

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, 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) were 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"n 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.

=====
=====

Re: From two identities to True self
Posted by true_self - 08 Jun 2023 19:10

Only a few days without YouTube and it feels forever....

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

Constant urges, getting stronger and then subsiding... rising again... reaching the peak... dropping back down and disappearing....

This is what my energy is being spent on the past few days, Yes as bad as it sounds...

I should be focusing on my wife, and her needs, she's after giving birth and shes in pain, but her poor husband, whos going crazy being by his in-laws (they are wonderful people, but

whoever's been through this know how it is, having privacy and independence is better than helpful shviger... but she is needed more...) doesn't know how to help himself better (this is what he feels sometimes).

Hes between urges for lust, and urges for GYE, all the time, It's hard for him to deal with his wifes pain, hes feeling that his heart is reaching full capacity...

I know this will go by, but after it goes by, it comes back... I see no end... yes life is a roller-coaster and I'm going through the tumbleovers now

May you all have a great day...

=====
=====

Re: From two identities to True self
Posted by Eerie - 08 Jun 2023 20:11

Oy, my friend, I feel for you. I'm sorry for the pain and the hard urges. BeH you'll be fine, things will be better, and yes, the tunnel really does end somewhere. Keep at the wonderful work, and

=====
=====

Re: From two identities to True self
Posted by EccentricComposer - 08 Jun 2023 20:14

Wow. you're amazing!

=====
=====

Re: From two identities to True self
Posted by richtig - 08 Jun 2023 20:52

[true self wrote on 08 Jun 2023 19:10:](#)

Only a few days without YouTube and it feels forever....

Constant urges, getting stronger and then subsiding... rising again... reaching the peak... dropping back down and disappearing....

This is what my energy is being spent on the past few days, Yes as bad as it sounds...

I should be focusing on my wife, and her needs, she's after giving birth and shes in pain, but her poor husband, whos going crazy being by his in-laws (they are wonderful people, but whoever's been through this know how it is, having privacy and independence is better than helpful shviger... but she is needed more...) doesn't know how to help himself better (this is what he feels sometimes).

Hes between urges for lust, and urges for GYE, all the time, It's hard for him to deal with his wifes pain, hes feeling that his heart is reaching full capacity...

I know this will go by, but after it goes by, it comes back... I see no end... yes life is a roller-coaster and I'm going through the tumbleovers now

May you all have a great day...

I think I know what you mean... But in a way I think youtube makes it harder overall, I guess thats why you stopped. B'kitzur I don't know how to give chizzuk, but I wish you hatzlacha, it sounds like you are doing everything right! Keep it up! Let us know how hard it is! Let us know if it gets easy too

=====
=====

Re: From two identities to True self
Posted by chaimoigen - 09 Jun 2023 12:23

[richtig wrote on 08 Jun 2023 20:52:](#)

[true self wrote on 08 Jun 2023 19:10:](#)

Only a few days without YouTube and it feels forever....

Constant urges, getting stronger and then subsiding... rising again... reaching the peak... dropping back down and disappearing....

This is what my energy is being spent on the past few days, Yes as bad as it sounds...

I should be focusing on my wife, and her needs, she's after giving birth and shes in pain, but her poor husband, whos going crazy being by his in-laws (they are wonderful people, but whoever's been through this know how it is, having privacy and independence is better than helpful shviger... but she is needed more...) doesn't know how to help himself better (this is what he feels sometimes).

Hes between urges for lust, and urges for GYE, all the time, It's hard for him to deal with his wifes pain, hes feeling that his heart is reaching full capacity...

I know this will go by, but after it goes by, it comes back... I see no end... yes life is a roller-coaster and I'm going through the tumbleovers now

May you all have a great day...

I think I know what you mean... But in a way I think youtube makes it harder overall, I guess thats why you stopped. B'kitzur I don't know how to give chizzuk, but I wish you hatzlacha, it sounds like you are doing everything right! Keep it up! Let us know how hard it is! Let us know if it gets easy too

We are here with you. feeling along. take my hand...

Dont forget to ask the Rebono Shel Olam for help...

It might help to make extra effort to make genuine eye contact with your wife. Feel a genuine connection, helps on a lot of levels, at least it does for me. It's a hard time....

I found an old poem I wrote when I had my first child, asking Hashem to help me not fall...

remembering how rough it was... feeling along...

Hang on... you can make it

Stay in touch - you are special

=====
=====

Re: From two identities to True self
Posted by true_self - 09 Jun 2023 17:48

First I want to thank Eerie, Chaimoigen, richtig & EC, for all support you're giving me all the time.

I thank Hashem for another beautiful week, I had a lot of tough moments but I grew a lot from them as well, here I summarized some of the happenings:

- I blocked YouTube, a huge step which I did not think I'd be able to do, a week ago.
- Had a few eye opening conversations with my wife, learning to understand her better.
- I setted a goal for 40 days, with a award awaiting when I reach beH (also smaller treats every 10 day milstone)
- I've created accountability, on the internet, on the street before facing possible challenges, and also on GYE (to limit time wasting).

I'm now in a rush, its before shabbos and I dont have anymore time to think about more things, so beH will add after shabbos.

Thanks to all guys here, I keep on going, and I'm ready to welcome a holy, calm & relaxing Shabbos, no internet, no gye, real menucha...

Gut Shabbos!!!

=====
=====

Re: From two identities to True self
Posted by chaimoigen - 09 Jun 2023 17:53

Yesmichu Bemalchuscha!

You are the champion! You are rising like an eagle, soaring to Shmayim!

Gut Shabbos!

=====
=====

Re: From two identities to True self
Posted by EccentricComposer - 09 Jun 2023 17:55

Absolutely incredible, have a good shabbos!

=====
=====

Re: From two identities to True self
Posted by richtig - 09 Jun 2023 18:01

[true self wrote on 09 Jun 2023 17:48:](#)

First I want to thank Eerie, Chaimoigen, richtig & EC, for all support you're giving me all the time.

I thank Hashem for another beautiful week, I had a lot of tough moments but I grew a lot from them as well, here I summarized some of the happenings:

- I blocked YouTube, a huge step which I did not think I'd be able to do, a week ago.
- Had a few eye opening conversations with my wife, learning to understand her better.

- I setted a goal for 40 days, with a award awaiting when I reach beH (also smaller treats every 10 day milstone)

- I've created accountability, on the internet, on the street before facing possible challenges, and also on GYE (to limit time wasting).

I'm now in a rush, its before shabbos and I dont have anymore time to think about more things, so beH will add after shabbos.

Thanks to all guys here, I keep on going, and I'm ready to welcome a holy, calm & relaxing Shabbos, no internet, no gye, real menucha...

Gut Shabbos!!!

Sounds good! Would you share the awards? I am trying to think of some

=====
=====

Re: From two identities to True self
Posted by Hashem Help Me - 09 Jun 2023 18:02

Mazel Tov on your wise and courageous decision to block YouTube. May Hashem help you get through the "withdrawal" stage easily. Look forward iyh to loads of menuchas hanefesh from the disconnect.

=====
=====

Re: From two identities to True self
Posted by Grant400 - 09 Jun 2023 22:13

Huge decision, with "huger" outcomes.

Amazing and awe-inspiring!

Treat yourself to a good drink over shabbos.

L'chaim!

=====
=====

Re: From two identities to True self
Posted by true_self - 13 Jun 2023 22:19

Day 7 (1 week)

- Shmiras einayim on the street is escalating (probably because I got back to reality, after quitting the virtual screen lust, to some degree, in addition to the warm weather).
- Had many strong waves of urges to watch porn again, plus, many flashbacks of erotic scenes that refuse to leave my mind.
- Have no more easy outlet for stress anxiety etc., so I gotta learn the real way to deal with them.
- I feel much more stronger, and its easier for me to get up after a fall.
- I try to check in with a friend at the end of a day, to reflect on how it went.
- My wife feels that I'm more present, and do not run to the screen every spare (never really spare) minute that I have .

I know that its all normal and expected, on the journey to freedom, especially in the beginning.

Thanks to all amazing friends here (and especially Eerie), I can only do it with your continuous help & support.

The positivity and achievements are HIGH and the expectations are LOW!

True self

=====
=====

====

Re: From two identities to True self
Posted by Vehkam - 13 Jun 2023 22:24

for stress outlets, having music on all the time was a big help for me. also adding a daily seder (even five minutes) in anything you are interested in can work.

=====
====

Re: From two identities to True self
Posted by chaimoigen - 13 Jun 2023 22:37

Exercise is great, too.

Not necessarily for exercise, (but it can be), having a scheduled to time to take a walk with your wife can be a game changer. It puts connecting in a positive way into your routine, even if you're just enjoying the company without talking.... Many studies show that walking has incredible benefits to physical, mental and psychological health and this way you can add the benefit to your relationship that comes of actively making time for each other. too.

(p.s. Onah actually means "time" ????????)

=====
====