

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!

???? ? ?????? ?????? ???

proudyungerman@gmail.com

=====

=====

Re: The Real Me

Posted by proudyungerman - 12 Jan 2024 13:37

[bright wrote on 12 Jan 2024 06:47:](#)

Amazing think there is a geshmake sidrei tahara on them! Brings them out kdarko.

Warning: Spoiler!

=====

=====

Re: The Real Me

Posted by eerie - 12 Jan 2024 19:17

Hey, I think True-self is looking for a chavrusah...and I can sign up to become a shadchan! Eh, what type of Lamdan are you looking for, Reb Shimon'dig? Reb Boruch Ber'dig? Ah, you like the Reb Elchonon type! Ah. I have just the ~~girl~~ chavrusa for you!

=====

=====

Re: The Real Me

Posted by eerie - 12 Jan 2024 19:21

[proudyungerman wrote on 12 Jan 2024 04:00:](#)

I am remembering how helpful it is for to write my thoughts down. It helps me clarify them and I want to share them with the oilam to hear feedback.It's been a little while so sorry for the length.Warning! Reader's discretion advised!

After a few discussions with some special GYE rabbeim - (yes they are now my rabbeim and, yes, I owe them a debt of endless thanks that I don't think I will be able to fulfill) and much thought on my part I am finally starting to understand where I went wrong.

Intimacy isn't just a physical experience, act, or pleasure. It isn't even just a simple but powerful enhancement to the emotional aspect of a real marriage relationship.

Real true intimacy is the creation of a multifaceted, intricate, caring, loving emotional AND physical relationship. Real true intimacy does not only take place in the bedroom, rather it takes place throughout the day. Even the physical side of it isn't about the physical pleasure, rather about the experience of connecting in a physical way - almost as Adam and Chavah before Hashem split them (???? ?? ??????? ?? ??? ?). It's true that it may end up in the culmination of that in an act of complete intimacy, however, it need not reach that point for it to be a real act of intimacy.

(BH I think that I actually have achieved some success in this regard by having some open conversations with my wife (courtesy of my new Rebbi). I explained to her that from now on she is n charge and we are only going to go as far as she wants. I made sure to reiterate it a few times. I also made mention of it in the bedroom and BH it went over very well and was very

appreciated!What I really need to remind myself is that this is not a need rather a desire. I will be fine without it. I will not shrivel up and die if we aren't together for a few nights...or even a week or longer!)

I think that this is helping understand the answer to a question that has bothered me for years. How in the world am I supposed to want to not look? It's assur so I can't but i want to because it's enjoyable. I think that now I can understand the answer. If I can learn to internalize the proper view on intimacy, these inappropriate images are the antithesis of true sexuality. Why would I want to ruin the beautiful picture of true intimacy that I have built for myself? I DON'T want to look!

One lingering question...how does this lead me to not look at women I am talking to already (i.e. at kiddush in shul, cashier, etc.) in a sexual way? Any thoughts?(P.S. For the ?????? ??? amongst us: As a present for my Mesiras Nefesh to learn through this tumultuous time of which a severe lack of focus is a constant - Hashem sent me a tremendous present to be ?????? to the Maharsha AND Maharam in the sugya of ?????? on ??? I think daf ?? - no chavrusa for like a week!!!! It is a shvere sugya and it felt very good in chabura to be ?????? to this. Being that I have spoken to "the Rebbe" I was actually able to enjoy the moment and feel really good about it - even though I don't remember them right now.)

A lot of nice stuff. One thought: I was where you are now not that long ago. I know the type of thing that you are going through in your bedroom. Remember, it's important that it be as natural as possible. Of course, it will take time. Just keep in mind that it's not good to keep reminding her that she doesn't have to do whatever. Use your beans, you'll do a great job

Keep trucking, holy friend!

=====

====

Re: The Real Me

Posted by chaimoigen - 13 Jan 2024 23:50

Lots of great stuff going on here, I think your username is quite appropriate!

Using the forums to clarify and articulate your feelings and thoughts is a useful tool. And connecting with others is a game-changer.

Expect the changes you are experiencing and navigating to be dynamic; there will be ups and there will be downs. And you'll have to learn how to make them part of you.

As the late, great Dr. Geisel z"l said: You will go "Onward up many a frightening creek, though your arms may get sore and your sneakers may leak."

But you'll move mountains!

Keep sharing, please.

Chaim Oigen

=====

Re: The Real Me

Posted by hehochma - 14 Jan 2024 02:02

[eerie wrote on 12 Jan 2024 19:21:](#)

[proudyungerman wrote on 12 Jan 2024 04:00:](#)

I am remembering how helpful it is for to write my thoughts down. It helps me clarify them and I want to share them with the oilam to hear feedback. It's been a little while so sorry for the length. Warning! Reader's discretion advised!

After a few discussions with some special GYE rabbeim - (yes they are now my rabbeim and, yes, I owe them a debt of endless thanks that I don't think I will be able to fulfill) and much thought on my part I am finally starting to understand where I went wrong.

Intimacy isn't just a physical experience, act, or pleasure. It isn't even just a simple but powerful enhancement to the emotional aspect of a real marriage relationship.

Real true intimacy is the creation of a multifaceted, intricate, caring, loving emotional AND physical relationship. Real true intimacy does not only take place in the bedroom, rather it takes place throughout the day. Even the physical side of it isn't about the physical pleasure, rather about the experience of connecting in a physical way - almost as Adam and Chavah before

Hashem split them (???? ?? ??????? ?? ??? ?). It's true that it may end up in the culmination of that in an act of complete intimacy, however, it need not reach that point for it to be a real act of intimacy.

(BH I think that I actually have achieved some success in this regard by having some open conversations with my wife (courtesy of my new Rebbe). I explained to her that from now on she is in charge and we are only going to go as far as she wants. I made sure to reiterate it a few times. I also made mention of it in the bedroom and BH it went over very well and was very appreciated! What I really need to remind myself is that this is not a need rather a desire. I will be fine without it. I will not shrivel up and die if we aren't together for a few nights...or even a week or longer!)

I think that this is helping understand the answer to a question that has bothered me for years. How in the world am I supposed to want to not look? It's assur so I can't but I want to because it's enjoyable. I think that now I can understand the answer. If I can learn to internalize the proper view on intimacy, these inappropriate images are the antithesis of true sexuality. Why would I want to ruin the beautiful picture of true intimacy that I have built for myself? I DON'T want to look!

One lingering question...how does this lead me to not look at women I am talking to already (i.e. at kiddush in shul, cashier, etc.) in a sexual way? Any thoughts?(P.S. For the ????? ??? amongst us: As a present for my Mesiras Nefesh to learn through this tumultuous time of which a severe lack of focus is a constant - Hashem sent me a tremendous present to be ????? to the Maharsha AND Maharam in the sugya of ????? on ??? I think daf ?? - no chavrusa for like a week!!!! It is a shvere sugya and it felt very good in chabura to be ????? to this. Being that I have spoken to "the Rebbe" I was actually able to enjoy the moment and feel really good about it - even though I don't remember them right now.)

A lot of nice stuff. One thought: I was where you are now not that long ago. I know the type of thing that you are going through in your bedroom. Remember, it's important that it be as natural as possible. Of course, it will take time. Just keep in mind that it's not good to keep reminding her that she doesn't have to do whatever. Use your beans, you'll do a great job

Keep trucking, holy friend!

Seconding HRH'G Eerie's thought here. Your amazing efforts were awarded with tremendous siyata dishmaya that granted you an incredible breakthrough. It will take time though to figure out how to integrate it.

Remember that a breakthrough does not mean that there won't still be ups and downs until you integrate this approach into your life.

Which brings us to your question about women that you see anyway. There are plenty of strategies and I'm sure HHM will fill you in on how to try not to objectify women. I just wanted to point out while you made an incredible breakthrough that can take many people months and years - you will still have challenges. Whether in terms of extracurricular lust, or just the yetzer hara that every healthy man was born with - the war will rage on.

Nothing to fear though, as you have seen firsthand, the fruit of each victory is sweet. Every victory brings a new appreciation and fulfillment in life, in learning and in Avodas Hashem.

Of course I am just repeating what ChaimO and Eerie have already said, but I hear that plagiarism is popular nowadays...

You are doing amazing and have **already** moved mountains!!!

Keep on MONSTER TRUCKIN'!!!

=====

Re: The Real Me

Posted by iwant2begood - 14 Jan 2024 02:49

Wow thank you for your story, Its not easy to be so open and honest,

My story began very similar to your, in 9th Grade a friend told me what goes on between married couples, and that ignited a flame in me, as if I finally found my connection. I was always a innocent good boy, and after that I started checking out lingerie magazines, that came to our home, this escalated, and in the end of 9th Grade, I realized I had an issue and wanted to stop. The problem was that I couldnt , and I struggled terribly for 7 Years. Im Grateful that a friend of GYE introduced me to 12 Steps, and therapy. Keep on going strong!

Im a available if you would like to speak.

=====

====

Re: The Real Me

Posted by iwant2begood - 14 Jan 2024 02:59

Wow thank you for your story, Its not easy to be so open and honest, My story began very similar to your, in 9th Grade a friend told me what goes on between married couples, and that ignited a flame in me, as if I finally found my connection. I was always a innocent good boy, and after that I started checking out lingerie magazines, that came to our home, this escalated, and in the end of 9th Grade, I realized I had an issue and wanted to stop. The problem was that I couldnt , and I struggled terribly for 7 Years. Im Grateful that a friend of GYE introduced me to 12 Steps, and therapy. Keep on going strong! Im a available if you would like to speak.

=====

====

Re: The Real Me

Posted by chaimoigen - 15 Jan 2024 14:35

[proudyungerman wrote on 12 Jan 2024 13:37:](#)

[bright wrote on 12 Jan 2024 06:47:](#)

Amazing think there is a geshmake sidrei tahara on them! Brings them out kdarko.

Warning: Spoiler!

Lol! My R"C quoted them in chabura but I was long gone by them! #nochavrusa

Wouldn't it be cute if the two of you are actually Chavrusos and only figured it out by talking in learning here?

=====

Re: The Real Me

Posted by bright - 16 Jan 2024 00:22

I believe he is hashtag nochavrusa....

=====

Re: The Real Me

Posted by proudyungerman - 18 Jan 2024 01:49

The last couple of days have been quite a ride. No, BH, no major urges, temptations, or falls. However, a ride no less crazy it has been. To make a long story short, I had to open up to my wife about everything that I had done. Phone lines, pics on the internet, books, etc. The works. That was the hardest conversation I ever had (and hope to ever have!!) in my life.

When I first came on to GYE and spoke to IWLR it was like a balm on my scorched soul. I am normal! I can be a ben torah and still struggle...and overcome! I thought that I had begun my healing and subsequent freedom from this shmutz. I learnt this week that I hadn't.

When I was forced to open up to my wife and detail my deeds it hit me like a monster truck straight between the eyes. The pain that I felt - both of what I had done to myself and what I had done to my wife - was (and is) indescribable. I cried that night like I never have. With wracking sobs I felt the pain of many things. The pain of the lost dreams of utter purity and innocence snatched away by the introduction to phone lines by a friend. The pain of the lost bochur who so wants to stop being ?????? and just didn't have a clue how to. Even his Rebbe who

this young Beis Medrash bochur got the courage to confide in could only give him chizuk, but no ???.

The pain of having inflicted such a terrible pain and hurt onto the most beloved person in my life.

The pain of the poor lost soul who had to spend so many of his years searching and wandering, captive of his own demons, wondering if he ever manage to break free and escape to live the life he always wanted - ?????? ??????.

But I also felt the pain of having done such despicable, disgusting actions. Actions that are not befitting of any human being with a ??? ??????, let alone a Ben Torah. As I lay in bed that night, crying, I wondered, can I ever really respect myself? Can I ever come to terms with the actions I have done? With hurt that I have caused? For this I turn to you my dear friends, ?????? ??????, for help. Please help me digest what I have done. Help me accept the pain and suffering that I have caused so that I may start my journey anew.

What's left for me is to mourn those lost opportunities. For that...another post!

(I do not mean to enter the deep, philosophical discussions about if this was always my way, or if my derech changed. For that see many other threads and posts. Although, I did hear a rumor on the dark gye that there is going to be a comprehensive kuntres written on this topic in the King's English...Did anyone **see** any sign of **life** from the author??)

=====

Re: The Real Me

Posted by chaimoigen - 18 Jan 2024 02:16

My dear Chaver,

Now is not the time to mourn the past. And certainly not the time for philosophy.

Here is a warm, understanding hug.

Now, take my hand. Now is time for you to rise.

You have wings. You are not the victim of your past mistakes. You are courageous and you have glimmers of greatness, there is truth in your heart.

Today is here, and the sky is blue, and your heart is like an open highway.

Walk forward, into the light. To the extent that your regret **empowers** you, fine. Otherwise, it's not the time to dwell on the past. Today is the time for today. You are a Ben Torah, a Oved Elohim. Use your wings.

Your wife deserves it. You deserve it. You have made the choice of a better future.

You have the gift of a wonderful today.

???? ???? ????? ???

??? ??????

????

=====

Re: The Real Me

Posted by zzz613 - 18 Jan 2024 03:31

[proudyungerman wrote on 18 Jan 2024 01:49:](#)

The last couple of days have been quite a ride. No, BH, no major urges, temptations, or falls. However, a ride no less crazy it has been. To make a long story short, I had to open up to my wife about everything that I had done. Phone lines, pics on the internet, books, etc. The works. That was the hardest conversation I ever had (and hope to ever have!!) in my life.

When I first came on to GYE and spoke to IWLR it was like a balm on my scorched soul. I am

normal! I can be a ben torah and still struggle...and overcome! I thought that I had begun my healing and subsequent freedom from this shmutz. I learnt this week that I hadn't.

When I was forced to open up to my wife and detail my deeds it hit me like a monster truck straight between the eyes. The pain that I felt - both of what I had done to myself and what I had done to my wife - was (and is) indescribable. I cried that night like I never have. With wracking sobs I felt the pain of many things. The pain of the lost dreams of utter purity and innocence snatched away by the introduction to phone lines by a friend. The pain of the lost bochur who so wants to stop being ?????? and just didn't have a clue how to. Even his Rebbe who this young Beis Medrash bochur got the courage to confide in could only give him chizuk, but no ???.

The pain of having inflicted such a terrible pain and hurt onto the most beloved person in my life.

The pain of the poor lost soul who had to spend so many of his years searching and wandering, captive of his own demons, wondering if he ever manage to break free and escape to live the life he always wanted - ?????? ??????.

But I also felt the pain of having done such despicable, disgusting actions. Actions that are not befitting of any human being with a ??? ??????, let alone a Ben Torah. As I lay in bed that night, crying, I wondered, can I ever really respect myself? Can I ever come to terms with the actions I have done? With hurt that I have caused? For this I turn to you my dear friends, ?????? ??????, for help. Please help me digest what I have done. Help me accept the pain and suffering that I have caused so that I may start my journey anew.

What's left for me is to mourn those lost opportunities. For that...another post!

(I do not mean to enter the deep, philosophical discussions about if this was always my way, or if my derech changed. For that see many other threads and posts. Although, I did hear a rumor on the dark gye that there is going to be a comprehensive kuntres written on this topic in the King's English...Did anyone **see** any sign of **life** from the author??)

wow

mamash the feelings a few months back when my wife found out and i had to tell it all out.

=====
=====

Re: The Real Me

Posted by Vehkam - 18 Jan 2024 12:33

[chaimoigen wrote on 18 Jan 2024 02:16:](#)

My dear Chaver,

Now is not the time to mourn the past. And certainly not the time for philosophy.

Here is a warm, understanding hug.

Now, take my hand. Now is time for you to rise.

You have wings. You are not the victim of your past mistakes. You are courageous and you have glimmers of greatness, there is truth in your heart.

Today is here, and the sky is blue, and your heart is like an open highway.

Walk forward, into the light. To the extent that your regret **empowers** you, fine. Otherwise, it's not the time to dwell on the past. Today is the time for today. You are a Ben Torah, a Oved Elohim. Use your wings.

Your wife deserves it. You deserve it. You have made the choice of a better future.

You have the gift of a wonderful today.

???? ???? ????? ???

??? ??????

????

Very powerful. This works.

=====

Re: The Real Me

Posted by eerie - 18 Jan 2024 20:26

[chaimoigen wrote on 18 Jan 2024 02:16:](#)

My dear Chaver,

Now is not the time to mourn the past. And certainly not the time for philosophy.

Here is a warm, understanding hug.

Now, take my hand. Now is time for you to rise.

You have wings. You are not the victim of your past mistakes. You are courageous and you have glimmers of greatness, there is truth in your heart.

Today is here, and the sky is blue, and your heart is like an open highway.

Walk forward, into the light. To the extent that your regret **empowers** you, fine. Otherwise, it's not the time to dwell on the past. Today is the time for today. You are a Ben Torah, a Oved Elohim. Use your wings.

Your wife deserves it. You deserve it. You have made the choice of a better future.

You have the gift of a wonderful today.

???? ???? ????? ???

??? ??????

????

Third the motion. Wow.

Reb PY, you are an inspiration! You should respect yourself for being able to open up and post about yourself. You should respect yourself for being able to pick up the phone and get help. You should respect yourself for all the things you have done right.

And you should respect the person you are becoming!

Yes, it's painful to look back. So don't. Not now. Remember to be kind when judging yourself. You weren't taught the tools needed to overcome many of the things thrown your way.

Now, take Reb CO's outstretched hand, and know that the guy holding his other hand is me.

Together, we can soar

=====

=====