

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 - 12 Nov 2024 05:06

The ups and downs of life...

Stress. Money. Repeat....

Past week or so I've been slipping a bit in my shemiras einayim. It was interesting to me how I was able to notice my growth in this area precisely as I was (am) slipping. BH, it ain't too bad, but it needs to get better.

Over Shabbos I experienced a kiss from Hashem! We had over 3 single girls and somehow, somehow I was able to talk to them like normal human beings and not pay particular attention to any other details. It was nice to learn that it is actually possible to achieve.

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Re: The Real Me
Posted by chaimoigen - 12 Nov 2024 05:31

Thanks for the pick-me-up!!

Say it LOUD, say it PROUD

KOMT!!!

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Re: The Real Me

Posted by proudyungerman - 14 Nov 2024 14:36

Yesterday's [Vayimaen video](#) hit me deep in my heart.

The idea that I can and should appreciate the situation that Hashem hand picked for me, especially in this area, is something I've struggled with since I started my journey. I've written about it a bit and thought about it a lot more. This video helped me internalize it a bit more.

(It was also very helpful in reframing my outlook on some of the other issues I'm dealing with now.)

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Re: The Real Me

Posted by amevakesh - 14 Nov 2024 16:03

Thank you for sharing that. Truly powerful. If anyone know where the ???? ???? he quoted is, I'd appreciate it. I've been looking for a source that says this for a while.

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Re: The Real Me

Posted by iwantlife - 14 Nov 2024 16:14

Same! I heard this ???? ???? a while ago, although the way I heard it, the neshama **chooses** its nisyonos. I'm sure though that the way R' Shmelzer quoted it is the accurate version, but I've never been able to find it..

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Re: The Real Me

Posted by simchastorah - 14 Nov 2024 16:52

[amevakesh wrote on 14 Nov 2024 16:03:](#)

Thank you for sharing that. Truly powerful. If anyone know where the ???? ???? he quoted is, I'd appreciate it. I've been looking for a source that says this for a while.

Dvarim 22 8

www.sefaria.org.il/Deuteronomy.22.8?lang=he&with=Rabbeinu%20Bahya&lang2=he

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Re: The Real Me

Posted by BenHashemBH - 14 Nov 2024 17:13

Thank you for sharing!

To expand on this idea:

This is our unique tikun. It is a job that Hashem entrusted to us, because He knows that we are the ones who have the power to bring kedusha and expel this darkness from the world. That other guy who doesn't have this nisayon, it is for a reason, he cannot do what you can do. No one has the strength to beat this but you, and so Hashem has chosen for you specifically this nisayon. You are His champion warrior to succeed where all others would fail. You are His hope. This is part of bishvili nivra oilam. How can one despair, when the Borei Olam Himself has attested that **YOU AND ONLY YOU CAN DO THIS!**

Yaasher Koach

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Re: The Real Me

Posted by proudyungerman - 28 Nov 2024 04:09

I feel like I'm living in a fog that has taken away my ability to give it my all. I can do (most) of what I have to do (sometimes), but the fire is frustratingly just (far?) out of reach. I am pushing off a bunch of random and important things that need to be taken care of because I don't have the drive...

When this started I wasn't sure what exactly was causing this feeling, but now I think I have it figured out.

(P.S. Doesn't mean that it's goin' away so quickly...)

One interesting realization I had recently while I was trying to figure this all out is that I have subconsciously been looking to escape the stress that I am dealing with. When that hit me, a lot of things I had been wondering about started to fall into place. (Like why I couldn't find anything that I wanted to read - I needed something light and really interesting because I needed to escape reality. Alas, escape stills eludes me, I fear, until my dying day after 120...)

One thing that I'm still struggling with is trying to figure out how to live with the stress/pain in a healthy way so that I can continue to grow amidst challenge.

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Re: The Real Me

Posted by jewizard21 - 28 Nov 2024 06:18

This may not help for your scenari but when im stressed and anxious about having to do so many things, and I find it hard to even know where to start, which feeds the anxiety, which then feeds the stress. in a never ending loop. I came to realize that I have to start no matter what.

Just starting on something productive even if it's not necessarily related to the most pressing thing helps me get in the mode of doing which releives a bit of stress. For example I have a lot of work to do but I start being productive by doing the dishes or some other mundane but productive task.

As with everything this is a lot easier said than done. I still am working on myself in this area.

Also if the stress and anxiety create an urge just remind yourself that it wont actually help the stress and anxiety bc there will still be work to done. So after you would be stressed, anxious, and have to deal with ghe aftermath of a fall which is not easy and can make the anxiety and stress worse.

I hope this helps.

Keep on Trucking, One Day At A Time!!

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Re: The Real Me

Posted by proudyungerman - 10 Dec 2024 02:21

A little while ago I was driving on the highway at about 75 mph on a cold evening. There had been a little bit of icy rain earlier in the day but the roads were clear.

As I started to change lanes I lost total control of the car. I skidded across 3 lanes of traffic, stopped skidding for a moment, continued skidding forward and across another lane of traffic to finally regain control of the car.

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Re: The Real Me

Posted by iwantlife - 10 Dec 2024 03:45

Climate change has caused some straaange weather patterns in Burma.. B"H you're okay!!!

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Re: The Real Me

Posted by jollylemur95 - 10 Dec 2024 04:03

B"H you are ok!

Hkb'h knows how much you do for others here, including me.

We need you!!

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Re: The Real Me

Posted by redfaced - 10 Dec 2024 13:07

[proudyungerman wrote on 10 Dec 2024 02:21:](#)

A little while ago I was driving on the highway at about 75 mph on a cold evening. There had been a little bit of icy rain earlier in the day but the roads were clear.

As I started to change lanes I lost total control of the car. I skidded across 3 lanes of traffic, stopped skidding for a moment, continued skidding forward and across another lane of traffic to finally regain control of the car.

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Theres a reason why you're sposta sponsor kiddush for the boys at your seudas hodaah

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Re: The Real Me

Posted by chosemyshem - 10 Dec 2024 13:35

Poshut no question in my mind that you survived so you could lead the vaad later that night.

Wow! I've been waiting for so long on GYE to see one of those Vayimaen stories come to life and it finally did!

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