid a hug and kiss, and tell them "I love you more than anything you can imagine!" Play with your kids, work on bringing out your love and expressing it, and keep repeating to yourself, this is absolutely essential for my children's wellbeing. They will reciprocate the love, and the love will grow and grow. I'm not saying you shouldn't learn anger management, but realize that your children's health is dependant on your love. Nobody can or will do what you can. Hugs and kisses as often as you can!

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Re: Newcomer

Posted by Yeshayahu 41:6 - 23 Feb 2023 01:49

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the worst part is that i know all this and i still have a difficult time.

My kids were just away for a while after we had a new baby (did i mention i have amazing in-laws?)

i went to pick them up and they came running to me hugging and kissing me. my shvigger told me that my oldest said "i cant wait to see tatty because i love him so much"

so clearly i am doing SOMETHING right..but when he spills water on the floor or turns over the garbage can on purpose when its already a stressful situation....i just cant deal with it! (i also feel silly to be in a sort of "power struggle" with a four year old)

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Re: Newcomer

Posted by Ish MiGrodno - 23 Feb 2023 01:56

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Hey Rabbeinu YFS Shlit"a.

I totally get it that DW finding out is an absolutely terrifying thought. In fact, my wife is still thoroughly convinced that I visit GYE as a "mentor" (such an innocent and beautiful soul...). And I greatly encourage you to take every possible shemira.

But if she does ever find out - chances are that it won't ruin your marriage. You can ask HHM or another veteran regarding the statistics, but I do believe that they would be on your side.

?So don't spend your anxiety chips worrying about this too much. Just do your best to protect yourself (and her)!

Just sayin' from Grodno ~ img

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Re: Newcomer

Posted by Yeshayahu 41:6 - 23 Feb 2023 03:01

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On a lighter note, if i post about getting angry then im "going postal"

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Re: Newcomer

Posted by Yeshayahu 41:6 - 24 Feb 2023 03:52

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Whoever has been reading this thread knows how much emphasis i was putting on keeping this from my wife.

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Re: Newcomer

Posted by Geshmak! - 24 Feb 2023 03:53

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[Yeshayahu 41:6 wrote on 24 Feb 2023 03:52:](#)

Whoever has been reading this thread knows how much emphasis i was putting on keeping this from my wife.

Well, she just asked me who is HHM

lol!

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Re: Newcomer

Posted by Yeshayahu 41:6 - 24 Feb 2023 04:24  
Tell her geshmak loves him!!

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She asked if he's from GYE..

ARE ALL HUSBANDS AS CLUELESS AS THIS ONE????

So far im not the dead duck i thought i was...

if i need a minyan later for yetzias neshama will the oilum help out?

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Re: Newcomer

Posted by iLoveHashem247 - 24 Feb 2023 04:29

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The truth is the best lie

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Re: Newcomer

Posted by Geshmak! - 24 Feb 2023 04:30

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[Yeshayahu 41:6 wrote on 24 Feb 2023 04:24:](#)

She asked if he's from GYE..

ARE ALL HUSBANDS AS CLUELESS AS THIS ONE????

So far im not the dead duck i thought i was...

if i need a minyan later for yetzias neshama will the oilum help out?

Lolol! You're so funny!! I think I should come over now so we won't need to come on to minyen. Seriously speaking what did you tell her???

( she's a normal person and I think she can understand that many normal successful smart geshmakah etc. man have issues with these things she can just look at gye and see that over 13,000 members are on here...) hope things work out easy buddy!

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Re: Newcomer

Posted by Yeshayahu 41:6 - 24 Feb 2023 04:41

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She apologized for being nosey and dropped it (for now)

I kid you not

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Re: Newcomer

Posted by simchastorah - 24 Feb 2023 06:32

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I just read the first post on your thread. Wow I can totally relate. My story is different than yours on many of the fine points, but in terms of where you find yourself now, or where you found yourself a week ago, I can really relate.

The feeling of betrayal of Hashem after all he's given you. It's a very very deep feeling. I think it's very deep because as humans and especially jews we are 'wired' to be ovdei Hashem, and the mechanism through which we can achieve this is reciprocity, that ist hrough being makir tov to Hashem for all the good he does for us, a feeling of obligation to fulfill Hashem's ratzon is formed within us which then forms the basis of our avoda. That's the m'halach of the chovos hal'vavos. (as i understood it when I read shaar avodas elokim someyears ago.) So when we behave in a way which causes us to question ourselves as 'makiriei tov', we are in essence casting doubt on whether we have the fundamental quality which allows usto be good people in the Torah sense of the word. And it's immensely painful.

I myself struggle with this very strongly.



One thing I can say after reading your post is that Hashem gave you an immense challenge. The point of how you didn't experience sexual pleasure as a bochur, and then when you got married and finally had a taste it was taken away, this point in particular is very powerful. I feel your pain. It sounds like it feels to you like Hashem is out to get you. But given that the challenge is so immense, I think you should recognize that failing to meet the challenge (to whatever extent) does not constitute a lack of hakaras hatov. Though it's true that if you had the darga of hakaras hatov that Moshe Rabbeinu had (y'or) it might be enough to prevent you from giving in, not being Moshe Rabbeinu doesn't make you a kafuy tova. It just means you're normal like the other billions of people besides Moshe Rabbeinu.

It's very hard to find the balance between recognizing that the b'chira in inyanei y'sod is a b'chira y'sodis, while at the same time recognizing that the stronger the challenge is, the less our failures are definitive of us. R' Yisrael writes that the focus of a person in t'shuva should be whatever areas are easiest for him to be m'saken. (i'm not trying to discourage you from working on this c'v, just making a point.) In a certain way, these are the things that define us most. Struggling in areas which are extremely difficult for us is just struggling in areas that are very difficult for us. It doesn't define you.

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Re: Newcomer

Posted by Yeshayahu 41:6 - 24 Feb 2023 07:10

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6 days clean rabotai!

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