

From two identities to True self

Posted by true_self - 28 May 2023 23:02

Hi everyone this is my **very first time** writing about myself on the forum.

I have now been posting on the forum for a while, and now I took my time to open my very own thread and tell my story.

Thanks to all my friends here who are constantly helping me, giving me inspiration, aspiration, motivation, positivity and ambition.

Special thanks to **Eerie**, **HMM** & **Cordnoy** (and acharon acharon chaviv my **wife**).

MY STORY - LIVING WITH TWO IDENTITIES UNTIL REVEALING MY TRUE SELF.

I grew up in a chassidish community & had a pretty regular childhood.

I was first exposed to inappropriate sexual behavior that took place between my close friends back in school when I was around 9 years old, but I was not physically involved (for the most of it) & have never been attracted to guys sexually.

In yeshiva ketana at the age of 14 a friend exposed me to a lot of adult information about sex masturbation etc. basically like many of us, my first exposure to this topic was not in the way it should have been.

Ever since then I started masturbating from time to time just for the pleasure it gave me, only after a while did I discover that it's a great sin (a friend also told me).

I wanted to stop masturbating so hard but unfortunately it was not going, every time after I masturbated I promised to myself that it's the last time. I used to count how many times I masturbated but eventually I lost track.

In those days my main triggers (this is what I remember now) where catalogues, magazines etc. (anything with lust images) and on the streets, (at some stage I can remember gazing at the same model in a catalogue repeatedly while m* I literally felt deeply connected with her, those images still come up in my mind with all the details from time to time).

As time passed & I kept on falling again & again, I started to realize that It's a serious struggle that won't disappear overnight, little did I know of what awaits...

As time went on I got on to the internet and browsed inappropriate images, it then continued to

videos and inappropriate sites and platforms. I felt like slowly being dragged into more & more of this unwanted behavior, and I did not have the tools to get out of it, I was trapped.

Almost 2 years ago at the age of 18 I was first exposed to real porn. At first it was a huge shock for my brain but later on I became more & more accustomed to it & eventually stayed up till very late at night to watch porn & masturbate.

Not long after that I b"h got engaged, 5 month later I got married besha tova, between my engagement & my wedding I almost didn't watch any porn, that made me believe that I can solve it by myself, after all this was the biggest secret in my life & I was not yet ready to open up to someone else about it.

The first few month after I got married I was completely clean from P&M & I thought that I've achieved true freedom; but very soon as the stressers came along the way I discovered that I was still imprisoned, It was very hard for me to face the fact that even after having an awesome marriage with such a wonderful wife I'm still watching this garbage...

It was already from right after my engagement that I started having challenging thoughts about sharing my struggle with my wife in the future; however I still couldn't imagine myself sharing it.

Today I'm married for almost a year. I did not have a typical shana rishona, (more details in the future beH) we had many challenging experiences together which made us grow stronger & better.

One night (19 mar 23) it was after 2 very tough weeks for me with a lot of stress, & I have been heavily engaging in porn & masturbation to a point that it occupied my head completely, I wasn't focused during the day.

My wife has a really strong intuition & she sensed that something is wrong with me, she had nudged me several times in the past to tell her what bothers me but I always got away with all sorts of explanations that it's nothing major, however at that point I felt that I can no longer hide it from her, I could no longer keep it a secret. The pain of living a life with two identities was already unbearable, I felt like an hypocrite & that I'm betraying my wife.

I did the unbelievable and shared it with my wife, to my surprise (or not quite, i did know her quite well by then) she was very accepting understanding emphasizing and comforting, It was a tremendously awesome experience, I sobbed myself out until I was dry from tears, and so did she (and yes I do recognize that I have tons of what to be grateful for to hashem for such a wife, and I am).

Previously I felt that I'm living a double life with two identities & if anyone would discover my dark side I would be done... forever, no respect, no love, no empathy... from here and on it all changed.

I find it that opening up to another person, and to even a anonymous community like GYE, and realizing that I'm not crazy or any different then my friends in real life, but actually a normal

human being like everyone, where the first and most essential steps of my recovery.

I'm not a hypocrite, I'm a beautiful and wonderful person that does many good things, and also struggles with the struggles of this generation (shoutout to Eerie).

I'm privileged to be part of a battalion of soldiers on the frontlines of the toughest battles against the enemy.

I look at my struggles and see the great opportunities that are hidden within them, and I reflect on how they have shaped me and made me who I am today.

I did not yet reach freedom but I did reach the path leading to freedom!

With the support of all my special friends out here I do it day by day.

I'm no longer alone.

I hope that some people can learn and gather strength from my story

More to come beH...

True self.

=====

Re: From two identities to True self

Posted by Grant400 - 29 May 2023 14:35

[true self wrote on 29 May 2023 14:25:](#)

Thanks for reading and understanding, comments and feedback of all kind are welcome!!!

[Vehkam wrote on 29 May 2023 14:21:](#)

in order to improve self control. i highly recommend reading "the battle of the generation" every day. that helps me immeasurably.

I know I should read it but need some more time...

Maybe you can share some insights of what you read and found helpful?

Thanks in advance

True self.

EccentricComposer is planning to start a thread where we can discuss a chapter daily. I believe it can be beneficial. Please participate.

=====

Re: From two identities to True self
Posted by Vehkam - 29 May 2023 14:36

the perspectives in the book changed my view on this struggle from one of trying to prevent failure to one of trying to attain greatness. in addition, reading every single day keeps my on the offensive and strengthens my self image to someone who is not subservient to my desires.

=====

Re: From two identities to True self
Posted by true_self - 29 May 2023 14:40

[Vehkam wrote on 29 May 2023 14:36:](#)

the perspectives in the book changed my view on this struggle from one of trying to prevent failure to one of trying to attain greatness. in addition, reading every single day keeps my on the offensive and strengthens my self image to someone who is not subservient to my desires.

Sounds awesome and interesting.

Thanks

?Grant, please PM me (a link) when the thread opens

Thanks for all of you helping me here, all advice and recommendations are much appreciated.

=====

Re: From two identities to True self

Posted by Heeling - 29 May 2023 14:55

Hey, great first post and welcome. Its truly amazing to read about your story, you are an inspiration! So happy to hear that your wife is supportive! BH for that. Gold medals not necessarily have to be a medal with a blue and red necklace, it can be a letter where you write all your feelings for her, you can treat her to a good food/drink she likes, let her sleep Shabbos afternoon without taking turns.... give her the whole afternoon.....yes it can be 4 hours while taking care of the kids but doesn't she deserve it?, I find that doing small (sometimes big) things on a daily/constant basis sometimes go much further then big things less often.

BH for the no access. I don't have any good solutions for self-control other keep on fighting.

=====

Re: From two identities to True self

Posted by true_self - 29 May 2023 15:13

[Heeling wrote on 29 May 2023 14:55:](#)

Hey, great first post and welcome. Its truly amazing to read about your story, you are an inspiration! So happy to hear that your wife is supportive! BH for that. Gold medals not necessarily have to be a medal with a blue and red necklace, it can be a letter where you write all your feelings for her, you can treat her to a good food/drink she likes, let her sleep Shabbos afternoon without taking turns.... give her the whole afternoon.....yes it can be 4 hours while taking care of the kids but doesn't she deserve it?, I find that doing small (sometimes

big) things on a daily/constant basis sometimes go much further then big things less often.

BH for the no access. I don't have any good solutions for self-control other keep on fighting.

Thanks Heeling.

We did a quiz on the 5 languages of love together and I've learnt what she appreciates, I recommend every couple to take that quiz, i was quite surprised by what i discovered about her personality, and it was helpful too.

)

=====

=====

Re: From two identities to True self
If so than I have given her many golden medals already
Posted by OneLookLess - 29 May 2023 19:55

wow wow wow

amazing first post, amazing guy, amazing wife!

? '??? ?????? ?????????????? ??? ??? ?????, ??? ?? ???'????????? ??? ?????????????????? ??? ?? ???
?????, ??? ????? ??? ????? ?????????? ??? ???'?????????

?? ?????? ??? ??? ??????? ?? ????? ??????!

(p.s. we only had our first child recently so I will need a reminder in a few years
sorry for my yiddish

=====

=====

Re: From two identities to True self
Posted by OneLookLess - 29 May 2023 19:57

wow wow wow

Amazing post. amazing guy. amazing wife!

?? ????? ??????

=====

====

Re: From two identities to True self
Posted by BennyH - 29 May 2023 20:19

[true_self wrote on 29 May 2023 09:29:](#)

B"H I did not watch any porn for over 2 month since I joined GYE, However I do acknowledge that a big factor is because I don't have easy access to it anymore, otherwise I'd probably fall multiple times since, what I'm trying to clarify is, that I credit the restriction I've created, not the little inner strength or real change in self control.

If a unfiltered device would get into my hands somehow, I'm not very confident that I would be able to stay clean, and this makes me feel weak...

Any advice on how to improve self control? How do you feel about yourself in this area? and what improved it? Did it just disappear with the time?

I'll keep my post bitesize, although there's still a lot to write about.

Thanks for taking the time to read.

True self

First of all, what a beautiful post and thread. Your words in your opening post are so eloquent and clearly wise beyond your years.

Regarding your question about self control: That's a sly trick of the yetzer hara to make you feel down about yourself. The reality is, that restricting yourself from access is a tremendous achievement in and of itself. Look around at how many people can't bring themselves to do that.

The second part is, that as you work on yourself and your ?????? ?????? and detox your brain and eyes from all the garbage, and you focus on channeling all of your love into your amazing wife, you will see that your self control will get stronger and stronger.

TLDR?

Don't worry about your self control for now. Keep your eye on the ball and the work ahead. The reward will come with time. I promise.

=====

Re: From two identities to True self
Posted by true_self - 29 May 2023 22:09

[Bennyh wrote on 29 May 2023 20:19:](#)

[true_self wrote on 29 May 2023 09:29:](#)

B"H I did not watch any porn for over 2 month since I joined GYE, However I do acknowledge that a big factor is because I don't have easy access to it anymore, otherwise I'd probably fall multiple times since, what I'm trying to clarify is, that I credit the restriction I've created, not the little inner strength or real change in self control.

If a unfiltered device would get into my hands somehow, I'm not very confident that I would be able to stay clean, and this makes me feel weak...

Any advice on how to improve self control? How do you feel about yourself in this area? and what improved it? Did it just disappear with the time?

I'll keep my post bitesize, although there's still a lot to write about.

Thanks for taking the time to read.

True self

First of all, what a beautiful post and thread. Your words in your opening post are so eloquent and clearly wise beyond your years.

Regarding your question about self control: That's a sly trick of the yetzer hara to make you feel down about yourself. The reality is, that restricting yourself from access is a tremendous achievement in and of itself. Look around at how many people can't bring themselves to do that.

The second part is, that as you work on yourself and your ????? ????? and detox your brain and eyes from all the garbage, and you focus on channeling all of your love into your amazing wife, you will see that your self control will get stronger and stronger.

TLDR?

Don't worry about your self control for now. Keep your eye on the ball and the work ahead. The reward will come with time. I promise.

Thanks Benny!

I totally agree with every wrote, and I work to internalize them.

I never before thought that restricting access is something that demands self control, as I grew up in a home where it was obvious that filters are needed, however now I do recognize that it actually does take some self control.

Thanks for your advice and encouragement.

=====

Re: From two identities to True self
Posted by chaimoigen - 29 May 2023 22:41

Firstly, I want to echo that which other have said about how you have certainly exercised tremendous Gevura by putting yourself into a situation where temptations are removed. That IS self control. Think on it - the whole concept of the Issur of Yichud is based on the idea! Chazal see each of us as someone who would very possibly make bad choice and NOT control ourselves in a closed room.... But we CAN control ourselves by NOT GOING into the closed

room... That is certainly self control - Kol HaKavod. I personally have found tremendous success by trying to [keep my Kabala] to treat any unfiltered device with the rules of Yichud. [sometimes i havent... being Mechazek the Kabala here and now....]

Another Avoda that I work on a lot, that has helped me in the area of self control is in clarifying my Ratzon Pnimi.

I work on knowing my own heart of hearts. What do I really want out of life? What gives me the feeling of being alive, of satisfaction? What gives me feelings of emptiness and anger? What attracts me, truly, about the things that attract me? I discovered that sometimes I am attracted to lust as an escape from the desperation and pain of other things in my life. Realizing that has helped make it have much less of a "pull". There are many aspects about this. I know it sounds like something simple - we all know what we really want, don't we? It simply isn't true.

Each of us has a lit of different parts - I know there's a whole zoo living in my head and heart sometimes. There's a hot breathing tiger, and also an ugly lizard but also a soft bearded tzaddik with understanding eyes. figuring out which part of me wants what has helped me realize - in my HEART [not just my head], that there are things that I don't really want anymore. Then i find myself wanting to avoid them. More importantly - I know what I DO want. Tahara, That great feeling of being in control and living actively, genuine intimacy and connection, chayim sheyeish bahem, romemus and kedusha.... When I really know what I want and what I don't want, then I naturally genuinely desire that which is my ratzon, and am repelled by what I realize goes against it all.

Learning a sefer or book that talks to your Neshoma can help a lot - it can help you get in touch with your Ratzon Pnimi and differetialte between it and your Ratzon Chitzoni, help you realize which positive ratzon you are working towards .

Main thing - HOLD ON, friend! We are here with you. And hold on the Rebono Shel Olam for dear life. One day, one minute at a time.

You will get there - You are a courageous Gibor, and your heart knows it. And your friends here know it too.

=====

Re: From two identities to True self
Posted by Eerie - 29 May 2023 23:50

My dear friend, you have so many beautiful posts and ideas contained therein. I will only add my two cents. The way we work on self control is by realizing that **I** really **want** this! Find the value that there is in living a life free of problematic sexual behaviors. Value is something you find POSITIVE about it, not just the avoidance of something negative. Constantly review in your own mind, or better yet say it out loud, "It is something precious and special to guard my eyes. I am a better person when I avoid problematic behavior. My marriage will be better when I avoid the filth the world offers". Repeating that these are objectives that have value will give you the desire to be that way.

Keep shteiging, my holy friend! You are a shining beacon of light and growth!

=====

=====

Re: From two identities to True self
Posted by Grant400 - 30 May 2023 02:15

[true_self wrote on 29 May 2023 09:29:](#)

If a unfiltered device would get into my hands somehow, I'm not very confident that I would be able to stay clean.

Same here, that's why I spend so much energy (and \$) preventing that from happening.

All I can do is keep growing, and one day I may even be able to be meyached with a device without slobbering all over it.

=====

=====

Re: From two identities to True self
Posted by Vehkam - 30 May 2023 02:19

That is attainable...

=====
=====

Re: From two identities to True self
Posted by yitz23 - 30 May 2023 05:14

Wow true_self what a post!

Good for you! Keep 'em coming!

)

=====
=====

(PS Was great chatting that time, gotta coordinate our hours again