

The Real Me

Posted by proudyungerman - 03 Jan 2024 04:12

Even after all the work I have done thus far, to take this step is painful. (Although I know it will also bring relief and much good advice! Yes I am looking forward to it!)

My story - the full story:

(I hope this isn't too long. Even though it probably is. Sorry, it's gotta come out somewhere.)

I was a very temimusdika kid who had no clue what went on between husband and wife. (I remember learning about the parsha of sotah and having to ask my mother what a sotah was...)

In 8th grade a friend of mine introduced me to the wonderful world of the paid phone lines. At the time I didn't really understand what was going on.

Later on towards the end of ninth grade I discovered the experience of being ?????? ??? ??????. I was taken aback and didn't fall again until succos bein hazmanim. From that point on it was downhill and quick. I spent the next 6 years with tremendous struggles in this inyan. At some point I realized what it was that my friend was showing me back in 8th grade and I included that in my struggle (just the opening messages - I never dreamed of actually talking to a random lady.) All the while I was learning in a prestigious yeshiva and doing very well there. I remember opening up to a very close friend and to a Rebbi of mine about the struggles with ??? ??????. They were both ????? me, however, nothing seemed to work. Even when I tried to throw myself into my learning it always ended in a fall. I think the longest I went in yeshiva was about a month. At some point in third year beis medrash I realized that the struggles and temptations had lessened in a serious way. I still don't know why, but that's the way it was for a while. After I got married and BH that seemed to be the end of it. Phew! Fast forward 6 years...living in a small out of town community...in Kollel...learning and involved communally...I find myself looking at inappropriate pictures and reading inappropriate articles online. This was a first for me. Help! (Yes, the Kollel didn't have the proper filters, otherwise I wouldn't have been able to access them. At home I didn't have my own computer, we have had techloq for years, and I don't know the password to my wife's computer.) I was pretty confused as to what was going on. I had no idea why I was doing this besides for...it's enjoyable. I decided that as I am trying to fix the filter situation in the Kollel I was going to get myself a computer with a filter to use while I am at the Kollel. As I was trying to convince my wife to agree to me having a computer it ended up coming out. Now my wife knows. I reached out to a Rebbi of mine. He gave me some advice which was basically helpful. For a little while. Fast forward one year. A few months ago I was feeling really tempted and then...I did it. I ended up calling one of these phone lines and talking to some ladies. This went on for a few short weeks until I realized that this will destroy my life if I don't get help and FAST! I reached out to some of my Rebbeim who in turn directed me to a therapist. I have been working with him for a few months and have seen some real improvement. I know that my case is pretty mild but I came here to get some chizuk from my Holy brothers, some guidance and mussar from some mentors, and some advice from anyone who has good ideas.

Looking forward to hearing from y'all!

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proudyungerman@gmail.com

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Re: The Real Me
Posted by chaimoigen - 13 Mar 2024 02:02

[foolie wrote on 13 Mar 2024 01:34:](#)

there is so much you need to learn young Jedi padawan and because you asked so nicely without even realizing that you did so

BOP

you have been bopped Sir. Good day

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Re: The Real Me
Posted by proudyungerman - 13 Mar 2024 02:48

[foolie wrote on 13 Mar 2024 01:34:](#)

It's amazing how just because I complain about the amount of laundry I need to do (which has not gotten done today which means a super long Wednesday night for me) and I don't complain about the garbage that I don't have to take care of the garbage (I'm just incredibly lax and lazy about the garbage and leave it for the other tenants to take care of) there is so much you need to learn young Jedi padawan and because you asked so nicely without even realizing

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POW!

You have been SHOT!

Remember...!em cowboys are quick on the draw and we also shoot from the hip...

Shoot first ask questions later is the motto...

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Re: The Real Me

Posted by foolie - 13 Mar 2024 12:32

[proudyungerman wrote on 13 Mar 2024 02:48:](#)

[foolie wrote on 13 Mar 2024 01:34:](#)

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My wife thanks you for your sincere attempt to shoot me. A complaint will be filed with the WCA (Who Cares Anonymous) about this incident. Expect a resolution shortly. Good Day Sir

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Re: The Real Me

Posted by notezy - 13 Mar 2024 13:28

[foolie wrote on 13 Mar 2024 12:32:](#)

[proudyngerman wrote on 13 Mar 2024 02:48:](#)

[foolie wrote on 13 Mar 2024 01:34:](#)

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I am worried this stuff is contagious.

"This is your brain" (*shows egg*)

"This is your brain on crack" (*shows scrambled eggs*).

Dramatic pause

"This is your brain on GYE" (*shows this forum thread*).

"Don't do drugs kids, stay in school"

-D.A.R.E.

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Re: The Real Me

Posted by eerie - 13 Mar 2024 18:05

[proudyngerman wrote on 12 Mar 2024 23:36:](#)

Yesterday was an interesting day. It started off positive as I woke up on time for shacharis - 6:45 - after going to sleep around 1 am. When I got to first seder, I was learning well (without a chavrusa) and I suddenly found myself hit by a surge of ??????. It was quite annoying, especially considering that giving in was not on the radar. BH I was fine and it also helped to text some GYE friends.

As the day progressed, I noticed that the YH had moved on to greener pastures. BH!

Little did I know what was awaiting me later...

As it turns out, the YH wasn't done. He got me to waste the first hour and a half of night seder (on GYE:). I was feeling a little icky from that, but I pushed it away. I then proceeded to learn, I mean shmooze, with a chavrusa for the last half hour of seder. Although there was toeles to that shmooze, it wasn't learning.

When I got home I realized that I wasn't feeling particularly good about myself based on how I spent (wasted) my night seder. My wife had gone to sleep early and I was planning on getting into bed by 11. (I got home around 10:20.) I went upstairs and found my son in my bed. I picked him up and as I walked into his room to return him to his bed, my 10 month old woke up...and I still had to bring out the garbage, recycling, and yard waste. (Foolie, I said garbage not laundry...)

B'kitzur, I realized that YH had simply switched hats and was trying to get me to feel icky about myself and from there get me to go to sleep late and after that is already happening it doesn't take long...

B"H being that I am a proud member of GYE, and have had new ideas banged and bopped into me, I was able to not only spot the trick but also combat it properly.

[Yes, I'm human. I have good days and bad ones. I am doing great and am proud of where I am holding. Just because I wasted a night seder doesn't mean I should be down in the dumps and upset at myself. Etc.]

B"H it worked! I managed to get into bed by 11:30 and went to sleep shortly after which enabled

me to get up before shacharis this morning to learn...SUCCESS!!

GEVALDIG!!!

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Re: The Real Me

Posted by proudyungerman - 17 Mar 2024 03:47

Another day another test...

Thursday night...

I am an avid reader, a real bookworm. Although I don't usually have all that much reading time, I make sure to have good reading material around for those few minutes here and there. I recently realized that I had read (and re-read...) all current reading material and I decided to look for some more. I got a recommendation for a good author - non-jewish - and ordered some of his books. They came Thursday afternoon. When I got home Thursday night after night seder, finished cleaning up the kitchen, making the cholent, etc, I was finally able to take a look at them. I opened them up and started browsing. As I was flipping through them, I noticed that one of them had a few parts that had a strong focus on some inappropriate content.

What should I do?

As you can imagine my mind starts to race...should I just ignore it? Read it and skip those parts? Not focus on that part of the content? Should I throw it out? Burn it? Read it and enjoy it???? Is it really so bad? Don't do it! You'll regret it! Yeah, but it's enjoyable now and I have been so good...a little enjoyment is fine once in a while...and the battle went on...

As these thoughts are racing through my brain, I flipped through some more of the book, making sure not to read the inappropriate parts...yet...

And then I went upstairs to my wife and handed her the book. I told her that it some inappropriate material in it and I can you please put it away somewhere so I don't read it.

SUCCESS!!

I have to say the decision felt good and I am happy that I did it!

Forward Ho!!

Onwards to true Kedusha, Purity, and Faithfulness!!

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Re: The Real Me

Posted by proudyungerman - 20 Mar 2024 14:10

Walking all alone on a path so dark

Potholes and bumps abound with invisible twists and turns

Clouds loom above, ominously glaring down

Winds picking up the drizzle increasing

Gale force winds whistling

Swaying, rocking the lonely man below

Torrential downpour, cold rain whips hard

Harder, harsher, vicious soaked all the way through

Waves crashing atop without respite

Storming inside and out

Wet, tired, and drained to the core

Cold all around

Turning to Heaven from within

Searching for the spark hidden deep inside

Yearning, needing the inner calm

Stability to keep going

In the eye of the storm an oasis found

The spark hidden so deep, growing, burning

Ablaze, filled with warmth

Tranquility prevails

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Ribono Shel Oilam,

I am Proudyungerman and I am reporting for service.

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Re: The Real Me

Posted by chooseurname - 20 Mar 2024 15:52

Bro you're going to hit 90 days on Purim. That's amazing and I'm very jealous. Take a minute on your mountaintop of success to pray for us all down at the bottom. Keep on trucking!

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Re: The Real Me

Posted by proudyungerman - 21 Mar 2024 19:32

Please see here:

guardyoureyes.com/forum/19-Introduce-Yourself/410550-Finish-Sefer-Tehillim-on-Purim

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Re: The Real Me

Posted by proudyungerman - 27 Mar 2024 14:12

It is hard to believe that I am actually at this milestone. To me the milestone has very little to do with the actual amount of "clean days", rather with a changed persona. (Really, I feel my count should be from when I first spoke to HHM - ????? ??? 83 - and I still proudly text him every night!)

I tried to organize my thoughts, so I hope they are coherent.

There are three main ingredients in my current story of success.

1. Normalizing my struggle.

1a. Realizing that I am a good person

1b. Speaking to fellow GYE'ers

2. Reeducation on what real intimacy and sex is.

3. Learning to feel a real, deep, sublime pleasure and enjoyment out of beating my YH.

1. Normalizing my struggle was the first part of my current upwards trajectory. I must give a tremendous shoutout to IWLR for being the first one to really "understand" that to me. I think our first conversation on the phone was about an hour and a half (I missed Maariv for it - totally worth it!) and it really opened up the floodgates for me. To be able to see and feel that another yeshiva guy, just like me, had the same struggles, was such a big game changer.

Then HHM came along and explained to me that I absolutely CANNOT define myself by my struggles and failures in one single area! I am a good person! Being that I have the condition called life, I come with some flaws. It is my job to work on those flaws and improve myself to gain that ultimate closeness to Hashem. By no means am I defined by one single struggle or failure. Through this realization I was able to really start respecting myself properly as a person. I was able to continue to mend the internal rift, to merge my two personalities into one proudyungerman who has some flaws and failures - and that's ok! (This has had an extremely positive effect on my life outside of GYE also...?????? ?????)

That work is by no means finished. I still need more of this until I reach the point of seamless integration. (I don't know if it will ever be perfect.) For example, I still have a hard time opening up a sefer on shmiras einayim. It brings back bad feelings from when I was a bochur and so stuck in the mess, unsure if there was even a way to ever get out. Even my Rebbeim didn't have any ideas for me, just chizzuk.

(I often wonder if I should go back over to them and inform them of the help that I've gotten and that's available...)

The effect of talking to real people about my struggles CANNOT be understated. I therefore suggest, yell, shout, scream, cajole, convince, beg, plead, and cry to all of you: **PICK UP THE** R' Eerie and R' CO are also great!) I will readily admit that the first conversations are uncomfortable (alot!), and I am nervous before I have them. However, every single time, I am so happy after the fact. Just to be able to talk to someone else who also gets it is so relieving. I have made numerous close, real friends and Rebbeim on my short time on this forum already, and I have no plans of stopping!

(I was even zoche to meet one of my Rebbeim from this site and it really takes it to a whole new level! I am very excited to meet more of the chevra as soon as I can. I think R' Eerie has my address, it's somewhere in Burma...if you happen to be in the area please stop in!)

?To be continued...

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Re: The Real Me
Posted by eerie - 27 Mar 2024 18:56

I wonder if it's my allergies, but I'm tearing up reading your beautiful words...and wishing I was on my way to Burma...

If I may say publicly, you never sounded uncomfortable to me. You sound like a wonderful,

Keep trucking!

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Re: The Real Me

Posted by iwannalivereal - 27 Mar 2024 19:08

~~proud, special person who wants to keep becoming better.~~ So, please do!

Wow proudyungerman amazing!

I'm quite proud to have you as a friend; and after shmoozing with you and getting to know you over the months, hearing about your milestones are such an inspiration and chizzuk.

Keep it up!!

P.S. I didn't know they have Maariv in Burma!

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Re: The Real Me

Posted by eerie - 27 Mar 2024 19:11

Of course they have Maariv in Burma!!! Otherwise, do you think a Yeshivish guy like PY would be there? I mean, come on!

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Re: The Real Me

Posted by chaimoigen - 27 Mar 2024 22:19

Beautiful, lucid post that can be a real help to others. You are special. You can and should be proud of who you are and where you are!!

I feel you should **absolutely** go back to your Rabbeim and let them about resources and pathways that they don't know about, there are other wonderful special guy drowning out there, and your Rabbeim should know about every tool there is with which to help others!

Just don't "out" anyone ...

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