

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 redfaced - 01 Jan 2025 03:35

[proudyungerman wrote on 01 Jan 2025 03:26:](#)

I'm currently home, by myself, for a few days.

I am currently slightly more vulnerable than I'd like to be.

(I'm very tired and my wife hasn't been able to be there for me as much as I need like, which shows.)

I'm going to be fine, I'm going to come out way bigger and better than I started this week.

I am going to come out clean.

In order for that to happen, I need to:

- 1) Be in touch with people
- 2) Be in touch with people
- 3) Be in touch with people
- 4) Be in touch with people
- 5) Get to sleep at a normal hour
- 6) Keep TBOTG in mind throughout the day
- 7) Minimize my time at home alone

Looking forward to checking in later with a clean bill of spiritual (and physical) health!

(As an aside, I have been noticing that the ideas from TBOTG have been popping into my head at different times of necessity. IDK, but I'm happy!)

Now that you've enjoyed the full redfaced experience (the hug on both cheeks - and the another one) feel free to call whenever.

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Re: The Real Me

Posted by proudyungerman - 03 Jan 2025 04:57

Day 361

???? ??????? ??????? ????? ??!

As my time home alone draws to a close I feel extraordinarily happy. This is not the first time I was home alone since I started my GYE journey, but this time was by far the hardest. I was very tired and, as I mentioned, have been struggling a little with the lust bug. It had seemed to be slowly leavin' me, but this was too good of a target.

Depending on the time of day being home was triggerin', being in the Kollel was triggerin', and once, today, both were triggerin'! (Then I just remembered that I had to get gas so off I went and called a GYE friend while I was doin' so, BH for that! Thanks! YKW you are!)

There is no question in my mind that had this been earlier in my journey that I would've fallen, and hard.

This time I was able to realize that it's ok to have an urge and not do anything about. It really hit me that I have the freedom to literally do anything I want, from porn to phone sex lines and worse. There was no one watching me. There was nothing stopping me. Except myself (with the help of some friends...but even friends just help me stop myself...).

But I didn't have to give in! I can feel the urge, the pain, the desire to act out to my heart's content, and have the space to think and realize that this is not what I want to do. I am not going to do it! And when it got really tough, I called a friend.

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Special thank you to my GYE friends who reached out at many different times. It warms my heart to know that you are thinking of me and you care.

Thank you!

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Re: The Real Me

Posted by babayakob - 03 Jan 2025 05:13

[proudyungerman wrote on 03 Jan 2025 04:57:](#)

Day 361

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was home alone since I started my GYE journey, but this time was by far the hardest. I was very tired and, as I mentioned, have been struggling a little with the lust bug. It had seemed to be slowly leavin' me, but this was too good of a target.

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Special thank you to my GYE friends who reached out at many different times. It warms my heart to know that you are thinking of me and you care.

Thank you!

mines frend, yu hubing a groise mistake, i not YKW, yu cant telling me hu i am, i am de groise baba frum gye, de famous funny joke of gye, not ykw.

and by de way i'm thinking we have to changing his name to UNH cause now dat he's chasidish

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Posted by proudyungerman - 23 Jan 2025 06:01

?"? ??? ????"?

(As I sit here about to submit this post, my emotions are overcoming me. I must say that I really never thought I would live to see this day.)

Thank you Hashem, who's Hand I have never felt more.

Right before I joined I had ventured into previously unexplored territory, and I was petrified.

I would like to organize my thoughts a bit more to express some of what I have gained in the last year, but ????? ???? ???? ?? ????

I now know that it is actually possible to walk down the street, notice something in my peripheral vision and not only not take a good look, but in fact not look at all.

I can actually love myself, appreciate who I am, what I have accomplished, and really value who I am.

I don't have to call phone sex lines to cover over my low self esteem.

I can let my wife's love and acceptance wash over me in a warm, internal embrace that is oh so fulfilling.

I have the ability to choose my reaction to any given situation, I continuously work on strengthening my desire to choose wisely.

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I want to end with a special thank you to some of the people who really made it possible for me to get to where I am.

You know who you are, I am not the same because of the hours spent listening, talking, advising, reviewing...again, guiding, and more.

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Re: The Real Me
Posted by Muttel - 23 Jan 2025 15:41

400 days, wow!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Keep on shteigen, brother, what an inspiration!

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Re: The Real Me
Posted by proudyungerman - 03 Feb 2025 17:40

[proudyungerman wrote on 23 Jan 2025 06:01:](#)

I would like to organize my thoughts a bit more to express some of what I have gained in the last year

Nothin' like bein' stuck at home to have some time...

- The power of a real friend. I can't stress enough how helpful it is to have a friend where you can literally dump everything on, from the littlest annoyances to (some of) the biggest struggles you are currently dealing with. An understanding ear, accepting heart, and warm hand can make all the difference. It was also extremely validating in the very beginning and helped me realize that it's not a joke. I am actually normal (not that kind, eerie:), like the other guys I am talking to, I ~~just~~ also have an embarrassing struggle. That thought is still helpful sometimes. I have also gained a tremendous amount of wise advice and guidance in this area and also in my (real/fake) life outside of GYE from some of the special people here. Can not underestimate that. At all.

Warning: Spoiler!

- The power and ability of a real paradigm/mindset shift. I experienced it in both the simple fact that there is a way out of this mess and in the shift in fighting the battle. It has served me well up until this point, and will hopefully continue going forward.
- Real, deep, internal change is actually possible in a way I never imagined. If it's possible here, it's possible elsewhere too. That is something I have been working on, with some success, in my (real/fake) life, outside of GYE.
- Humility. Everyone here is an anonymous username. You may end up finding out that the guy who gives you some great advice is a few decades younger than you, from a different stream of Judaism, still struggling, etc.
- This is something that I have been learning, really more internalizing, recently. The battle is never over. Not until after a long, hopefully fruitful, successful life and I am 6 feet under the ground. Until then, it doesn't matter how long my streak is, the YH is still going to tempt me. The temptations may be few and far between, but if I don't spend my time now to continue growing, when they hit they may slam me.

Warning: Spoiler!

To me, freedom means the ability to deal with my YH, the urges that it serves me, and my reactions to my choices. Yes, if I ever fall again, I hope to be able to not let it drag me down, because I am a different person now. I don't have to react the same way I used to, I am not stuck in the same patterns of my previous script. I CAN choose my reaction!

That might be the most important idea I've learnt.

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Re: The Real Me

Posted by proudyungerman - 13 Feb 2025 04:34

Day 400!

Wow!

Less than 400 hundred days ago, I never (read: **never!**) thought I could make it to this point.

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Three points I currently need to work on:

- ?Continuous positive thinking about struggles - including the pleasure gained in overcoming, calmness available without obsessing, happiness in avoidance
- I need to continue strengthening my paradigm shift of viewing women as people. I was doin' very well and I slacked off a bit. Not a pressure, just a realization that I need to turn my focus to it.
- Continue working on improving and strengthening my self-esteem. BH it got a serious overhaul and has had a bull year, but there is still work to be done.

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Re: The Real Me

Posted by altehmirrerr - 13 Feb 2025 04:53

[proudungerman wrote on 13 Feb 2025 04:34:](#)

Day 400!

Wow wow wow mazel tov!!!!!! L'chaim!!! beautiful!!!! amazing!! keep it up brother!!! i wish i were with you to celebrate this in person! either way hope u feel my simcha for you! keep it up!!!! ah bisel gaiva d'kudusha!!!!

With much love, the mirrer

p.s. why does your profile say 415?

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Re: The Real Me

Posted by lamaazavtuni - 13 Feb 2025 05:52

R yungerman you have what to be proud about!!!! Really every days a new special number but there's definitely a good feeling of a fat 400 shliemusdikeh number. Imh by mir. Not th alteh mir.

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Re: The Real Me

Posted by altehmirrerr - 13 Feb 2025 06:00

[lamaazavtuni wrote on 13 Feb 2025 05:52:](#)

Not th alteh mir.

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Re: The Real Me

Posted by proudyungerman - 13 Feb 2025 14:29

[lamaazavtuni wrote on 13 Feb 2025 05:52:](#)

R yungerman you have what to be proud about!!!! Really every days a new special number but there's definitely a good feeling of a fat 400 shliemusdikeh number. Imh by mir. Not th al(t)eh mir.

Much better...

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Re: The Real Me

Posted by proudyungerman - 13 Feb 2025 14:38

[altehmirrer wrote on 13 Feb 2025 04:53:](#)

[proudyungerman wrote on 13 Feb 2025 04:34:](#)

Day 400!

Wow wow wow mazel tov!!!!!! L'chaim!!! beautiful!!!! amazing!! keep it up brother!!! i wish i were with you to celebrate this in person! either way hope u feel my simcha for you! keep it up!!!! ah bisel gaiva d'kudusha!!!!

With much love, the mirrer

p.s. why does your profile say 415?

Great question!

Or, as they would say in the mir, a moirahdike diyuk!

The 400 days is since I called HHM, which is when consider my journey to really have started. The number under my profile is since my last fall which was a little while before I called him.

(I happen to think that I messed it up, but I don't think there's a way to fix it...)

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Re: The Real Me

Posted by proudyungerman - 25 Feb 2025 04:08

Today was the day that I knew was going to come. It was bound to happen sooner or later.

I slipped today like I haven't in a long time.

Warning: Spoiler!

I am not happy that this happened, but there is much to learn.

BH, I am in a much better place now, I am not beating my self up over this. I am simply realizing that I made a mistake, (I need to do teshuva, and I will) and I need to think about why this happened and how I can avoid it in the future.

- I had seen this coming but now I need to actually address it. I have not been good about keeping the ideas of TBOTG - which has worked very well for me - on my back burner in a helpful way. I need to find a way to start reading it again in a way that I am actually going to follow through. (I wonder if there's any way to potentially flesh out or build out from some of those ideas. That may make it easier for me to get excited about it. Just a thought.)
- There are parts of life right now that are blah/painful/challenging, and I'd love to avoid them. Figuring out how to live is always helpful in overcoming the struggle.

There are two thoughts I also wanted to share.

1. I am tremendously thankful to Hashem (and all his shluchim here who have helped me get to this place!!!!) that as much as I was slipping, the thought of picking up the phone that was right next to me and calling a phone sex line didn't even cross my mind! I have no words to thank You for helping me get to this point!!
2. I had realized that I was struggling a little internally with my positive motivation/mindset for a little while already. I am very thankful to Hashem that this happened now, before it really gets hot. I now have the impetus to be mechazek myself and therefore be holding in a much better place when the summer comes around.

Warning: Spoiler!

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Re: The Real Me

Posted by lamaazavtuni - 25 Feb 2025 04:16

Man feel for you it freeeken sucks I assure you, especially for how long you've been in this fight although I'm assuming this is not considered a real fall. Am I crazy or there's a hutrongous ruach hatuma sweeping through and making a the greats that I'm avidly following and drinking in their words of chizuk fall and slip and stumble.

anyway keep us posted, theres not to many proud yungeliet!!!!!!!!!!!!!!!!!!!!!!

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