

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.

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Re: From two identities to True self

Posted by HeChochma - 21 Nov 2023 18:59

[true self wrote on 20 Nov 2023 21:36:](#)

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

Day 52 - Continuing to work smartly through all obstacles, with the right tools its much easier to ride over the bumps before they become mountains.

All the best!

Well said!!!

Ha'dvarim me'atim b'kamusum v'rabim b'eichusim.

Are you able to share more about these tools? I'm getting FOMO

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Re: From two identities to True self

Posted by true_self - 21 Nov 2023 21:58

Day 53 - bH still clean. need to get things moving in general but don't have much motivation. My mother used to tell me "if you don't have energy, do it without."

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Re: From two identities to True self

Posted by chaimoigen - 22 Nov 2023 14:05

Mazal Tov of hitting a YOVEL milestone. That's huge. Breaking free is hard work.

I think that you can feel the difference between some of the earlier attempts and whats going on now.

Keep it going!! You are special!!

Regarding working on motivation -

Vehkam and others have emphasized reading the book. It's surprising what a difference it can make.

Here are a few other things that can make a huge difference.

1. Offense, not defense. Think about what you enjoy about being clean. Focus on the positives that you enjoy about being who you are today! Muster up feelings of desire to make those aspects even better. Defense doesn't work so well in face of lust and depression. Wanting to feel good in a different way will help motivate you to avoid "going looking"....

2. Think and feel deeply about what you really want. Think about what the lusting "does for you".

Why do you **want it sometimes**? What makes you go looking for a fall? Is it just Taaveh and desire?

For many people, it's more than the Taavah and lust. Are you looking some times to numb anxiety? or depression? Do you crave release and oblivion when you feel a certain kind of emotional pain? Loneliness and worry? Similar emotions.

When you realize these things it becomes easier to recognize triggers.

And it becomes easier to recognize the YOU don't really **want** the porn and masturbation. You only want the solution to emotional pain, etc. Then you can more easily feel motivation to want to replace this "numbing solution" with a healthier one that will **actually** make you feel better. These are some things that have worked for some...

Hazlacha! You are terrific!!

Love,

Chaim Oigen

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Re: From two identities to True self
Posted by Heeling - 22 Nov 2023 15:40

Thank you R' Chaim!

Special thanks for #2 - I've got some work to do....

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Re: From two identities to True self
Posted by Hashem Help Me - 22 Nov 2023 17:02

[true_self wrote on 21 Nov 2023 21:58:](#)

Day 53 - bH still clean.

Let's refrain from using the word "still". It implies an expected fall.

Mazel Tov on your massive accomplishment. May Hashem give you the ability to continue - and while you are doing that to help others as well.

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Re: From two identities to True self
Posted by iwannalivereal - 22 Nov 2023 20:46

Just adding on to what r' chaim oigen about reading the book and how it helps with motivation. You can speak to r' chaim yourself and he'll tell you how my motivation about 2 and a half months ago was like a deflated tire. I was just in that mood of I'm never getting out of it so may as well change mindset. Everything's muttar. I was going all out, and had almost zero ratzon to stop. Since shmoozing with him and others and reading the book I've totally repumped my tire. (Almost popped it with too much air actually...)

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Re: From two identities to True self
Posted by true_self - 22 Nov 2023 21:04

[iwannalivereal wrote on 22 Nov 2023 20:46:](#)

Just adding on to what r' chaim oigen about reading the book and how it helps with motivation. You can speak to r' chaim yourself and he'll tell you how my motivation about 2 and a half months ago was like a deflated tire. I was just in that mood of I'm never getting out of it so may as well change mindset. Everything's muttar. I was going all out, and had almost zero ratzon to stop. Since shmoozing with him and others and reading the book I've totally repumped my tire. (Almost popped it with too much air actually...)

True, thanks.

Spoke to Reb chaim just before, he warms my heart!

Just curious what you mean with this "(Almost popped it with too much air actually...)"

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Re: From two identities to True self
Posted by true_self - 22 Nov 2023 21:05

[Hashem Help Me wrote on 22 Nov 2023 17:02:](#)

[true_self wrote on 21 Nov 2023 21:58:](#)

Day 53 - bH still clean.

Let's refrain from using the word "still". It implies an expected fall.

Mazel Tov on your massive accomplishment. May Hashem give you the ability to continue - and while you are doing that to help others as well.

Agree, I did indeed feel a bit like that when I wrote that post last night.

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Re: From two identities to True self
Posted by true_self - 22 Nov 2023 21:40

Day 54 - Trying to get thing moving, to fill up my mornings and be more productive. Automatically things will become easier once my mind will be more occupied with positive things.

All the best to all of you!

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Re: From two identities to True self
Posted by Vehkam - 22 Nov 2023 23:34

great strategy. i used to make a to do list every morning (with more items then i could possibly cover) and prioritize it in number order. that usually kept me busy the entire day....

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Re: From two identities to True self
Posted by chaimoigen - 23 Nov 2023 02:35

[Vehkam wrote on 22 Nov 2023 23:34:](#)

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Re: From two identities to True self
Posted by Vehkam - 23 Nov 2023 04:34

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Re: From two identities to True self
Posted by eerie - 23 Nov 2023 17:05

Dear HHM, if there are threads to be read when Moshiach comes, I think this one is on the list. Here we have a person, whom we see putting all his strength into breaking free, facing obstacles, meeting challenges, and step by step learning the ropes, never giving up, falling and standing up, 'yiush' doesn't exist in his vocabulary in spite of all the difficulties, and we see the great person we knew was in there, emerging from the darkness that was, shining, growing, making huge decisions that will impact his life for a long time.

My friend True-self, if you have not yet figured it out, you are an inspiration!

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Re: From two identities to True self
Posted by true_self - 27 Nov 2023 21:12

Day 59 - Don't have time to write.

All the best!

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