

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 Hashem Help Me - 26 Jun 2024 00:50

Bochurim, especially younger ones need a mentor/rebbi, much more than access to GYE. The typical bochur is simply not able to access GYE - he is in a dormitory with no Internet use (and if he does have, it is secret, and therefore cannot spend time on the site). He also does not **need** GYE - rather a caring understanding intelligent adult to guide him. And with the exception of the very exposed bochur, GYE will inadvertently chas v'shalom educate him about things he should not know. However, a very exposed bochur would b'ezras Hashem benefit from GYE.

Of course there are no "one size fits all", and there are exceptions to what was written above; but that's the general idea.

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Re: The Real Me
Posted by BenHashemBH - 03 Jul 2024 14:18

I have shared some of my personal experience and Reb PY's heilige letter to one of my past Roshei Yeshiva whom I know will understand and really think about it. Thank you ProudYungerman for providing the template that has allowed me to share and hopefully help even if only one person, though maybe countless. Even one Yid is limitless potential. We do not know the impact we can have with even a small gesture.

Kol Tov

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Re: The Real Me

Posted by proudyungerman - 05 Jul 2024 04:04

Day #180

Today is a special day for me. 180 days ago I made the phone call that changed my life. I gathered the courage, strength, and plain old guts, and called HHM.

BH, I am now 6 months clean in a way I never knew was possible.

Thank you HHM, thank you to my special chaverim from GYE, and thank you Hashem!

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Re: The Real Me

Posted by Muttel - 05 Jul 2024 08:36

[proudungerman wrote on 05 Jul 2024 04:04:](#)

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Thank you HHM, thank you to my special chaverim from GYE, and thank you Hashem!

180 days has passed,

some excruciatingly slow, and some quite fast,

Where you've experienced tremendous aliya,

self-improvement, shteigen in Torah and yirah.

while I'm sure you've seen the effect in your life and family,

im here to give a shout out of the making of history.

for your internal changes have spread like fire

your influence and care for us caught in the mire.

you share your love, concern, and wisdom too,

So alone in the struggle no longer, we have you.

gently prodding like that malach haomer gadel,

speak, encourage, listen, like it is you tell.

your influence is felt by many im sure,

but now I speak for myself and say:

the help you've given me from day 1 will forever stay

and I can sincerely say,

thank you from me, my wife, family, talmidim, and anyone I may help,

for its largely due to you that I've made it this far.

ashrecha v'tov lach,

im so proud and humbled of your achievement the same,

and look forward to seeing your rocket ship climb further.

I'm so happy for you my dear friend and look forward to the day you add another zero to your counter!

with love and admiration,

Muttel

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interest in really putting my all into whatever it is that I have to do at (just about) any given time. It's a regular ??? ????? period...

Usually this is a prime time for the YH to attack. But now, it's not even close.

BH in the last few months since I've joined GYE, I have gained many important tools in life.

I now appreciate myself as a person more. (Like waaay more. In a positive light. Finally.) I know that I am still a good person who is accomplishing good things with what I am doing. I know that this too shall pass, and more than that, it is actually okay. I am a human, who is inherently flawed, and I can embrace that. It is not an excuse for making the wrong choices, but I can still accept and embrace the fact that, no matter what: 1) I ain't perfect 2) I am a good person doing good things.

I am still doing my best to keep my guard up and B'ezras Hashem, this too will pass soon.

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Re: The Real Me
Posted by Hashem Help Me - 10 Jul 2024 19:54

Normal people have moods. Accept them. Just don't take out your feelings on others....

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Re: The Real Me
Posted by Heeling - 11 Jul 2024 01:14

[Hashem Help Me wrote on 10 Jul 2024 19:54:](#)

Normal people have moods. Accept them. **Just don't take out your feelings on others....**

That's a tough one, Rabbi.

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Re: The Real Me

Posted by Heeling - 11 Jul 2024 01:44

[proudyungerman wrote on 10 Jul 2024 19:29:](#)

Over the last week or so I have been experiencing a down. (There are a bunch of factors to this, but I think that it boils down to a regular, normal down.) One of the regular, normal lack of interest in really putting my all into whatever it is that I have to do at (just about) any given time. It's a regular ??? ????? period...

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I feel for you, dear brother. Be proud of yourself, your doing great. As always keep plowing!

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Re: The Real Me

Posted by eerie - 12 Jul 2024 16:26

Hey, PY! Mazal Tov on 200 shining, pure, holy, special days!!!!

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Re: The Real Me

Posted by amevakesh - 12 Jul 2024 17:20

I think that HaRav PY's 200 is closer to 2000. His letter, and the amount of work he puts in for this holy cause, on and **offline**, is the reason many many people have attained cleanliness themselves. Mazel tov!!!

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Re: The Real Me

Posted by proudyungerman - 23 Jul 2024 03:54

[proudlyungerman wrote on 10 Jul 2024 19:29:](#)

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B"H the fog seems to be lifting...

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Re: The Real Me

Posted by amevakesh - 23 Jul 2024 11:12

That's great! But I've heard that when the sun is out in Burma, the beaches can be a problem!
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