

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 - 12 Jan 2024 05:27

[true self wrote on 11 Jan 2024 21:47:](#)

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

Dunno why I'm posting all this, maybe I just wanna get to 500 posts, or because my wife is out and Shabbos is in 8 days?!

Or maybe you are keeping all of the guys following your story on your very popular thread up-to-date?

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Re: From two identities to True self
Posted by true_self - 12 Jan 2024 10:30

[hechochma wrote on 12 Jan 2024 05:27:](#)

[true_self wrote on 11 Jan 2024 21:47:](#)

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Re: From two identities to True self
Posted by true_self - 12 Jan 2024 13:23

I found this from Dov just in time for this weeks torah portion:

"I see the analogy of yetzias mitzrayim applying to Hashem taking us out of the house of slaves, as most do. But with one difference that few choose to talk of:

I see the comparison of the addict (that means me) most closely to what Hashem did for **Par'oh**, rather than for the B'nei Yisra'el. Par'oh promises over and over again that he'll let go. But he holds on. He even swears that Hashem is 100% right, and that he is dead wrong, yet then hangs onto his beliefs that the Jews *can't* possibly be given up!

~~Only the guys I talk to on the phone are somewhat up-to-date~~

He makes a bankrupt fool of himself over and again, with every makkoh....and still doesn't just let go! How much he suffered! How unmanageable his life and kingdom became! Yet he just could not accept it.... this is my story, and that of most addicts I know. We are exactly the same. "Es asher his'alalti bemitzrayim" - "how I played with/made fools of mitzrayim" We were deep into dotage. It is disgusting, really. How I am 100% devoted and running after seeing the right picture of a selfish and shameless prusteh shiksa and feeling myself to my orgasm - it all becomes so *precious* and *beautiful* to me, even with the lying and fakery it usually entails, not to mention my little mess on the floor... How debonair.

Then Par'oh seems to finally hit bottom. He suddenly realizes that **he cannot afford** to keep holding onto his precious Jews! He *runs* to recovery. "Go! Go! Get out of my hair now!"

This time he is really contrite. He takes action, puts on a filter, tells his wife all about it, starts going to meetings, a shrink, whatever.

But it does not last long. As soon as he sees the first glimmer of freedom, he interprets it in the funniest way:

"I am cured! Maybe I was a bit ill before, but now, finally, I see things rationally and I am in control!" We see that Par'oh felt cured of his Jew-fetish! So...how did he react? The RaMBa"N points out, "what kind of fruitcake lunatic (OK, so I paraphrase a bit) would surge forward *into a miraculously split sea* after his quarry? Did he actually think it was split for *him*, to catch them?!" What does this mean? It means he was reduced to an idiot and a fool. A Captain Ahab crazy with 'Jew-fever', he was.

How did *that* happen? Didn't he just 'let those people go'?

Simple. He decided that if he were no longer sick - if he was actually able to let go of his Jews, that proves that he is no longer powerless over his lust to keep Jews. He **has** truly learned his lesson. So now he can recapture them and not fall prey to insane suffering - if they cost him too much next time, he'll just let them go! Just like the smoker: He says to nagging relatives who say, "Harry, you're *addicted!*" that he "could **easily** give smoking up *at any time!* So shut up!" Hmm. Touchy, isn't he? Then he coughs his guts up one night too many and decides to test himself. And behold! He gives it up for *a whole week!* Will this guy quit? Maybe. But if he is truly an addict, he will most likely take a lesson from his success that he can now control and enjoy it

like a gentleman, like everyone else. Just a single smoke after dinner, once in a while. Of course, soon he is back at the races chain smoking again, and his 'control' phase is a distant memory a raspy year or two later.

Par'oh ran after his Jews as soon as he saw he *could* let them go! "If I **can** let them go, then **why quit**? Control and enjoy it!"

Get it?

This is my story, and I am not alone.

Par'oh ends up in Nineveh, helping the horses (and people!) do teshuvah of some kind - and (and lots of non-addicts, too) learn that it was never the last drink (schmutzfest) that got them in trouble, but it was always and only *the 1st one*! We - if we are indeed addicts - are powerless to control the *first* drink we take. That takes a lot of humility (or humiliation) to admit. Admitting we are actually powerless over the first drink is not normal. Normal people (even normal yidden!!) can take a drink of lust without ending up in the toilet bowl. Not me. That is the 1st step of a long, slow, and beautiful recovery.

Have a nice day!"

Enjoy!

I relate to this very much, does anyone else?

Gut Shabbos!

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Re: From two identities to True self
here we are on GYE helping addicts
Posted by cordney - 12 Jan 2024 14:50

[true self wrote on 12 Jan 2024 13:23:](#)

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Enjoy!

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Gut Shabbos!

Yes! Gorgeous.

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Re: From two identities to True self
Posted by true_self - 14 Jan 2024 20:38

Hi everyone! Hope you're all doing good.

A shtikel update: I think that it's about time for me to decide that I've hit rock-bottom (not that I know what that means). I'm realizing that I can no longer afford to go in circles, my acting out is exacerbating my marriage progressively, if I continue with my current behavioural pattern, we will split up somewhere down the road, it's only a matter of time!

I'm also starting to realize how 90% (if not 100) of my motivation to stop acting out is attributable to the concrete and immediate consequence that result from my wife knowing (fear of confession), it is not by accident that I consciously or subconsciously convince myself before acting out that 'this time I'll be able to hide it, etc.. It might be good to keep me sober for now, maybe even for an extended period, but eventually I need to come to realize how *I* am in danger of losing my life (the little that still survived) if I continue acting out, even if it's only once in a few months.

Life continues...

#STSD!

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Re: From two identities to True self
Posted by yiftach - 14 Jan 2024 22:25

[true_self wrote on 14 Jan 2024 20:38:](#)

A shtikel update: I think that it's about time for me to decide that I've hit rock-bottom (not that I know what that means).

The realization should not be perceived as a negative thing. You can view it in a positive light as well. It is a opportunity to turn to a new road, a road that will hopefully provide you will the relief you so badly desire!

Stay strong, we're here with you! Take the measures that work for you and keep on inspiring us all along the way!

As a wise fellow once wrote... *Life continues...*

- Little Yiftach'I

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Re: From two identities to True self
Posted by willdoit - 14 Jan 2024 22:25

Thanks for sharing these vulnerable stuff..

May I ask what ur planning now doing differently?

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Re: From two identities to True self
Posted by zzz613 - 15 Jan 2024 00:43

[true_self wrote on 14 Jan 2024 20:38:](#)

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Life continues...

#STSD!

sigh

its rough and tough

i wish i could help but i do extend a warm embrace

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Re: From two identities to True self
Posted by true_self - 15 Jan 2024 08:26

Thanks everyone for bearing with me.

@Yiftach'I, I am0 (TG) viewing it in a positive light, as an opportunity for ~~achieving~~-surrendering,

to raise the white flag in realization that I'm defeated! Albeit, it very painful and I need help with how to do that (which I will hopefully get for a sponsor sooner or later god willing).

I'm planning to join SA.

@zzz613, speaking with you can actually help me, Thanks.

And yes, life still continues...

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Re: From two identities to True self
Posted by chaimoigen - 15 Jan 2024 14:40

You are a very good man.

Please realize: Just as coming here and admitting that a person has a problem is, for many, the first step in being able to deal with the problem; so too can admitting that one is powerless be a powerful step to access the power of recovery.

More power to you!

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Re: From two identities to True self
Posted by true_self - 15 Jan 2024 19:00

[chaimoigen wrote on 15 Jan 2024 14:40:](#)

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Thank you Chaim for your kind words as always.

I'm having a hard time understanding what you mean by 'power of recovery', I'd appreciate if
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thanks again.

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Re: From two identities to True self
Posted by true_self - 17 Jan 2024 17:49

First meeting was today.

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Re: From two identities to True self
Posted by willdoit - 17 Jan 2024 18:44

you can give me some of your precious time to elaborate on that (no need for a lengthy post
[true_self wrote on 17 Jan 2024 17:49:](#)

First meeting was today.

Wow! Best of luck!

P.s. Are u gonna leave us? Hope not! In the past, a lot of guys disappeared after starting the

program

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Re: From two identities to True self
Posted by chaimoigen - 17 Jan 2024 19:54

[true_self wrote on 15 Jan 2024 19:00:](#)

[chaimoigen wrote on 15 Jan 2024 14:40:](#)

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More power to you!

Thank you Chaim for your kind words as always.

I'm having a hard time understanding what you mean by 'power of recovery', I'd appreciate if
)
thanks again.

I haven't experienced being in the program, so I can't describe it. But I know that when you get into it, you start to feel internal changes that can open new doors up in a way you haven't experienced. That's what I meant about the power of being in recovery.

ImyH you will share your journey with us, as much as you wish to.

Salute!

Chaim

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