

## 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!



Your Talmid (with heroics like that - I will subserviate myself.....),

Muttel

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Re: The Real Me

Posted by chosemyschem - 11 Jun 2024 13:39

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Wow.

I can't decide what I'm more impressed with. That you're willing to embarrass yourself in front of people whom you respect in the hope that it might help someone else. Or the actual content of this letter - which is extremely clear, well-written, and powerful.

wow

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Re: The Real Me

Posted by eerie - 14 Jun 2024 19:11

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Reb PY, I ask your permission to copy-paste your unbelievably beautiful letter. I hope to build up the courage to send it to a person or two. Ay, if the people only knew that there was help to be had!

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Re: The Real Me

Posted by proudyungerman - 18 Jun 2024 17:18

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[eerie wrote on 14 Jun 2024 19:11:](#)

Reb PY, I ask your permission to copy-paste your unbelievably beautiful letter. I hope to build

up the courage to send it to a person or two.

Halevai more people would respond like you...

I'll be happy to discuss your question with you offline.

Ay, if the people only knew that there was help to be had!

Indeed. I believe it is on us to help spread the word. It doesn't have to be the way I did it, it can be done anonymously also, but I do strongly believe that we have a tremendous opportunity in front of us...

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Re: The Real Me  
Posted by eerie - 21 Jun 2024 06:07

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I hope to hand a copy of your letter to a chashuv rav sometime soon.

R' PY, your initiative can reach who-knows-where!!!

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Re: The Real Me  
Posted by proudyungerman - 21 Jun 2024 19:29

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[eerie wrote on 21 Jun 2024 06:07:](#)

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Great!

I added some contact info...

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Re: The Real Me

Posted by 613guard - 23 Jun 2024 03:50

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You had me crying reading your letter

I hope it makes it out there

I wish I was in a good enough place to sign such a thing but not yet but one day iyh

please give it out to every rebbi everywhere

unbelievable zchus

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Re: The Real Me

Posted by frank.lee - 25 Jun 2024 20:21

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Reb @ProudYungerman - amazing letter! It is about time that something big is done to save the thousands who are suffering needlessly, and this sounds like it can be a huge impact, reaching all the leaders...

(I just posted this on Eerie's thread about this letter)

A small thing is - GYE is not a perfect solution for everyone. I think young bachurim who are suffering from or addicted to p/m, but not exposed to the underbelly of the internet or whatever, maybe they need something more safe, less explicit about certain things, just like the BB forum is off-limits officially? In other words, if I knew a 15 year tmimusdike bachur was having an issue, but does not have unfiltered internet, I think I would not want to send him here. Makes sense?

Of course, for people who are fully exposed to the world's garbage, send him over to GYE, and the Rabanim should know about this crucial and powerful resource, for those people.

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Re: The Real Me

Posted by redfaced - 25 Jun 2024 21:56

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[frank.lee wrote on 25 Jun 2024 20:21:](#)

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If you have a young 15 year old ???????'?? bachur who's addicted (or even not actually addicted but exposed) to porn and masturbation, Than GYE is the best bet that exists to make sure they don't fall in deeper. Maybe there should be a specific Bachurim Forum the same way there is a BB forum which can be much more heavily moderated

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Re: The Real Me

Posted by redfaced - 25 Jun 2024 22:40

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[eerie wrote on 21 Jun 2024 06:07:](#)

R' PY, your initiative can reach who-knows-where!!!

Heck, maybe it can even reach YOUKNOWWHO

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Re: The Real Me

Posted by chosemyshem - 25 Jun 2024 22:49

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[redfaced wrote on 25 Jun 2024 21:56:](#)

[frank.lee wrote on 25 Jun 2024 20:21:](#)

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I'm curious about that actually. I'd like to hear HHM's take on this. A very significant percentage of 15ish year old bachurim now have been exposed to porn and masturbation (maybe not hardcore porn, but erotic imagery on the internet). But they haven't been exposed to clubs, chatting, camming, cheating on a spouse, massage parlors, or many other topics on GYE (off the BB forum). I bet a kid who hasn't gotten in too deep would do better with an honest talk with a knowledgeable rebbi, a good read of TBOTG, a good talk with his parents so they filter the

devices he's using to fall, and an accountability program. Zeh hu. If a knowledgeable rebbi is

GYE (the forum and even the F2F program maybe) would overwhelm and overexpose them.

unavailable, gye can provide

A 20+ yr old bachur who's been exposed to more is a different story.

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Re: The Real Me

Posted by proudyungerman - 25 Jun 2024 23:04

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[chosemyshem wrote on 25 Jun 2024 22:49:](#)

[redfaced wrote on 25 Jun 2024 21:56:](#)

[frank.lee wrote on 25 Jun 2024 20:21:](#)

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## GYE - Guard Your Eyes

Generated: 7 April, 2025, 11:05

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Very valid points.

One he'arah: (It's nitpicky - just for you chooseusername!)

To me the age doesn't really matter as much as the level of exposure.

You can have younger bochurim exposed to way more garbage than a sheltered, temimusdike older bochur...

(One thing to keep in mind though, is that even for someone like me, who was exposed to a lot of stuff here, would be way worse off if not for this place...)

There was an idea suggested on the [other thread](#) about starting a bochurim's forum which I think is a great idea!

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Re: The Real Me

Posted by proudyungerman - 25 Jun 2024 23:05

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[redfaced wrote on 25 Jun 2024 22:40:](#)

[eerie wrote on 21 Jun 2024 06:07:](#)

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Heck, maybe it can even reach YOUKNOWWHO

No chance...

#cordnoy

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