

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**, **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 HeChochma - 26 Oct 2023 18:21

Sorry to get off the track of the Vayimaen issue - not sure I have what to say about that one -

But this is my first time reading this thread and I just wanted to share with you True Self that
Thanks for reading and understanding, comments and feedback of all kind are welcome!!!
reading your plan I am inspired by your incredible, persistent and ruthless pursuit of connection
in the face of the struggle of addiction.

Informing two friends of tough times, another one for daily check in, a third random friend to chat and then finally your wife - what a lineup!!!

Not only that - I'm blown away that you held on to that even when you weren't getting through.
For me, when I can't get through it's right off the cliff.

Just pretty amazing stuff! And you've come back from the brink quite a few times too - I'm tempted to pick up the phone and break my fear of reaching out because of you.

Chazak V'ematz and thank you m'umka d'liba

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Re: From two identities to True self
Posted by bright - 26 Oct 2023 19:44

[true_self wrote on 26 Oct 2023 10:25:](#)

[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 ??? ?????.

Most people are not on that madreiga. There is an entire sefer called sefer hachinuch on taamei hamitzvos:) Additionally there is nothing wrong with adding extra reasons, see r moshe on when yaakov told his wives they must leave lavan.

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Re: From two identities to True self
Posted by true_self - 28 Oct 2023 20:46

[bright wrote on 26 Oct 2023 19:44:](#)

[true_self wrote on 26 Oct 2023 10:25:](#)

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

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Most people are not on that madreiga. There is an entire sefer called sefer hachinuch on taamei hamitzvos:) Additionally there is nothing wrong with adding extra reasons, see r moshe on when yaakov told his wives they must leave lavan.

Thanks for pointing this out.

I was just stating the bare fact.

But the right approached for us ordinary people is to find something that interest us in order to be encouraged.

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Re: From two identities to True self

Posted by true_self - 28 Oct 2023 21:41

Day 29 - Almost a whole month! - Feels like a dream coming true!

Shabbos afternoon while resting I had a crazy strong urge to masturbate, I managed to withstand the urges through thinking to myself that it's not worth to give up on the pleasure I will have if I arrive to mikvah night with a long streak still being clean. The YH is creative and has many ways to fool us into his net so we need to be creative as well to find anything possible to keep us from being fooled.

I also got a message from Hashem that he appreciates my effort. I got out of bed at 4:15 because I knew that mincha is 10 minutes after the zman, only when I arrived to shul and was

surprised to see the kol torah did I realize that I came an hour earlier, the zman was actually 5:18 and not 4:18 as I thought (this never happened to me before), If I would stay another hour I bed the urges would probably increase and intensify and I might not have withstand them, I was zoche to learn an extra hour instead of needing to fight urges and maybe even fall badly c"v. THY!!!

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Re: From two identities to True self
Posted by Heeling - 29 Oct 2023 03:16

Wow! amazing!

Keep it up my friend.

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Re: From two identities to True self
Posted by bright - 29 Oct 2023 03:51

[true_self wrote on 28 Oct 2023 21:41:](#)

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zoche to learn an extra hour instead of needing to fight urges and maybe even fall badly c"v.
THY!!!

Now thats siyatta dishmaya! Hashem is showing you how much he is helping you! Wow!

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Re: From two identities to True self
Posted by true_self - 29 Oct 2023 23:21

Day 30 - One month!!! WOW! I have what to be proud of!

When you can't figure out what went wrong and what to do get out of the mud, When confusion takes over your brain and there seems to be no way to reach clarity, It's the time to pick up a phone to a friend.

Warning: Spoiler!

The line of healing's signature that expresses my day best: "*Not Always can I understand others, but I can always respect their wishes.*" Not always can I understand myself, but I can always accept that It's ok.

Continuing the battle, no ceasefire!!

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Re: From two identities to True self
Posted by true_self - 29 Oct 2023 23:32

[HeChochma wrote on 26 Oct 2023 18:21:](#)

Sorry to get off the track of the Vayimaen issue - not sure I have what to say about that one - But this is my first time reading this thread and I just wanted to share with you True_Self that reading your plan I am inspired by your incredible, persistent and ruthless pursuit of connection in the face of the struggle of addiction (**TYPE BEHAVIOUR PATTERN**).

Informing two friends of tough times, another one for daily check in, a third random friend to chat and then finally your wife - what a lineup!!!

Not only that - I'm blown away that you held on to that even when you weren't getting through. For me, when I can't get through it's right off the cliff. (**TOOK ME TIME TO WORK ON THIS, YOU WILL GET THERE TOO ONE DAY!**)

Just pretty amazing stuff! And you've come back from the brink quite a few times too - I'm tempted to pick up the phone and break my fear of reaching out because of you. **THIS IS ONE TEMPTATION YOU SHOULD GIVE INTO!**

Chazak V'ematz and thank you m'umka d'liba

Thanks, my pleasure. I appreciate you kind words, posts like these help me shed a positive light on myself and realize how truly amazing I am. (Something needed in order to continue my battle against my YH).

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Re: From two identities to True self

Posted by true_self - 30 Oct 2023 22:27

Day 31 - Continuing to work on myself - A bit stressed about mikvah night.

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Re: From two identities to True self

Posted by bright - 31 Oct 2023 00:48

what are you stressed about

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Re: From two identities to True self

Posted by true_self - 31 Oct 2023 21:00

Day 32 - All into the preparations - Positive energies in the air bH - Quite difficult with gazing at women on the street... Waiting for the clicker to arrive maybe it will change the cause.

Also working on rewiring my brain for all the inappropriate things I saw in the past decade which desensitized me to tznius, I need to appreciate my wifes values and standards and make them my own values and standards too. Does anyone relate to this?

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Re: From two identities to True self

Posted by Heeling - 31 Oct 2023 21:28

Yes, I can relate to that very much. It has caused me a lot of pain and a big cause of my struggle, but as days passed by [even before I started 'guiding my eyes'] I realized that I have something special.

I started to understand why my wife dresses the way she does and slowly started appreciating it.

Why do we dislike the way our wives dress? Because we want her to look like the image we have in our mind.

Why do we want our wives to dress like the woman we saw? because that woman looked attractive.

That is exactly why our wives don't dress that way and that is so special of them. Our wives are pure and holy Bas Yisroel's. All they want is to be there for their husband and their husband to be there for them. They don't want others to look at them.

Our wives have that true beauty! And BTW the more I guide my eyes, the more I see the true beauty in my wife.

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Re: From two identities to True self
Posted by redfaced - 31 Oct 2023 23:24

I feel like there is a way to look attractive to me without looking attractive to the man on the street.

I'm still a while away from appreciating my wives style of dress- even though I do understand it.

Very much.

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Re: From two identities to True self
Posted by chaimoigen - 01 Nov 2023 00:10

[true self wrote on 31 Oct 2023 21:00:](#)

Day 32 - All into the preparations - Positive energies in the air bH - Quite difficult with gazing at women on the street... Waiting for the clicker to arrive maybe it will change the cause.

Also working on rewiring my brain for all the inappropriate things I saw in the past decade which desensitized me to tznius, I need to appreciate my wifes values and standards and make them my own values and standards too. Does anyone relate to this?

Just a thought to share regarding your concerns regarding upcoming Mikva Night.

Perhaps it could help to move the focus away from what you're NOT looking at. And Not to focus on errors of the past.

Rather-

LOOK at your wife. Feel her Chein. Your relationship. What you SHARE, the connection you have. Absorb the attitude. When you're in that place, feeling anticipation and connection, you'll be where you need to be for the connection you seek.

Yes there's a lot of work to be done to stay clean and guard one's eyes. But I feel that preparation for what you're looking forward to should not be about your past regrets....

Youre a good man.

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