

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 eerie - 02 Sep 2024 22:15

[chaimoigen wrote on 29 Aug 2024 19:49:](#)

[eerie wrote on 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.

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...

Thanks for clarifying! I understood that you were saying that if I'm lusting, as a way of dealing with it, interact slightly, to which I wrote that interactingf with intent, by which I mean that I davka interact to get rid of the lust, would not work for me. But I'm happy I misunderstood, and you meant it only when interaction is needed for another reason. In that I'm totally with you. Being here, working on myself, has definitely brought me to a place where I can interact with women when I need to, and it means nothing. It's just another person. Of course, trying to minimize the interaction, but when it is necessary, it goes over well BH

Thanks for all your words of wisdom, Reb CO!

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Thanks for all your words of wisdom, Reb CO!

I'm so lost...eerie can you explain your pshat in the R"Y again?

Warning: Spoiler!

Either way, I remembered that a Rebbi of mine had told me about this method a while ago and I was revisiting what he told me.

What I understood from him is that when I see/look at a woman what I have to see is a person. Here is a person who was once a baby, lovingly held and taken care of by her mother. A person who has a full and complete life totally outside what you are seeing presented today. Friends

and enemies, struggles and triumphs, joy and grief, an entire existence entirely unknown to you. A person who was loved and cared for, a person who parents worried over, a person who is trying to live her life to the fullest.

To look at her in a sexual way is a complete misrepresentation of the person in front of you.

Not only is it a complete misrepresentation, it is also extremely limiting. In order to view her in that light you need to have reduced her to a simple piece of flesh and not just a regular piece of flesh, but rather sexual a piece of flesh.

Is it possible to limit a person more than that? Is there something more degrading than that?

I think the answer lies in a frame of mind. In order to do this properly I need to rewire many years of thinking. I find it more challenging than other parts of my struggle due to the fact that there's no action to come along with it to help cement the mindset in. Ergo, I keep beating this horse time and again...

Warning: Spoiler!

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Re: The Real Me

Posted by proudyungerman - 06 Sep 2024 21:30

It's really nice not having a phone, and there are certain parts I want to try to hold onto when I do get my phone back.

However, I really miss talking to the oilam....

Y'all have a wonderful Shabbos!!

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Re: The Real Me

Posted by eerie - 08 Sep 2024 06:13

[proudungerman wrote on 06 Sep 2024 21:30:](#)

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However, I really miss talking to the oilam....

Y'all have a wonderful Shabbos!!

And I've been textin' and callin' and wonderin' and textin' and callin' and wonderin' some more...My friend, I miss you! Can you get phones in Burma or do we need to ship them to you?

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Re: The Real Me

Posted by proudyungerman - 12 Sep 2024 04:04

Last year I spent waaay too much time checking YWN. (You know when you just refreshed the page again, for the fifteenth time in 5 minutes? As if the world is actually going to collapse...) There were a bunch of reasons for this ridiculous habit. Either way, in the summer I didn't have access to YWN for around two and a half weeks. (Yes, this was around the same time my phone broke. No it wasn't connected. For real.)

I noticed an amazing thing. For some strange reason, the world hadn't waited around for proudyungerman. It kept sporting, politicking, olympicing, and everything else that the world does without my expert analyses and predictions of what should or shouldn't happen.

It hit me hard. I don't have to know everything going on all the time. Then, one day as I was thinking about it, I realized that I am much calmer and relaxed. I realized that I can enjoy not knowing what's going on all the time.

I decided that for Elul I am only going to check YWN once a day. So far so good, and I haven't missed any earth shattering news yet.

Instead, I find that I have more time and yishuv hadaas for learning and for my family.

Exercising my newfound self control is actually enjoyable!

Thank y'all for helping me be here today!

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Re: The Real Me

Posted by hopefulswan89 - 12 Sep 2024 06:45

[proudungerman wrote on 12 Sep 2024 04:04:](#)

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Re: The Real Me

Posted by truthaintflashy - 12 Sep 2024 09:42

I had a brief experience with YWN before blocking -- Hamodia has been down with a 504 error for a while and I felt uninformed -- the YWN forum seemed not-so-healthy. If you're not on the forum maybe it's fine; I 90% resisted my urge to read comments on news articles so can't say

what those are like.

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Re: The Real Me

Posted by upanddown - 12 Sep 2024 09:52

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

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I'm going to bl'n join you in your kabalah for Elul...

it's something I've often tried to work on, sometimes managed for long tekufos not to check the news at all but ATM I'm struggling with it... its a bit of an addiction...

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Re: The Real Me
Posted by adam2014 - 12 Sep 2024 10:03

Can I ask a dumb question? (That actually was a dumb question!).... What is YWN ?

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Re: The Real Me
Posted by proudyungerman - 12 Sep 2024 13:28

[hopefulswan89 wrote on 12 Sep 2024 06:45:](#)

[proudungerman wrote on 12 Sep 2024 04:04:](#)

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Please excuse me, but before you continue posting your terse comments and criticisms on people's forum why don't you just tell us about yourself? You jumped on just two weeks ago and adjusted your counter to 515 days and haven't updated it since.

Why are you here? Who are you? What are you trying to accomplish here?

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Re: The Real Me

Posted by proudyungerman - 12 Sep 2024 13:31

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Honestly, I don't care much for the forums and comments anyway. The same way my comments, analyses, and predictions are meaningless, so are the random anonymous people on these forums...

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Re: The Real Me

Posted by chosemyshem - 12 Sep 2024 15:22

[proudyungerman wrote on 12 Sep 2024 13:31:](#)

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Whoa mega hate on gye??

Look at this guy, breaks his phone so he doesn't have to answer our calls, bashes the forums, called us random anonymous people. To quote our future illustrious leader, "You think you just fell out of a coconut tree?"

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Re: The Real Me

Posted by redfaced - 12 Sep 2024 15:37

[chosemyshem wrote on 12 Sep 2024 15:22:](#)

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Seems like he forgets which side of his bread has the butter.....

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Re: The Real Me

Posted by thompson - 12 Sep 2024 15:38

[proudyngerman wrote on 12 Sep 2024 13:31:](#)

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You said it, man!

Now go out and meet some real people.

Play an instrument.

Climb a mountain.

Eat different ethnic foods.

Be Baal Tefilah and belt it out like never before.

Sleep in a tent in the backcountry.

To heck with the internets and its forums.

We're all just figments of your imagination.

Or are we...?

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