

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 proudyungerman - 27 Aug 2024 23:51

Thanks for all the responses! Nothin' like the GYE fam...

[Muttel wrote on 27 Aug 2024 18:31:](#)

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

I definitely agree that once I've done my best, the rest is out of my hands. I am trying to figure out if there are some more attitudes or ideas that may help me improve more.

As an aside, I don't think that I have left the rest of the battle behind.

Complacency is the gateway to hell. (And I ain't headed back there!)

Just last night as I realized that I didn't have my phone and (thought) I had no ability to be in touch with my GYE chavairim, I suddenly was hit by a strong wave of vulnerability. I am now alone. All alone.

(Mind you, without a phone or access to internet what exactly I am going to do is unclear, and I hope I wouldn't have been stupid enough to use my wife's phone...)

That was dangerous!

I B"H then realized that I can still use my google voice number and I immediately texted HHM. Calm waters returned, but the undercurrent is still there, stronger than it was before.

(That was forgotten thought #4)

Warning: Spoiler!

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Re: The Real Me

Posted by adam2014 - 28 Aug 2024 09:04

Silly question: If you forgot your phone, how did you call HHH with your Google number?

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Re: The Real Me

Posted by redfaced - 28 Aug 2024 12:32

[adam2014 wrote on 28 Aug 2024 09:04:](#)

Silly question: If you forgot your phone, how did you call HHH with your Google number?

I often use my computer, with a headset for google voice calls

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Re: The Real Me

Posted by adam2014 - 29 Aug 2024 10:28

Makes sense... told you it was a silly question... LOL

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Re: The Real Me

Posted by eerie - 29 Aug 2024 15:00

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

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:](#)

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

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?

What a beautiful post!

Humanizing has never worked for me either. I do Muttel's system. Do your best, and leave the rest. Hashem does not ask us to do the impossible. As much as possible, keep your eyes down.

I'll also challenge you. Are you really not as successful as you would like to be? How are you gauging that? If you are like me, than when you get to your destination you probably judge your performance by what you feel like. And that is not the true gauge. For most people, the time that they walk around with their eyes down does not create any emotional feedback. But they one second that they saw something, even if they didn't take a second look, will create an emotional feedback. So, you get to your destination, and you feel ich. And you only remember and keep processing the moment of lapse, or not-even-a-lapse. And you feel you failed.

And that is so wrong!

The only gauge we should be using is our actions, our choices. What we feel like is absolutely meaningless. Eventually, we can hope for our emotions to come along with our logical mind and

realize the truth of our successes

About being the tznus police, well, eh, um, I think I know what you mean. We gotta just keep reminding ourselves: We aren't. And if we are, we gotta go over and say something. **JUST KIDDING!!!** It's just another tactic of the YH. Keep reminding yourself that this is not your business

And keep trucking!!!!

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Re: The Real Me

Posted by eerie - 29 Aug 2024 17:17

[chaimoigen wrote on 27 Aug 2024 19:30:](#)

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.

), or maybe

everybody is just different. For me to interact, even slightly, with intent, would just ignite my lust even more. For me, ignore as much as possible works best.

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Re: The Real Me

Posted by BenHashemBH - 29 Aug 2024 17:29

[eerie wrote on 29 Aug 2024 17:17:](#)

[chaimoigen wrote on 27 Aug 2024 19:30:](#)

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Reb CO - I guess I'm not on your level (I actually know I'm not on your level...
Shalom Reb Ernie,

I think the maaleh to Reb Chaim's approach is to normalize (if you can). Instead of not looking and they remain a nisayon that you are actively avoiding, the basic level interaction has the potential to shift them from a nisayon into just a person.

My thought process is something like this:

Do I want to be physical with this woman and irreparably burn down my entire life - the betrayal, the pain, the sorrow, the regret - no friggin way.

So what am I looking for? What am I trying to get? Why go only a certain amount and then stop?

If I'm drawing a line, then that line will be right before all that. There is no 'just' when it comes to lust.

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Re: The Real Me
Posted by chaimoigen - 29 Aug 2024 19:49

[eerie wrote on 29 Aug 2024 17:17:](#)

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), or maybe everybody is just different. For me to interact, even slightly, with intent, would just ignite my lust even more. For me, ignore as much as possible works best.

I'm going to go with the everybody is different approach.

It's funny, for me, doing the clicker thing you did a while ago would just burn into my head all the things I'm trying **not** to look at. So everyone's gotta do what works for them.

Just for clarification- keeping my eyes where they're supposed to be and not noticing is the first line of defense. The above methodology is what I use when I need to interact.

Reb CO, I guess I'm not on your level (I actually know I'm not on your level...)
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Re: The Real Me
Posted by adam2014 - 30 Aug 2024 10:46

I am getting better at casual interactions. I can interact quickly and keep my mind in the right place. The problem is business relationships. I deal a lot with salespeople and sales reps, and the women know that dressing a little inappropriately helps sales, as guys are generally taken with that stuff. So many of them are flirty and know how to work a man. I know the deal, but it is still difficult at times to stay focused.

Since COVID, there are far fewer face-to-face meetings and more Zoom, and that helps, but it still can be challenging

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Re: The Real Me
Posted by proudyungerman - 30 Aug 2024 16:02

[eerie wrote on 29 Aug 2024 15:00:](#)

What a beautiful post!

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And that is so wrong!

The only gauge we should be using is our actions, our choices. What we feel like is absolutely meaningless. Eventually, we can hope for our emotions to come along with our logical mind and realize the truth of our successes

Gold!

This is a true point relevant all over life. It would serve me well to internalize it...

On the point of humanizing, I've got some good food for thought...

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Re: The Real Me

Posted by hopefulswan89 - 01 Sep 2024 13:17

[proudyungerman wrote on 31 May 2024 01:45:](#)

I want to share a small, but sweet victory I had recently in my shmiras einayim struggle.

In the summer there are pictures everywhere. I tend to notice them as I get out of my car, especially the one right in front of me that has a little more than just the head...

I recently decided one day that when I get out of my car I am going to do my best to keep my head down so that I shouldn't see anything. BH I remembered, and BH was successful. It was sweet and rewarding, and I enjoyed it.

Similarly, this morning I had to run into a store and on my way back down the block I decided to try to drive back without noticing a single picture. It was not easy by any stretch of the imagination, especially considering that it is very normal for me to look in my peripheral vision ahead of me while I drive. I focused, accomplished my mission successfully and I am very proud of myself.

Here's to the sweetness of victory!

(BH that feeling has accompanied me a large part of the day. It's something I'd like to work on realizing and carrying around more, as it's helpful in all areas of life.)

Your posts are a chizuk. Keep writing

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Re: The Real Me

Posted by hopefulswan89 - 01 Sep 2024 13:24

[eerie wrote on 13 Mar 2024 18:05:](#)

[proudyungerman wrote on 12 Mar 2024 23:36:](#)

Yesterday was an interesting day. It started off positive as I woke up on time for shacharis - 6:45 - after going to sleep around 1 am. When I got to first seder, I was learning well (without a chavrusa) and I suddenly found myself hit by a surge of ?????. It was quite annoying, especially considering that giving in was not on the radar. BH I was fine and it also helped to text some GYE friends.

As the day progressed, I noticed that the YH had moved on to greener pastures. BH!

Little did I know what was awaiting me later...

As it turns out, the YH wasn't done. He got me to waste the first hour and a half of night seder (on GYE:). I was feeling a little icky from that, but I pushed it away. I then proceeded to learn, I mean shmooze, with a chavrusa for the last half hour of seder. Although there was toeles to that shmooze, it wasn't learning.

When I got home I realized that I wasn't feeling particularly good about myself based on how I spent (wasted) my night seder. My wife had gone to sleep early and I was planning on getting into bed by 11. (I got home around 10:20.) I went upstairs and found my son in my bed. I picked him up and as I walked into his room to return him to his bed, my 10 month old woke up...and I still had to bring out the garbage, recycling, and yard waste. (Foolie, I said garbage not laundry...)

B'kitzur, I realized that YH had simply switched hats and was trying to get me to feel icky about myself and from there get me to go to sleep late and after that is already happening it doesn't take long...

B"H being that I am a proud member of GYE, and have had new ideas banged and bopped into me, I was able to not only spot the trick but also combat it properly.

[Yes, I'm human. I have good days and bad ones. I am doing great and am proud of where I am

holding. Just because I wasted a night seder doesn't mean I should be down in the dumps and upset at myself. Etc.]

B"H it worked! I managed to get into bed by 11:30 and went to sleep shortly after which enabled me to get up before shacharis this morning to learn...SUCCESS!!

GEVALDIG!!!

Moiradik

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Re: The Real Me

Posted by hopefulswan89 - 01 Sep 2024 15:45

[proudyungerman wrote on 03 Jan 2024 04:12:](#)

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My story - the full story:

(I hope this isn't too long. Even though it probably is. Sorry, it's gotta come out somewhere.)

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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

Chazak vematz vnischazek. We are all in this together. You are not alone

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Re: The Real Me
Posted by hopefulswan89 - 01 Sep 2024 15:47

[eerie wrote on 23 May 2024 20:17:](#)

About the old-fashioned nisayon of not ogling over the women we come across, be they overdressed or underdressed, I think there's another point that was not mentioned. The proper way, I think, is to balance ??? ????? with ????? ???. Yes, you gotta be on guard. You can't make believe that they are not there. On the other, you can't be uptight and obsessed with their presence, as that just makes us want to see it even more, and even if we didn't look, we are there, 'looking', the whole time. So there needs to be a balance of awareness, know your

GYE - Guard Your Eyes

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surroundings, and don't look where you know you shouldn't. When you see something inappropriate, don't let it get you down! Super important- Celebrate your wins! Keep reminding yourself how much you do to make Hashem proud- and that should make you a proudyungerman!

Work on shmiras eynayim, but that doesn't mean walking like a meshugena in the street

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