

From two identities to True self

Posted by true\_self - 28 May 2023 23:02

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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 willdoit - 17 Jan 2024 21:44

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[true self wrote on 17 Jan 2024 21:13:](#)

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

[willdoit wrote on 17 Jan 2024 18:44:](#)

[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

Well, there's a reason why they did.

Writing and sharing etc. while hiding behind a false username is *shtuyot* and helpless in contrast to sharing 2 minutes about oneself in front of 10 real people that know his real (first) name and see his face!

Correct!

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Re: From two identities to True self  
Posted by mggsbms - 18 Jan 2024 00:16

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[true\\_self wrote on 17 Jan 2024 21:13:](#)

[willdoit wrote on 17 Jan 2024 18:44:](#)

[true\\_self wrote on 17 Jan 2024 17:49:](#)

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Hopefully they are actually still in the program and in recovery.

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Re: From two identities to True self  
Posted by iwant2begood - 18 Jan 2024 01:44

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Yes, very well said. You cant compare the experience sharing with people that you see. Keep on going strong ! The Steps work if you work it!

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Re: From two identities to True self  
Posted by zzz613 - 18 Jan 2024 03:38

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[true\\_self wrote on 17 Jan 2024 21:13:](#)

[willdoit wrote on 17 Jan 2024 18:44:](#)

[true\\_self wrote on 17 Jan 2024 17:49:](#)

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Well, there's a reason why they did.

Writing and sharing etc. while hiding behind a false username is *sh TUYOT* and helpless in contrast to sharing 2 minutes about oneself in front of 10 real people that know his real (first) name and see his face!

while that is so (maybe) for yourself its still a great toeles for all of back here to continue to hear your input and insight.

were looking to hear from you.

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Re: From two identities to True self  
Posted by hehochma - 18 Jan 2024 04:20

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[true\\_self wrote on 17 Jan 2024 17:49:](#)

First meeting was today.

So happy to hear!

I agree with zzz613 - stick around and share your wisdom!

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Re: From two identities to True self  
Posted by chaimoigen - 22 Jan 2024 03:56

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Hey! How are you doing, friend?

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Re: From two identities to True self  
Posted by true\_self - 24 Jan 2024 09:01

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Yesterday I went to my second meeting. Was fun, open and vulnerable. Really loved it B"H.

Today I'll go to my third meeting be"H.

It feels very good to be able to share my fears, gratitude... openly with real human beings...

Thank you Hashem!

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Re: From two identities to True self  
Posted by cordnoy - 24 Jan 2024 14:05

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[true\\_self wrote on 24 Jan 2024 09:01:](#)

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Thank you Hashem!

Missed you on the chat the other day, but I was plannin' on sayin', and especially after your comment there that you may wanna think regardin' how much time you wanna spend here after goin' to meetin's - that is - if you plan on workin' it in a serious *oifan*.

Godspeed

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Re: From two identities to True self  
Posted by true\_self - 24 Jan 2024 20:20

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[cordnoy wrote on 24 Jan 2024 14:05:](#)

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Agreed. I guess I need to get a sponsor asap and not wait until the 'perfect' one shows up...  
Can't really start working *seriously* alone.

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Re: From two identities to True self  
Posted by true\_self - 28 Jan 2024 21:41

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Being at the conference tomorrow.

Maybe I'll find a sponsor.... gotta pray!

So far God is taking good care of me...

Hatzlacha to all!

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Re: From two identities to True self  
Posted by Healing - 29 Jan 2024 00:58

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Hatzlacha to you my friend!

Keep rocking,

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Re: From two identities to True self  
Posted by zzz613 - 29 Jan 2024 04:30

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[true\\_self wrote on 28 Jan 2024 21:41:](#)

Being at the conference tomorrow.

Maybe I'll find a sponsor.... gotta pray!

So far God is taking good care of me...

Hatzlacha to all!

hatzlacha to you!

and we'll be praying for you as well.

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Re: From two identities to True self  
Posted by true\_self - 29 Jan 2024 17:38

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Got a sponsor!

Starting real work tomorrow.

This place is getting really boring and unproductive for me (it's a part of my comfort zone and I use it to escape calling a friend), so I guess I'm leaving...

Continued hatzlacha buddies!

. . . and back to reality...

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Re: From two identities to True self

Posted by Heeling - 29 Jan 2024 17:42

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Real work started a long time ago, brother!

Hope you update us on the work that will be taking place tomorrow....

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