

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 youknowwho - 05 Apr 2024 00:56

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Oh boy, now I have to care!!

Here's a warm snørt-hug!

Thinking of you. Hoping the weather turns better soon!

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Re: The Real Me  
Posted by vibrantchosid - 05 Apr 2024 02:14

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Yes, I could definitely relate

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Re: The Real Me  
Posted by proudyungerman - 11 Apr 2024 03:43

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?To be continued...

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

I am having trouble organizing my thoughts so please excuse me.

This is my weakest link of the three and I hope to work on strengthening it soon. I believe that I came to this understanding through a combination of reading part of TBOTG, speaking to HHM and R' CO, and really contemplating the ideas that I learnt.

For me, one of the main ideas that has been helpful in this area is the idea that I really am a good person. In the back of my mind I always knew that there was something wrong and broken about me if I could be engaging in such revolting behaviors. I have come to learn that, as HHM says, I have a ginormous chart up in shamayim that has millions, and I mean millions, of checks. These checks are many different sizes, big and small, depending on how well I fulfilled any given mitzvah. There's also a chart that has some pretty big black marks on it. I am not proud of those marks. Not proud at all. (Although, based on where I am headed now, there may come a time when I can truly appreciate where I made it to specifically because of those black marks.)

That does not negate my other chart at all! The fact that I messed up big in one particular area doesn't mean that I am rotten! Once I can accept that, I can learn to genuinely like myself, and from there begin to truly appreciate the mitzvos that I do.

Although I am not sure how to articulate this, in my mind this leads me to the next step.

In TBOTG, and in conversations with R' CO and HHM, I learnt that the fact that I am obligated to do something doesn't mean that I cannot or should not celebrate me fulfilling that obligation. Especially when it is murderously hard to do!

The more I contemplated this idea, I learnt a couple of things:

1. This really is the YH's trick. Is there any difference between choosing to not watch porn or calling a phone sex line and davening a real, true davening, learning a good seder, or putting on Tefillin with some mindfulness of what you are doing? I don't think so. I think the Y"H tricks us into what HHM calls "Jewish Perfectionism". If I have to do it then I get no credit for doing it right, just flak if I don't do it. Really, anything we do or don't do that we are supposed to do is worthy of celebration.

(I have found this idea very helpful in other areas of life as well. I have been stuck without a regular chavrusa in the morning since Purim Katan. It has gotten progressively harder to learn well as the zman is drawing to a close. (See my non-valid rant in the grouchery...whatever. Maybe one day Redfaced will like me - or teach me how to properly rant...) I have found that the mornings that I really try this exercise before seder - and learn some ??? ??? - I have a much higher probability of having a good seder.)

The truth is that as I was writing this, I realized that although what I just wrote may be true, it isn't really what has been helping me. At least not yet.

What I have found to be helpful in this vein was more the realization that I am now free. After a few weeks of doing HHM's 30 day challenge (???? ??? 97!!) I suddenly realize that I was feeling a certain freedom that I hadn't ever felt before. I had stumbled upon the freedom of not having to look. What a crazy thought...I don't have to look?!?! I don't have to literally force myself not to avert my gaze?!?! And the answer was a resounding **YES!** I actually do not have to look nor force myself not to look! I can actually simply not look where I don't want to and that's it.

Obviously this is not a static thing, and I need to continuously work at it, especially as we approach Pesach and the summer. However, now I have this part of the antidote. It is now up to me to do the work and continue to taste the tremendous feelings of success.

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Re: The Real Me  
Posted by chaimoigen - 11 Apr 2024 04:33

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a resounding YES!

Amen!!!

I love the point about the comparison between choosing to learn a great Seder and actively choosing Tahara.

My friend, keep climbing! Keep discovering how wide and gloriously blue are the endless horizons, out there soaring free, high above the shards of that artificial glass ceiling you've smashed through!!

Keep Soaring Proud!

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Re: The Real Me

Posted by proudyungerman - 12 Apr 2024 20:58

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I wanted to share an experience that I just had. In a certain sense it is a very obvious reaction, however, it isn't one that I always had...

I had to take my 11 month old son to the ENT today. (Obviously, the appointment was Friday afternoon at 2:30..) While we were in office and the the RN was examining my son, I realized two things:

1. She wasn't wearing gloves.
2. She was probably going to end up touching my hand as I was holding my son's head.

In just a few moments, I decided that there was absolutely nothing to get excited about. Besides for the fact that she obviously doesn't have anything in mind, why in the world should I get excited from this?!? Does this have anything to do with the physical aspect of real intimacy?!? NO WAY!!

I then decided to not think anything of it and promptly went on with holding my son's head and was ????? ??? from the whole thing.

B"H I was successful! Progress is being made!!

Y'all have a Great Shabbos!!

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Re: The Real Me

Posted by vibrantchosid - 14 Apr 2024 03:24

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[proudyungerman wrote on 12 Apr 2024 20:58:](#)

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I could totally relate. Just reading it makes so much sense but an actual real life feels so impossible

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Re: The Real Me

Posted by proudyungerman - 16 Apr 2024 17:23

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[vibrantchosid wrote on 14 Apr 2024 03:24:](#)

[proudungerman wrote on 12 Apr 2024 20:58:](#)

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Just a few months ago I felt the same way. Then I found GYE, posted my story, and reached to some of the wonderful people who hang out here. Only with their help and guidance was this story able to be taken out of my dreams and happen in real life.

Have you considered starting your own thread? Tell us a little about yourself and your struggles, we are all here for you! And yes, you can break free!

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Re: The Real Me

Posted by proudyungerman - 16 Apr 2024 17:42

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As I am reflecting on my zman (BTW, as IWLR astutely pointed out - the longest winter zman in America/Burma/EY - whatever...) I am overcome with emotion. Although my zman started without GYE, the impact GYE had on my zman was incredible. My learning, which was going well until GYE, literally took off after!

I have always dreamed of writing notes on what I learn. Ever since I did it too well in Yeshiva in one small tekufa, my Jewish perfectionism stopped me from ever doing it again. That voice of "reason" in your head: C'mon, it's not going to be as organized and clear. You're not going to get everything. It's just not worth it.

Well, a few bonks on the head at the start of the zman got me started. Then, GYE got me to continue. But not only did I continue, I CRUSHED IT!! I told myself that even if I don't write on everything, even if I \*gasp\* have to skip something - don't give up and don't stop! And I didn't. I



managed to invest myself in this that I even took extra time out of seder to work on it and finish it. Rabboisai - I have over 40 pages of notes from this zman alone. That is more than I have ever written in my life!! (not including taking notes in shiur)

B"H I am happy and fulfilled. Special mention must go to Rabbeinu CO. Without him, I would not have been able to do all this.

!!?????? ?? ??? ?????? ??? ????? ????????? ??? ??? ??????????

[chaimoigen wrote on 30 Jan 2024 05:13:](#)

PS. 'Twas a **wonderful** hug.

PPS. 'Twas a wonderfuler smack. Really.

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Re: The Real Me  
Posted by Heeling - 16 Apr 2024 18:24

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Gevaldig!

Superb!

Amazing!

Wow!

Rocking!

Trucking!

Plowing!

Shipping!

Can we have it made into a booklet and give out at the Nishmas minyan for IWLR?

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Re: The Real Me  
Posted by cande - 16 Apr 2024 18:42

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i can use a nishmas minyan badly, i had a sucky, bitter zman.  
add me to booklet.  
cant wait to eat that bitter ????? it will make me feel @home.

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Re: The Real Me  
Posted by eerie - 16 Apr 2024 18:53

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[cande wrote on 16 Apr 2024 18:42:](#)

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Ouch. I'm sorry, brother. Hold on. Sunny days are coming. Join the friendships, and then you'll truly feel at home

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Re: The Real Me  
Posted by cande - 16 Apr 2024 21:22

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[eerie wrote on 16 Apr 2024 18:53:](#)

[cande wrote on 16 Apr 2024 18:42:](#)

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bh im in so many friendships here, its ??? life saving!

but eerie your my best....

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Re: The Real Me

Posted by proudyungerman - 08 May 2024 13:43

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In the last little while I have met a new "friend". I like to call him Bad Mood of the YH.

You see, for me a classic trigger is being in a rotten mood. I get annoyed, stay annoyed, and then maybe start looking for something to soothe that ache inside. Over the past few months as I learned a lot about what was going on inside of me - what are my triggers, why was I doing those actions, etc. - I was able to start taking steps to properly fight the good fight and actually start to taste the sweet taste of success.

Then, I began noticing a funny trend. I would find myself grumpy, annoyed, disturbed, etc. and when I would think about I would realize one of two things. Either I actually had no idea why I was feeling like that or it was something extremely insignificant. (For example, going to the shver for the whole Pesach is NOT insignificant...) As that realization dawned on me, I began to recognize the next facade that the YH was trying to hide behind.

I find it interesting that although I am getting pretty good at calling out the YH on his trick, it isn't always so easy to get back into a good mood...

Either way better clean and grumpy over falling and also grumpy...

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Re: The Real Me

Posted by chaimoigen - 10 May 2024 01:56

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Either way better clean and grumpy over falling and also grumpy...

Love this!

“A grump by any other name would smell as sweet”

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