

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 cordnoy - 05 Jun 2023 13:39

[bright wrote on 05 Jun 2023 13:27:](#)

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

P.S. Deep inside I feel in despair, I need some chizuk to make me feel that its my yetzer hara?

I feel the same way too sometimes, maybe its just me... We are in a constant tug a war between our neshama and our guf... It makes us feel so contradictory (see iggeres hamusar). *Ain luch ben chorin elu mi sheosek batorah* why isnt one who learns and keeps the Torah restricted with all sorts of laws? The answer is that all those "free" people are slaves to their desires, only someone who is *oisek batorah* is free to choose and choose correctly. Th ewhole world is running blindly after their Taisvos not once asking "is this really what i want for myself", slaves

to their impulsive whims that do nothing for them except bring them grief and pain. We here sometimes struggle with this but we have the tools yo become *bnei chorin*. *Hatzlocha!*

So are you writin' and explainin' why you are in despair or why you shouldn't be?

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Re: From two identities to True self

Posted by true_self - 05 Jun 2023 14:24

HUGE NEWS

I blocked access to YouTube completely!!!

I can now only watch a video on YouTube by requesting access to that specific video.

It was not an easy step, but it was necessary as YouTube led me many times to fall since I stopped watching porn.

May it be a zechus for me to feel Hashem's closeness and that he should answer all my prayers, (I have no time now to write them all:)) and for all of Klal Yisroel's needs to be fulfilled.

May Hashem give me the strength to not unblock it ever again, and that everyone should have the strength to do the same.

"?? ???? ???? ???? ?????? ?????? ??"

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Re: From two identities to True self
Posted by Heeling - 05 Jun 2023 14:36

[true_self wrote on 05 Jun 2023 14:24:](#)

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WOWOWOOWOWW!!!!!! Major! Mamesh bibchenis Yosef Hatzdik! May Hashem bless you with all the brochos that He blessed Yosef for withstanding his challenge.

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Re: From two identities to True self
Posted by Grant400 - 05 Jun 2023 14:36

[true_self wrote on 05 Jun 2023 14:24:](#)

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Great job, my experience was that that method wasn't foolproof and I ended up having to block it completely.

Maybe take the leap now?

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@Grant400 - "I'll let True_Self speak for himself but maybe we should give him some breathing space. I had the same thing you had and i did recommend to True_self in private to do so but he is going the best he can in his situation.

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Re: From two identities to True self
Posted by willdoit - 05 Jun 2023 14:44

[true_self wrote on 05 Jun 2023 14:24:](#)

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"?? ???? ???? ???? ?????? ?????? ??"

You are strong and brave!, I can only imagine how hard - taking this step - was for you. This will help you become the person you really wanna be, ly"h.

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Re: From two identities to True self
Posted by true_self - 05 Jun 2023 18:00

[Heeling wrote on 05 Jun 2023 14:39:](#)

[Grant400 wrote on 05 Jun 2023 14:36:](#)

[true_self wrote on 05 Jun 2023 14:24:](#)

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@Grant400 - "I'll let True_Self speak for himself but maybe we should give him some breathing space. I had the same thing you had and i did recommend to True_self in private to do so but he is going the best he can in his situation.

Thanks Grant for pushing, and thanks Heeling for understanding.

Right now I do not yet feel up to it, I'd rather give myself some time to see how it goes.

I also believe that for me it is foolproof (at least more) because my wife gets an email every time I request access, and it would be very embarrassing if she would see that I requested access for inappropriate stuff.

My wife also **must** have YouTube for her studies, and as of now we have only one laptop.

However I am aware that if it will be necessary than I'll need to do it (just as a few weeks ago I thought that this was not necessary, but I was proven wrong).

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Re: From two identities to True self
Posted by bright - 05 Jun 2023 18:04

[bright wrote on 05 Jun 2023 13:27:](#)

P.S. Deep inside I feel in despair, I need some chizuk to make me feel that its my yetzer hara?

I feel the same way too sometimes, maybe its just me... We are in a constant tug a war between our neshama and our guf... It makes us feel so contradictory (see iggeres hamusar). *Ain luch ben chorin elu mi sheosek batorah* why isnt one who learns and keeps the Torah restricted with all sorts of laws? The answer is that all those "free" people are slaves to their desires, only someone who is *oisek batorah* is free to choose and choose correctly. Th ewhole world is running blindly after their Taisvos not once asking "is this really what i want for myself", slaves

to their impulsive whims that do nothing for them except bring them grief and pain. We here sometimes struggle with this but we have the tools yo become *bnei chorin*. *Hatzlocha!*

So are you writin' and explainin' why you are in despair or why you shouldn't be?

I was writing to say that it isnt us it is something external, its not "me", but rather something on the outside. But it appears I misunderstood "chizuk that its just my Yetzer hora"

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Re: From two identities to True self
Posted by Eerie - 05 Jun 2023 20:16

WOW! My friend, your zechus is very, very great! In the short time that you are here you have inspired us so much! Keep up the amazing work, keep trucking, and keep sharing!

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Re: From two identities to True self
Posted by bright - 06 Jun 2023 01:39

[bright wrote on 05 Jun 2023 13:27:](#)

Hashem please help me get back up again,

let me feel your love once again.

P.S. Deep inside I feel in despair, I need some chizuk to make me feel that its my yetzer hara?

Did you know that the accuracy of a ten day weather report is about 50%, that means every other day the weatherman is wrong... How does he get up for work for work the next day and say with confidence the next ten day weather report? He tells himself "really i was right but there was an unexpected cold front or a sudden storm and this threw my calculations off, really im accurate". We all have that ability but our YH doesnt let us use it... we should say "really I am able to fight this, but I had a minor setback, this is not me"

As for Hashem loving you, see Nesivos Shalom (1:2) where he says that part of Emunah is to believe that Hashem is always with is and loves us even by the 49 gates of impurity. Thats why it says "I am Hashem who took you out of egypt" to include together with the belief in Hashem, the belief he is there even when we are at the lowest point.

You sound like you are doing amazing and have been a big chizuk to me personally, as i am sure for everyone else. Keep shteiging!

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Re: From two identities to True self
Posted by chaimoigen - 06 Jun 2023 01:43

My dear friend True_self

You are a beautiful person. A person growing with refreshing honesty and a special heart.

I want to share a thought that might help.

One one hand: There is tremendous power in saying "That urge **isn't ME** - it's something external, it's not what the **real me** really wants."

This idea is found in Chazal when they call our urges the "Yetzer Hora".

But there is also tremendous power in saying "There's a part of ME that wants this stuff **so bad**. I know I can't trust **myself** ".

This idea is found in Chazal when they say "?? ????? ????? ?? ??? ?????". That's the idea that Cordnoy may be referring to, and knowing it helps us reach out to Hakdosh Boruch for help in what we can't do on our own.

But the part that surrenders and reaches out for help **isn't the part** the wants the ugly. And actions are really what are ugly or beautiful, in the end.

I know that it's huge topic, and people here know much more than I do. But I think that there is no contradiction in these different ideas from Chazal [though in application they may lead to different approaches.]

Each of us has a lot of different parts, a whole zoo inside our heads and hearts. **They are all "me" sometimes.**

In finding my own "True-self" I needed to discover an ugly part of me that really **did want to be** a slobbering, grunting warthog, hiding behind a soft, respectable beard. And I'm really scared of that part of me.

But I know that the part of me **that is scared of it** - is a part of me **that is deeper and higher** - and can ask Hashem for help ?????? ??? ??? ??????. And that Chelek HaNeshoma is also smart enough to look for ways to keep the warthog part locked up in its cage, muzzled and sleeping. And maybe I'll get to the point where the keyhole will rust shut, one day, if Hashem is so good to me.

My Tayereh holy friend - I'm proud of you for locking the YouTube door (mostly). I think that maybe, part if the Chizzuk is to know that there **is** a part of you that wants to fall. And the part of you **that is depressed by the thought** is the same part of you who locked the door and wants Chizzuk and needs help from Hashem . And will get it! ?? ??? ????? ????? ???

I will end with a resounding Amen to your Brocho that we should all have the strength to do the right thing, even when sometimes we don't want to.

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Re: From two identities to True self
Posted by yitz23 - 06 Jun 2023 04:03

[true_self wrote on 05 Jun 2023 14:24:](#)

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"?? ???? ??? ??? ????? ?????? ??"

MAZAL TOV!!

May we be zoche to share in future simchos together!

Keep going TS!! We love you!

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Re: From two identities to True self

Posted by true_self - 07 Jun 2023 20:04

Hi everyone.

B"H I'm very happy with my decision of blocking YouTube, It's literally a game changer, only now do I realize how exposed I actually was to so much schmutz, with only one click.

I've decided to celebrate this achievement when I reach 40 days (if I don't reopen access to it).

I also made myself a goal of reaching 40 days clean, I'll treat myself with something I want to buy for a long time already.

?To keep me motivated along the way I'll treat myself every 10 day milestone with something small.

I hope to only share good news, and I ask all my wonderful friends hear to please keep me motivated along the way, and thanks for all the insights and chizzuk till now.

Special thanks to Eerie, for the continues support 24/6 .

Thanks Chaimoigen for taking the time to write these beautiful insights.

I appologize if I forgot to mention somrone, I'm in a rush right now...

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Re: From two identities to True self
Posted by Bennyh - 07 Jun 2023 22:43

[true_self wrote on 05 Jun 2023 14:24:](#)

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"?? ???? ??? ??? ????? ?????? ??"

I wish I had more time to post here on the amazing threads, but I had to come here and give you a hearty mazel tov!

?Honestly, in my humble opinion, this is the only way. It's crystal clear to me, but so many seem to have a very hard time taking the plunge!

I mean, do you want to have a clear mind? Do you want to avoid inappropriate content from contaminating your eyes? Do you want to avoid the slippery slope? Then PULL THE CORD!!

?So many on this website KNOW that YouTube is their Achilles' Heel, but they hem and haw and are simply INCAPABLE of putting an end to it!

I'm not judging anyone (maybe I am??) but rather my point is that even though what you've done seems so simple and straight forward and a no-brainer, apparently, it's a very big step. Keep it up!!!

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