

The Real Me

Posted by proudyungerman - 03 Jan 2024 04:12

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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](mailto:proudyungerman@gmail.com)

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Re: The Real Me  
Posted by foolie - 28 Mar 2024 00:02

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Re: The Real Me  
Posted by proudyungerman - 28 Mar 2024 00:12

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[foolie wrote on 28 Mar 2024 00:02:](#)

I can also say for certain that you never sounded uncomfortable to me at any time

**Warning: Spoiler!**

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Re: The Real Me  
Posted by Heeling - 28 Mar 2024 01:06

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My mother always told me to stay away from strangers...

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Re: The Real Me  
Posted by foolie - 28 Mar 2024 02:37

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[proudyungerman wrote on 28 Mar 2024 00:12:](#)

[foolie wrote on 28 Mar 2024 00:02:](#)

**Warning: Spoiler!**

Sour gripes...

always

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Re: The Real Me

Posted by proudyungerman - 28 Mar 2024 03:04

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[foolie wrote on 28 Mar 2024 02:37:](#)

[proudungerman wrote on 28 Mar 2024 00:12:](#)

[foolie wrote on 28 Mar 2024 00:02:](#)

**Warning: Spoiler!**

Sour gripes...

always

One day at the International GYE Anonymous Convention I am going to challenge you to a public gripe off...start your engines...

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Re: The Real Me

Posted by foolie - 28 Mar 2024 03:21

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[proudyungerman wrote on 28 Mar 2024 03:04:](#)

[foolie wrote on 28 Mar 2024 02:37:](#)

[proudyungerman wrote on 28 Mar 2024 00:12:](#)

[foolie wrote on 28 Mar 2024 00:02:](#)

**Warning: Spoiler!**

Sour gripes...

always

One day at the International GYE Anonymous Convention I am going to challenge you to a public gripe off...start your engines...

my engine is always revved you should know that by now

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Re: The Real Me

Posted by adam2014 - 28 Mar 2024 10:00

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What a beautiful post! You should be very proud of yourself. I am on the cusp of making that first call to HHM, and this post might finally get me to make the leap. HaShem had me open this post this morning and led me here. He is telling me that it is time to make the call.

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Re: The Real Me

Posted by proudyungerman - 28 Mar 2024 13:37

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[Heeling wrote on 28 Mar 2024 01:06:](#)

My mother always told me to stay away from strangers...

Clearly your mother doesn't know about GYE...  
**Warning: Spoiler!**

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Re: The Real Me  
Posted by Heeling - 28 Mar 2024 13:56

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[proudyngerman wrote on 28 Mar 2024 13:37:](#)

[Heeling wrote on 28 Mar 2024 01:06:](#)

My mother always told me to stay away from strangers...

Clearly your mother doesn't know about GYE...  
**Warning: Spoiler!**

If only she would know how strangers have changed my life....she would say 'I told you to stay away, especially from those who say they have the solution to happiness'.

Me - Dont you worry, Ma, these are just a bunch of grouches, grumping all day long. Nothing to worry about.

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Re: The Real Me

Posted by eerie - 28 Mar 2024 17:37

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[proudyungerman wrote on 27 Mar 2024 23:30:](#)

[eerie wrote on 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!

Thank you. Really. I've gained a lot from you and I'm zoche to call you Rebbi/Friend.

You can definitely say it, I am proud to have made those phone calls. (Other ones not as )

It is important for me to be clear that although I may not have sounded uncomfortable, I definitely felt it. I was nervous and had butterflies in my stomach.

I had the opportunity to speak to Heeling last week, right before the call I was quite nervous. It is hard to spill out my guts and mistakes to strangers whom I've never even heard of before, let



alone met or spoken to. However, the positive effects of the conversations, connections, relationships, advice, grumps, and simply being listened to and understood outweigh those uncomfortable moments.

My dear friend, I know you were nervous. Hey, so was I! Speaking to people, opening up about the things we have worked so hard for years to keep secret is very, very hard. No question. And in my first post back in Nov of '22 I wrote that it's so sad that I can't talk to anyone about this. I totally get you. All I meant to say was that you always **SOUNDED** great, like the wonderful person that are. I was not arguing, just complimenting you, for your courage, for your wise decision. And letting you know that it was wonderful to talk to you

And yes, for all those people out there that have not called anyone yet, please know: Yes, it is hard. But oh boy is it worth it!

Proudyungerman, you've got a lot to be proud about!

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Re: The Real Me  
Posted by hehochma - 29 Mar 2024 14:55

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[adam2014 wrote on 28 Mar 2024 10:00:](#)

What a beautiful post! You should be very proud of yourself. I am on the cusp of making that first call to HHM, and this post might finally get me to make the leap. HaShem had me open this post this morning and led me here. He is telling me that it is time to make the call.

Do it!!!

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Re: The Real Me  
Posted by proudyungerman - 31 Mar 2024 04:25

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?To be continued...

For part 2 see

here: [guardyoureyes.com/forum/17-Balei-Battims-Forum/409689-My-Journey-to-True-Intimacy?limit=15&start=15#411007](http://guardyoureyes.com/forum/17-Balei-Battims-Forum/409689-My-Journey-to-True-Intimacy?limit=15&start=15#411007)

?Part 3 coming soon...

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Re: The Real Me  
Posted by eerie - 31 Mar 2024 19:12

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Hey, MAZAL TOV ON THE BIG NUMBER!!!!  
  
Many, many more, beH and with your hard work!  
  
Keep on monster trucking!!!!

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Re: The Real Me  
Posted by yiftach - 31 Mar 2024 19:29

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**100!!!**  
  
KOMT!  
  
- Little Y

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