

From two identities to True self

Posted by true\_self - 28 May 2023 23:02

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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**, **HHM** & **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.

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Re: From two identities to True self  
Posted by bright - 19 Oct 2023 01:02

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Amazing let us know what it is so we can learn from you! Keep on inspiring!

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

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Re: From two identities to True self  
Posted by true\_self - 19 Oct 2023 21:53

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Day 19 - Going strong.

My plan:

- 1) Inform 2 friends that I'm going through a sensitive time and I might need them.
- 2) Call them in time of need (i.e. when a strong urge occurs).
- 3) I'll call one friend everyday to check in, he will also check in sometimes.
- 4) If exposed to a loophole i'll inform my wife right away.
- 5) Chat with 1 random friend everyday.
- 6) Filling in a chart (that my wife can see) every night, If i followed my plan and if I was victorious.

P.S. Sharing with one's wife is not generally a good idea but for me personally this is the best way to do it. It's the first time I'm making this exact plan, I hope to update if it worked out well.

All the best!

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Re: From two identities to True self  
Posted by true\_self - 21 Oct 2023 19:59

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Day 21 - Friday was good because it was busy - Shabbos was good because it was relaxing - Following the plan.

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Re: From two identities to True self  
Posted by true\_self - 22 Oct 2023 21:47

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**Day 22** - Urges peak! A sudden wave of a lot of stress - Trying to stay focused and not lose grip - Sadly I was nichshal with taking a second look to many times, they awoke the feelings of

unhappiness, dissatisfaction and a bit of resentment I've described in the past.

A part of me is craving immensely for anything that can fill its lust desires or be an outlet. Thank god I now have no way to access porn etc. as I recently as I recently got rid of a device.

I'm trapped between the feeling of wanting to stay clean as I vividly remember the consequences I suffered from in the previous times that I gave in, I don't want it to be replayed again and just cant afford it. but on the other hand I feel a strong desire in all parts of my body to act out but I simply dont have how to.

**Positive development:** Although these urges seem to seem to create a never ending rhythm I do notice some changes that indicates that i'm stronger each time i face them again, This time I had the courage to trying to reach out to a friend when the first alarms started to ring (eventually I managed to get through), while in previous situations I only reached out after I fell, I credit this success to the preparation's my wife encouraged me to take having foreseen upcoming challenging days, Plus having realized how much this courageous yet simple act could have prevented my falls and spare all that pain and damage they caused. Bravo!

**Some progress:** Today I finally made a delayed phone call that hopefully took me a step closer to getting professional support.

Continuing to pray to Hashem that he should give me the strength to withstand and to continue to grow in all areas, and to ease the financial burden.

Feedback is welcome.

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Re: From two identities to True self  
Posted by frank.lee - 23 Oct 2023 07:22

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Amazing progress and awareness.

Try doing exercise?

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Re: From two identities to True self

Posted by Heeling - 23 Oct 2023 15:25

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Gevaldig! Keep on climbing as the urges peak, it will make you smarter and happier. Once you hit the peak you'll look down and laugh at what you just overcame.

Keeping those feelings in front of your mind is great. Remember those strong desires from last time? Which you gave into....the pleasure lasted for a minutes or two, if your lucky it lasted to five minutes. But then those consequences hit you in the head and boy did that hurt, and lets not talk about how long that lasted...if your lucky it ONLY lasted for five minutes.

Its pleasure for one minute vs consequence of many hours or days (or weeks and months).

Happy to hear about the positive developments and progress. Don't think to much of how many times you did look twice or didn't. just continue doing your thing.

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Re: From two identities to True self

Posted by true\_self - 23 Oct 2023 19:17

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**Day 23** - Waves are settling and I didn't lose the grip bH

Yesterday when I came home my mind was not present because of everything I saw (as explained in yesterday's post), My wife did a full face makeup (for me) and I only noticed it after a while and when I commented my wife told me "so now you realize that you were not present" Only then did I realize that I was really on a different planet, my wife wanted to talk with me when I came home but because she saw that there was no one to talk to she went to sleep, I feel her pain of not having a husband to talk to but its hard for me to face it because its literally like stabbing myself as I'm the one guilty for causing her this pain.

Flashbacks of what I see during to day keep on coming back all the time and evokes unwanted thoughts again and again, My wife asked me why I think about all these things that make me unhappy, I replayed "I don't choose to engage in these thoughts but that just keep on hitting again and again and I'm helpless against them, all I can do is try to engage in different thoughts until the next one hits" Did I answer correctly or should I've said something else?

Thanks Eerie and bennyH for giving me of your precious time and helping me stay on track.

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Re: From two identities to True self  
Posted by true\_self - 24 Oct 2023 20:51

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**Day 24** - Still clean, wow!

Today I had a crazy strong urge and almost fell but miraculously I managed to say no before it was too late. During the entire day I was feeling very sexually charged, (if my wife would be clean I would be calmed down be knowing that I can possibly have sex at night) It wasn't just waves of urges, but all the time, I had strong urges to fantasize inappropriate things I managed to disengage many times but at some point in the afternoon I couldn't hold back and gave in, I ended up going too close to the cliffend/no return zone which is not ok, but thank god I'm still clean but still super charged.

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Re: From two identities to True self  
Posted by true\_self - 25 Oct 2023 17:44

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Day 25 - BH thing are developing well - Trying to focus only on the positive and of all times I did look away even if it was after 3 times yes looking.

I'm confident that I can do this, But still need to be on alert and not let my guard down.

?I see the tremendous impact that is has on my wife/relationship, my wife is much more open to share what she feels and her love and so am I, It's worth every Vayimean!

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Re: From two identities to True self  
Posted by redfaced - 25 Oct 2023 18:06

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[true\\_self wrote on 25 Oct 2023 17:44:](#)

It's worth every Vayimean!

True - Yet thats still not the reason for the Vayimaen

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Re: From two identities to True self  
Posted by bright - 25 Oct 2023 23:41

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Why not?

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Re: From two identities to True self  
Posted by ainshumyeiush - 25 Oct 2023 23:49

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Just to clarify some things, vayimaen could refer to 1 the act of fighting back the yetzer hara or 2 the daily whatsapp video to boost shmiras einayim. I believe true\_self was referring to 1 and redfaced understood it as 2

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Re: From two identities to True self

Posted by true\_self - 26 Oct 2023 10:25

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[bright wrote on 25 Oct 2023 23:41:](#)

Why not?

The reason for Vayimean is because it says in the torah ??? ?????... All the rest are extra benefits one can gain from following the torah guidelines. And some might explain why the torah said ??? ?????.

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Re: From two identities to True self

Posted by true\_self - 26 Oct 2023 10:31

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[ainshumyeiush wrote on 25 Oct 2023 23:49:](#)

Just to clarify some things, vayimaen could refer to 1 the act of fighting back the yetzer hara or 2 the daily whatsapp video to boost shmiras einayim. I believe true\_self was referring to 1 and redfaced understood it as 2

I don't know why you understood that.

I referred to 1 but was inspired to use the word Vayimean from the videos.

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