

## 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 richtig - 20 Sep 2024 19:00

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[eerie wrote on 20 Sep 2024 18:56:](#)

[proudyungerman wrote on 20 Sep 2024 02:53:](#)

Why?

Why must I be so disconnected?

Why must I build walls around my heart?

Why must I be so cynical?

Why?

Why can't I just open up and let something hit me deep inside?

Why can't I open my heart and be touched?

Why can't I just be the real me?

Why?

Hey, my dear friend, I'm so sorry for the pain and the painful questions.

(I was just wonderin', how come you never sound cynical when we talk?)

I was wondering the same. I'd love to hear it

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Re: The Real Me

Posted by iwantlife - 20 Sep 2024 19:02

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Was wonderin' the same! I thought maybe whoever broke PY's phone hacked his GYE account..

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Re: The Real Me

Posted by proudyungerman - 23 Sep 2024 13:33

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[eerie wrote on 20 Sep 2024 18:56:](#)

[proudjungerman wrote on 20 Sep 2024 02:53:](#)

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Good question...

Maybe we should talk again...

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Re: The Real Me

Posted by redfaced - 23 Sep 2024 14:21

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[proudyungerman wrote on 23 Sep 2024 13:33:](#)

[eerie wrote on 20 Sep 2024 18:56:](#)

[proudyungerman wrote on 20 Sep 2024 02:53:](#)

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Good question...

I don't think I've discussed it much with people here.

I think this mainly comes from the trials and travails, failures, frustrations, politics, and sometimes (many times?) sheer stupidity that comes along with living in Small Town, USA.

You mean that Burma moved to the USA? Crazy stuffffff

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Re: The Real Me

Posted by chosemyshem - 23 Sep 2024 14:55

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[proudyungerman wrote on 23 Sep 2024 13:33:](#)

[eerie wrote on 20 Sep 2024 18:56:](#)

[proudyungerman wrote on 20 Sep 2024 02:53:](#)

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The opposite of disconnection is connection!

(I mean stop complaining about the Burmese natives and call some people you're supposed to  
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Re: The Real Me

Posted by proudyungerman - 23 Sep 2024 17:48

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[redfaced wrote on 23 Sep 2024 14:21:](#)

be calling

[proudungerman wrote on 23 Sep 2024 13:33:](#)

[eerie wrote on 20 Sep 2024 18:56:](#)

[proudungerman wrote on 20 Sep 2024 02:53:](#)

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Whoops! I meant Small Town, Myanmar...

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Re: The Real Me

Posted by thompson - 24 Sep 2024 14:39

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[proudyungerman wrote on 20 Sep 2024 02:53:](#)

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Hey, any update on these non-rhetorical questions?

Some of us have similar queries and are hoping you might have some answers.

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Re: The Real Me

Posted by BenHashemBH - 24 Sep 2024 15:13

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[thompson wrote on 24 Sep 2024 14:39:](#)

[proudyngerman wrote on 20 Sep 2024 02:53:](#)

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Some of us have similar queries and are hoping you might have some answers.

Indeed.

My own answer, in short, would be just a few words:

Because I am scared.

I don't trust. I've been hurt by others. I've hurt myself. I'm protecting myself. I've conditioned myself to be tight. I can't let go. I don't know what will slip if I loosen my grip. I fear opening up - lest something ugly gets in, or out. I don't believe in myself enough. I don't believe in Hashem enough. I haven't been able to accept who I really am.

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Re: The Real Me

Posted by proudyungerman - 27 Sep 2024 04:51

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[thompson wrote on 24 Sep 2024 14:39:](#)

[proudyungerman wrote on 20 Sep 2024 02:53:](#)

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Hey, any update on these non-rhetorical questions?

Some of us have similar queries and are hoping you might have some answers.

Thoughts...

How many times can you run around the arena of your mind before you are so thoroughly confused that you don't actually know what you think anymore?

Don't have much to update on this end...

**Warning: Spoiler!**

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Re: The Real Me  
Posted by proudyungerman - 01 Oct 2024 04:01

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*Day 268 (since I called HHM)*

*Day 271 (since I first spoke to IWLR)*

To think that I'd be able to come into the Yom HaDin, Rosh Hashanah, as a person who is living a life of true cleanliness is something that was simply a pipe dream. (9 months! Almost to the day!) I was just stuck for life. I kept coming back for more, as much as I hated what it was, what it did to me, and how it made me feel.

I'm struggling to find the right words to express the emotions that I'm feeling as I write this.

The freedom and depth that has been unlocked inside of me is beyond description.

Maybe, just maybe, there's a small hole being created...???? ?? ?????? ?? ???...

?????? ??? ?' ?????? ????? ????? ?????? ??? ?????? ????? ?????? ?????? ?????? ???  
???? ?????? ?????? ?????? ?????? ?????? ?????? !!!

I would like to share a thought on ????? that I have spent a lot of time experiencing, and then contemplating recently. It may seem simple, but for me it was eye opening.

For many years I wondered about the feasibility of doing a true, real Teshuva on these ??????. (Masturbation, phone sex lines, fantasizing, and plain old ogling for those who'd rather it like that.) Since I have joined GYE about nine months ago, a seedling of hope was born, deep, deep inside of me.

I guess the best way to say it is straight. I've finally figured how to do a real, true ??????. I finally experienced a real, hard, lasting internal change. Change that leads to so much more organic, natural growth that is simply an outcome of the internal work done.

I was able to understand where my understanding of intimacy and sexuality was skewed and where my self perception was totally off. Changing those two flawed perspectives lead to the organic growth of "The Real Me" of today. The actual real me.

(This does not, I repeat DOES NOT, negate the tremendous impact of the friends I have made here.)

(As an aside, I think that if someone does effect this kind of change and then falls it doesn't negate the work done. Instead, I think, a deeper, stronger internalization of the proper outlook, perspective, etc. is needed. That will lead to continued upwards growth. I think.)

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Re: The Real Me  
Posted by iwannalivereal - 01 Oct 2024 13:25

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Amazing post my friend!

Those feelings you describe of heading into the Yomim Noraim differently than you've been doing for years and years is incredible. Feeling it too!

Glad to have you as a friend - Keep it up!

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Re: The Real Me  
Posted by proudyungerman - 10 Oct 2024 00:48

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Interesting day this has been...

I woke up this morning feeling that wonderful, heavy "???" feeling/pressure weighing on me, giving me tons of motivation to get up and tackle the day...

I was thinking about YK last night and my thoughts meandered on to the idea of doing teshuva on YK for my "?????" from the year. That line of thinking got very heavy, dark, and depressing pretty quickly.

I decided that maybe this year is still for strengthening my core - appreciating who I am, what I accomplish, really enjoying and loving myself. Hopefully when I can do that, then I'll be able to properly dwell on my previous struggles and failures from the proper frame of mind.

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I wanted to share a win with the oilam.

This morning during davening there was a fellow who was davening in front of me. When he finished shemonah esrey, he pulled out his phone, and started scrolling. I know from previous experiences that there will be various SM or messaging apps viewed, which will be filled with pictures I'd rather not see, especially in my tallis and tefillin.

I decided to close my eyes for the remainder of "??". I also realized that it was going to be very hard for me if I didn't appreciate, and enjoy, my victory.

I stopped in the middle of "??" and thought for a few seconds about the opportunity that I had in front of me, and how big of a deal it is if I can successfully keep my eyes closed.

I was able to dredge up some geshmak, kept my eyes closed, and ran across the room as soon as I finished.

It was also an important lesson for me that I really need to spend more time learning about this yesod, thinking about it with the goal to really internalize it, and be able to carry it with me

always.

**Warning: Spoiler!**

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Re: The Real Me

Posted by proudyungerman - 05 Nov 2024 02:28

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Right now I am feeling some tough feelings in my life out here in Burma.

They're icky feelings that lead me to frustration, grumpiness, cynicism, and more.

It doesn't seem like there's a simple way out of this right now, rather that Hashem wants me to learn how to work on making the best of this situation.

That being said, it still doesn't feel good to be constantly down and in the dumps.

(I have noticed that just throwing myself into my learning during seder as well as really being present when I am with my family have been helpful in at least pushing off the feelings. (Thanks to richtig for talking about this a lot, it helped me...))

Then again, it's not easy to get myself to do that, hence the test from Above.)

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Re: The Real Me

Posted by chosemyschem - 05 Nov 2024 03:53

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[proudyungerman wrote on 05 Nov 2024 02:28:](#)

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I just wanna know what the edit was that you justified by blaming Thompson.

Oh but since I hit the post button I'll say more words.

Nitwit. Odment. Blubber. Tweak.

(If you want to hear scary, Google confirms that my memory of that quote was 95% accurate:grimacing: . )

And some more words.

Be grateful that your reaction is frustration and grumpiness, but you don't need to act out to escape those feelings.



Anyway.

Life sucks and then you die, but why bother getting upset about that?

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