

## 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 yiftach - 23 Jul 2024 17:49

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Coming soon: The all-new GYE site in Burmese!

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Re: The Real Me  
Posted by proudyungerman - 25 Jul 2024 20:14

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Did someone mention something about the sun?

All I see are lots of grey and dark clouds...

Oh well, maybe next week...

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Re: The Real Me  
Posted by proudyungerman - 29 Jul 2024 03:32

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Today I had to attend an event that was was attended mostly by not-yet-frum Jews.

I am doing pretty good with Shmiras Einayim in general (stores, airports, etc.), however, when it comes to actually having to talk to a lady who is not dressed properly, I find the challenge much more difficult.

Any ideas on how to deal with this properly?

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Re: The Real Me  
Posted by chaimoigen - 29 Jul 2024 04:05

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I try and connect to the person, the actual human with a Neshoma. It helps in a lot of ways. I can elaborate if necessary.

(But it's important not to connect too well, obviously. This works for casual meetings, NOT for people you will be meeting long-term. Thats dangerous and foolish.)

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Re: The Real Me  
Posted by proudyungerman - 05 Aug 2024 02:51

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[chaimoigen wrote on 29 Jul 2024 04:05:](#)

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(But it's important not to connect too well, obviously. This works for casual meetings, NOT for people you will be meeting long-term. Thats dangerous and foolish.)

Totally missed this the first time around.

That would be great!

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Re: The Real Me  
Posted by eccentriccomposer - 05 Aug 2024 22:40

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Just scanned through your thread, you are even more incredible than I thought, thanks so

much!

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Re: The Real Me

Posted by proudyungerman - 08 Aug 2024 16:48

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Blah.

The ups and downs of life.

Clarity that leads to more confusion and more decisions.

Summer.

Being that it is summer vacation and bein hazmanim now, I am tryin' to spend some quality time with my family.

We went to the zoo yesterday. Unfortunately, there were way more of the two-legged species than the four legged kind.

Bah.

Went somewhere last night and wasn't as careful as I could've and should've been. Suffering the consequences of that today.

Doin' ok, but should be in a better place...

But the truth is that BH life is good, it's just a matter of me choosing what to focus on.

The YH likes to get me down, frustrated, grumpy, and generally in bad mood. And he did.

But, with the proper focus, I am starting to come to terms with my current frustrations and limitations, and focus on the positive. It helps to learn, too.

I am hoping to have the strength to pull myself out of this rut by focusing on the positive as well as the things I can change, learn well the rest of bein hazmanim, learn to start accepting those things that I can't change (and figure out how to work with them, too...) and through that come into the new

**Warning: Spoiler!**

zman with a decent amount of positivity and real, good cleanliness to boot!

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Re: The Real Me

Posted by 138eagle - 08 Aug 2024 20:37

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[proudyungerman wrote on 08 Aug 2024 16:48:](#)

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Who says you should be in a better place? ????"? put you here and you were ????? ??????.

**Today** you are where you should be today.

Look forward and keep flying!

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Re: The Real Me

Posted by proudyungerman - 09 Aug 2024 00:10

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[138eagle wrote on 08 Aug 2024 20:37:](#)

[proudungerman wrote on 08 Aug 2024 16:48:](#)

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Sorry, let me clarify what I meant.

Last night I went to Dave and Buster's. It's not the best place to go, and I've been pushing it off for a while. I felt I needed to escape a little so I went with a friend. While I was there I ended up watching some of the Olympics. Again not the best idea, but what I actually watched was women's field hockey, among other things.

That is something I shouldn't have done, and I regret it. (In fact, I regretted it as I was doing it...)

To me, that's not called being ????? ??????.

**Warning: Spoiler!**

That's why I said that I'm doin' ok but should be in a better place.

And I'm on the way there right now.

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Re: The Real Me

Posted by chaimoigen - 09 Aug 2024 08:02

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One way to think about it, which you've basically written in your last post, is this:

When you experience something that shows that you're still a work in progress, that you still have work to accomplish, and you recognise the flaws that still plague you: Well that's the beginning of climbing on to the next rung up the ladder!

Staying the same is for after we're dead.

Love,

Chaim

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Re: The Real Me

Posted by proudyungerman - 27 Aug 2024 17:56

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Some recent thoughts...

1) I gained a deeper understanding of what real teshuva is recently. For years, and still today, when I make a mistake many times my reaction is something along the lines of: Shucks! Did it again! I guess I'll have to try harder next time. I then proceed to strengthen myself so that it shouldn't happen again.

The problem with this process is that whatever brought about my current failure isn't going to

change/improve/go away just because I steeled myself and tried harder or because I said "No! That's not going to happen again!"

There is clearly a deeper issue that needs to be resolved in order to prevent further failure.

This is something I realized towards the beginning of my journey. My new realization is that this is possible for every single mistake we make and every struggle we have. Through searching internally for the root cause of my failure can lead me upwards on to the next rung of the ladder. This is something that can take place at an infinite number of levels.

(I got this mashal from F2F, but to me it seems like spiraling upwards. At each new level of growth there's still more to do. As I struggle at my new level, it's up to me to keep strengthening the foundational issue and through that achieve continuous growth.)

[As an aside, through this, I think I started understanding how Yiras Shamayim works. ???"]

I then realized that this post probably means exactly that...

[chaimoigen wrote on 09 Aug 2024 08:02:](#)

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Love,

Chaim

2) It always bothers me and makes me squirm inside whenever people brush off the necessity of filtering flip phones, because "it's so slow, you gotta be crazy to do anything bad on it" or similar things.

Guess what? I guess I'm crazy. The only time I ever watched a pit of porn was...on a flip phone.

I guess I got too much of that recently, so thanks for listening.

3) Still struggling badly with street sights and the like...how can I wrest back control of another bit of lust from the YH?

Any ideas?

3a) Any ideas on how to implement humanizing the person? Always been a struggle for me...

3b) I also find myself being the "Tznius Police". Any ideas how to combat that?

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Re: The Real Me

Posted by Muttel - 27 Aug 2024 18:31

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Great stuff, PY!

On the topic of street sights, I got to know every stone in ??????? on my visit to Israel.... even then, I saw too much.....

I say you do your best, and let Hashem do the rest!

????? that you're on the level to be busy with details of ?????? ??????. I don't mean to minimize the necessity of working on it, but appreciate the level you've achieved....

With tons of brotherly love,

Muttel

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Re: The Real Me

Posted by chosemyshem - 27 Aug 2024 18:54

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[proudyngerman wrote on 27 Aug 2024 17:56:](#)

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1) Maskim, lotta truth. How is that how yiras shamayim works?

Great post - maybe you should break your phone more often I guess it forces you to post more

2) Bang on point. It used to make me terribly uncomfortable when people talked about anything to do with internet safety/filters and whatnot. Would literally start squirming I felt so guilty. That's gotten way better since joining GYE and drilled a peephole through the wall of shame. Now, I mostly just get annoyed at people who talk vaguely about the issues instead of banging on the bima and telling everyone that their kids with unfiltered internet are watching porn. It's not about cake, it's about offering yourself to Moloch!!

3) Gallon of paint. Once you throw it on them, you won't be able to see them. That's a win for the tznuis police.

Actually, out in Burma you may need more paint than you can comfortably carry. Maybe not a great idea.

I feel you on this one. Humanizing never worked for me - it's hard for me to humanize people I know, let alone people on the street. Since I have no advice, I'll just share a progress I had this shabbos. I was walking around and I realized that I didn't have to fight myself to not look at the women I saw.

You know that amazing feeling on the first warm day of spring, when you walk outside and it's warm and you relax. And only when you relax do you realize that the entire winter you've been tensing up against the cold every time you walk outside (you may not have this feeling in Burma). But that's what it felt like. A whole world of tension disappeared.

Now, by Sunday I was back to the tension. But it was a taste of a beautiful world. I wish I knew how I got there.

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Re: The Real Me

Posted by chaimoigen - 27 Aug 2024 19:30

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Good stuff.

This won't work from across the street, but when I interact with women in offices, stores, etc, I make eye contact and connect slightly, human to human. Makes it far less likely to take shameful glances and less likely for me to want to.

When I am in a park with my kids or similar I find it can help to try to relate to the women there (with their kids) as **mothers**. Interact slightly with them as such (point out when her daughter is trying to get her attention etc). Helps similarly.

WARNING. This is dangerous to try with women that you have regular interactions with, such as those with whom you share an office, as it can turn very easily into a casual relationship, and that's a different kind of danger zone.

When walking in the street or even driving I make sure to pretty much always be on the phone. I've ended up full blocks in the wrong direction, too focussed on my conversation to remember where I was supposed to be going. Esmeralda hates when I do that. When I'm with her I try to focus on her instead. Except when I am on the phone. Sigh.

Wait! I missed my turn! Darn it

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