

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 true_self - 28 Nov 2023 21:57

DAY 60!!!!!!
Thanks for reading and understanding, comments and feedback of all kind are welcome!!!
Keeping up the great work with the help of all you guys that keep on getting me to greater heights and milestones, So thank you all!

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Re: From two identities to True self
Posted by true_self - 30 Nov 2023 21:20

Day 62 - Shmiras einayim on the street has been much better the past 2 days, is not easy and it might never be but I have no other choice, nothing good awaits me there, actually a lot of resentment, jealousy..... I can't afford myself to have any of that in my life.

Eerie pointed out that I should be working on bringing some positivity & happiness into the battle, perhaps something to think about, but for now whatever works, works!

BTW, a nice victory with deleting an email today before opening although the next one i did.

~~Still~~ climbing one inch at a time!

A gitten shabbos to all dear GYEeyes!

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Re: From two identities to True self
Posted by HeChochma - 01 Dec 2023 19:26

[true_self wrote on 27 Nov 2023 21:12:](#)

Day 59 - Don't have time to write.

All the best!

Love it!

By the way - you should know that you inspired me to try to start posting every day. You're a consistency legend!

Amazing stuff with avoiding all of that emotional baggage - good for you!!! Keep inching up and up!

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Re: From two identities to True self
Posted by true_self - 04 Dec 2023 11:51

Day 65 - Numbers don't really matter for me that much (if at all), what matters most is every single day/hour/minute/moment that I'm in "LIVING" mode instead of "SURVIVING" mode.

Saw my therapist again. Was a productive session. Spoke about my lately decreased sexual drive (and my wife's increased), we assume that once upon-a-time (in da good old days as they like to say) I used to fuel my drive with porn and all other forms of lust so while I ended up with a booming drive my wife as result of my lusting which she intuited felt disconnected (understatement) and therefore had little interest, now that I'm detoxing from my lust my drive is deflating maybe even to the other extreme and my wife feels that I'm more attentive and connected to her emotionally and therefore gained interest in being intimate, I can seize this situation to to focus on giving her emotionally (i.e. telling her how I feel before she asks).

Also discussed addiction, he claims that addict or not is just a label and not that significant, the motto should be whatever helps.

Regarding stress I will work on my relationship with Hashem while continuing to do my hishtadlus.

Will also look into the 12 steps as it can't harm, started reading Dr. A. J. Twerski's book "Teshuvah through recovery".

As unproductivity and not feeling good with myself is the biggest cause for my unwanted behaviors (that I disclosed) I will continue to fill my schedule with more productivity (Resumed study, some learning for chanukah....). Previously we had discussed "perfectionism", all or nothing, something that prevents me alot from doing what I should. (This post (or all) would not be written if I would be makpid on it being perfect for my English is far from perfect....)

In preparation for the next session I'll paint a picture of who I want to be remembered as, who I admire can be the canvas. Next week we will plan a practical roadmap, what small steps should be done now.

Lot of work ahead but g-d's help I only need to start, ?? ????? ?????? ?????? ????" "??? ?? ?????? ?????? ?????.

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Re: From two identities to True self

Posted by Hashem Help Me - 04 Dec 2023 12:16

[true_self wrote on 04 Dec 2023 11:51:](#)

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Lot of work ahead but g-d's help I only need to start, ?? ????? ?????? ????? ??? "??? ?? ????? ?????? ?????.

Amazing clarity. The writings of a healthy brain. You are an inspiration for all of us.

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Re: From two identities to True self
Posted by eerie - 04 Dec 2023 17:53

Wow, wow, wow. My friend, you mamash make my eyes tear. This post is so beautiful! You are so spot on, you sound great, BH!!!

My friend, you are such an inspiration! I know, and anyone that reads through your thread knows, that this didn't come easy. This was long, hard work with many moments of feeling that there's no point and you might as well give up. And here you are. There are still many hills to climb, but you now know that you can do it! And all the people reading your story see that they, too, can break free

Your story is beautiful from the human perspective. The way you describe your current balance of things between you and your wife. BeH she'll keep seeing your hard work, she'll appreciate it, and you will be much happier. Which is another lesson that we have to learn. Cleaning up our act makes our life, including our intimate life, so much better!

Keep trucking...and keep smiling!

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Re: From two identities to True self
Posted by true_self - 04 Dec 2023 21:25

[eerie wrote on 04 Dec 2023 17:53:](#)

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My friend, you are such an inspiration! I know, and anyone that reads through your thread knows, that this didn't come easy. This was long, hard work with many moments of feeling that there's no point and you might as well give up. And here you are. There are still many hills to climb, but you now know that you can do it! And all the people reading your story see that they, too, can break free

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Keep trucking...and keep smiling!

Thank you so much! I could not have done this without your constant support in all ways and you know it all, so thanks again.

More than it makes my intimate life better it makes my wife's intimate life better, but I guess that once we stop focusing on our physical pleasure and pay our attention to the emotional bond it creates it's all really one intimate life, it's mutual bonding.

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Re: From two identities to True self
Posted by true_self - 04 Dec 2023 21:28

@HHM thanks for always pushing me one step further then I believed I could go, I'm grateful to you and so is my wife bH.

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Re: From two identities to True self
Posted by true_self - 04 Dec 2023 21:32

Just saying BTW that many parts of my past I did not yet reveal and many I only remembered of lately after thinking more deeply about my past, once I was unable to do that because I would cause me a lot of shame, guilt etc. etc. but now I have a much healthier way of looking at it and actually learning about myself a lot too. So more to come beH.

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Re: From two identities to True self
Posted by true_self - 05 Dec 2023 13:03

Stress is skyrocketing!!! Wifes stress, financial..... and it urges me to run to look at women on the street, not sure how that will solve any of the issues but it's a good escape, gotta stay strong, one look away at a time, every single one is significant!

?@YH go look for someone else I've canceled my subscription. My wife needs my attention I can't afford myself your rubbish although I really like it.

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Re: From two identities to True self
Posted by Heeling - 05 Dec 2023 15:25

You're a hero my friend! Keep up your amazing and inspirational work.

Once you've done everything possible, trust in Hashem that He will do the impossible.

Rooting for you,

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Re: From two identities to True self
Posted by true_self - 05 Dec 2023 17:55

[Heeling wrote on 05 Dec 2023 15:25:](#)

You're a hero my friend! Keep up your amazing and inspirational work.

Once you've done everything possible, trust in Hashem that He will do the impossible.

Rooting for you,

Thanks.

Did what I needed to do, made a few phone calls... Now I leave the rest up to Hashem, He

knows what's best for me and will only do what's best for me.

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Re: From two identities to True self
Posted by true_self - 06 Dec 2023 18:50

I know that one doesn't need to hit 'rock bottom' in order to change, but how does one change if he didn't hit rock bottom so he feels that his desire to dig a little deeper outweighs the consequences?

Thanks

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Re: From two identities to True self
Posted by eerie - 06 Dec 2023 19:06

Are you kidding me, think about the consequences of what you HAVE done, and then think about what happens when we go deeper yet.

My friend, someone here wrote recently, life is too short to make all the mistakes yourself. So learn from other people's mistakes!

And no, my caring for you has not diminished in the least:)

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