

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 yiftach - 04 Jan 2024 13:34

Hey Buddy!

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

No disappointment whatsoever. You were put in an impossible situation, as we've seen the last few days. This not failure... the time you stayed above the stormy waves weakened the YH tremendously!

You didn't drown... otherwise you wouldn't still be here... you just missed that wave! You're still

here, alive and fighting the fight.

Your a true inspiration for having the will and perseverance to stand up strong again, to rise from the ashes and begin anew! There is no mitzvah of sefira here, it's not about the number... It's all about the times we conquer that hunchbacked witch disguised as some super-model! And about standing up again to fight the battle!!!!

#KeepOnFighting!

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Re: From two identities to True self
Posted by true_self - 04 Jan 2024 13:55

[yiftach wrote on 04 Jan 2024 13:34:](#)

Hey Buddy!

No disappointment whatsoever. You were put in an impossible situation, as we've seen the last few days. This not failure... the time you stayed above the stormy waves weakened the YH P.S. A hugo is always appreciated tremendously!

You didn't drown... otherwise you wouldn't still be here... you just missed that wave! You're still here, alive and fighting the fight.

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#KeepOnFighting!

P.S. A kugel is always appreciated

Thank you so so much for your encouraging words!

Warning: Spoiler!

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Re: From two identities to True self
Posted by foolie - 04 Jan 2024 14:37

[true_self wrote on 04 Jan 2024 13:55:](#)

Warning: Spoiler!

Those must have been real heavy potatoes

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Re: From two identities to True self

Posted by Hashem Help Me - 05 Jan 2024 01:40

How are you thanking your wife for her tolerance and acceptance?

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Re: From two identities to True self

Posted by chaimoigen - 05 Jan 2024 06:45

[true_self wrote on 04 Jan 2024 13:55:](#)

My dear friend-

I am going to call out on your language here. Come on- let's call it what it is- a picture on a screen is not a "her", it is an "it". You don't "miss her". You don't know her, nor do you want to know her. You don't want a **connection** with her. What you feel towards that picture is a very **base** feeling.

Perhaps you miss the feeling that it gives you when you see that picture. Perhaps you still feel the pull of lust towards that picture, and you're being honest about that. It's good to be honest. It's ok to feel that pull (not to act on it, though). But please don't call what you feel "missing her".

Have a great Shabbos. Cherish your special wife, and your special Neshoma.

Perhaps think about what you are going to do to make sure that she doesn't have to go through that wrenching experience again. It probably wasn't easier for her than it was for you....

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Re: From two identities to True self
Posted by true_self - 05 Jan 2024 10:34

[Hashem Help Me wrote on 05 Jan 2024 01:40:](#)

How are you thanking your wife for her tolerance and acceptance?

Who said I'm thanking her? I wanted to tell her to go out again so I can watch more but I wasn't such a jerk, I did tell her 'thanks for reacting the way you did and accepting me the way I am, it's nothing personal about you, just my sickness' but those were only words.

I find it difficult to treat her the right way when it makes me feel guilty for my bad habits.

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Re: From two identities to True self

Posted by true_self - 05 Jan 2024 10:37

[chaimoigen wrote on 05 Jan 2024 06:45:](#)

[true_self wrote on 04 Jan 2024 13:55:](#)

I wish I could call the model I saw a witch, maybe one day, for now I still miss her

My dear friend-

I am going to call out on your language here. Come on- let's call it what it is- a picture on a screen is not a "her", it is an "it". You don't "miss her". You don't know her, nor do you want to know her. You don't want a **connection** with her. What you feel towards that picture is a very **base** feeling.

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It's ok to feel that pull (not to act on it, though). But please don't call what you feel "missing her".

Have a great Shabbos. Cherish your special wife, and your special Neshoma.

Perhaps think about what you are going to do to make sure that she doesn't have to go through that wrenching experience again. It probably wasn't easier for her than it was for you....

That's true! Thanks for making me realize the truth.

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Re: From two identities to True self
Posted by chaimoigen - 05 Jan 2024 11:22

[true_self wrote on 05 Jan 2024 10:34:](#)

I find it difficult to treat her the right way when it makes me feel guilty for my bad habits.

Oy. And how do you treat **yourself** when you are feeling guilty?

Im feeling your pain.

Give yourself a dose of Rachamanus. I'll explain.
So far I'm not doing a great job treating my wife see below

I like to talk about the difference between **guilt** and **regret**. Guilt usually isn't productive. "I am terrible, and failure, etc" are negative feelings and cognitions that usually don't help a person. Hopelessness is a terrible poison.

Regret , on the other hand, is a positive (though painful) emotion. It doesn't accept the

mistakes as being ok. But the feeling of regret stems from the hope of a better tomorrow. From the unsullied Neshoma that hasn't despaired of finding a way out. It empowers a person to change.

There are always choices, better pathways to find, different Steps to take, if your eyes are raised up to find them, not darkened with guilt.

Here is a warm hand, and a Shabbos hug.

Gut Shabbos,

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Re: From two identities to True self
Posted by true_self - 05 Jan 2024 11:44

[chaimoigen wrote on 05 Jan 2024 11:22:](#)

[true_self wrote on 05 Jan 2024 10:34:](#)

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Oy. And how do you treat **yourself** when you are feeling guilty?

Im feeling your pain.

Give yourself a dose of Rachamanus. I'll explain.

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There are always choices, better pathways to find, different Steps to take, if your eyes are raised up to find them, not darkened with guilt.

Here is a warm hand, and a Shabbos hug.

Gut Shabbos,

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The guilt is for the pain I'm causing **her** to go through.

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Re: From two identities to True self
Posted by Heeling - 07 Jan 2024 02:43

[true_self wrote on 05 Jan 2024 10:34:](#)

[Hashem Help Me wrote on 05 Jan 2024 01:40:](#)

How are you thanking your wife for her tolerance and acceptance?

Who said I'm thanking her? I wanted to tell her to go out again so I can watch more but I wasn't such a jerk, I did tell her 'thanks for reacting the way you did and accepting me the way I am, it's nothing personal about you, just my sickness' but those were only words.

I find it difficult to treat her the right way when it makes me feel guilty for my bad habits.

Oy oy oy.... the President making a powerful point, that I'm ashamed to say I didn't even think of.

Our wives are human beings with challenges and struggle just like us. Yet when we open the draw and find no socks, we're like hey what's that girl doing all day?? She didn't have time to fold laundry...?? But when it comes to our challenges, we expect our wives to accept us, why is that? I can't say the following about others but I am an idiot! I'm sorry... How many times have I looked at inappropriate pics and then expected my wife to 'accept' me? And by the way I didn't give a good example because our wives don't have a challenge of not folding our socks, they simple didn't get to it because they were busy with a hundred other things happening.

I'm sorry for my rant, I'm just in an emotional mood now and it really hurts me that your wife caught you red-handed. As we know from what you have mentioned here and on the BB forum, you have so much, so much to be grateful. You have some things that a good friend of yours doesn't have and he's therefore asking you from the deepest and most caring part of his heart (I'm actually in tears now) to please stay away from anything that can pull you down. Put up as many gates possible, choke yourself, I don't care, but please make sure this doesn't happen again.

You're a wonderful person, a growing Jew, a loving husband, a loving father,

Your wife is a wonderful person, a loving wife, a giving wife,

I get it, life is challenging but we gotta stand up to the challenge and say 'not with me!' We won't let the YH ruin us. We won't let the YH ruin our wives. We wont the YH ruin our relationships. We are the head of our households with Gashmeius and Ruchneius our responsibility. We need so many zechusim for our kids to grow up erlicha yidden, please lets be m'chazik ourselves.

Heeling,

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Re: From two identities to True self
Posted by true_self - 09 Jan 2024 12:59

If I don't take responsibility now it might be too late quite soon.

Alas, I'm still not willing to admit that I'm powerless, I just can't let go...

Can't continue focusing only on myself all day long.

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Re: From two identities to True self
Posted by true_self - 11 Jan 2024 21:00

I scrolled back to the beginning of my thread and had some laughs of that guy who opened it

The attachment below is from my first post.

Seriously! Who was I fooling????? lol! (Now I'm maybe starting get a glimpse of what my 'true self' looks like)

And thanks for all the thank you's, should I make a raffle?

In any case, from reading some of my earlier posts I see that I grew a lot since bH.

Onwards!

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Re: From two identities to True self
Posted by true_self - 11 Jan 2024 21:20

[true_self wrote on 07 Dec 2023 22:24:](#)

Day 69 - Had strong urges yesterday and today, today I masturbated but stoped before ejaculation (I know it's far from ok), I'll be honest and admit that I'm slipping and fell with watching inappropriate stuff on my wife's phone (didn't happen in quite a while), I need to wake up before its over.

Hope to become interested in davening tomorrow, I hope my heart won't be shut by *Hallel*.

A freilichen un lechtingen chanukah all!

Hallel today didn't have much juice either, but *Mizmor shir chanukas habayis...* did.

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Re: From two identities to True self
Posted by true_self - 11 Jan 2024 21:45

[true_self wrote on 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!

Mornings are getting filled, starting with a new chavrusa in the mornings, will learn *Chovos Halevavos* for 15 mins beH.

Also started to stay in BM after shachris it feels really good after leaning almost nothing the past few month (years), I finally feel a *shtikel* 'will' to learn!

With a lot of prayers I'm optimistic of getting another chavrusa for 2 hours in the morning too.

#OSAAT

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