

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 Muttel - 16 May 2025 13:41

Faith Over Fear by Rav Yechiel Perr (on ????? ??????) has been very instrumental for me, I highly recommend it...

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Re: The Real Me

Posted by chaimoigen - 16 May 2025 16:41

[Muttel wrote on 16 May 2025 13:41:](#)

Faith Over Fear by Rav Yechiel Perr (on ????? ??????) has been very instrumental for me, I highly recommend it...

Me too. Ditto!

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Re: The Real Me

Posted by proudyungerman - 29 May 2025 04:56

Day 500!

Wow.

This is the day that, for a long time, never thought would come. It's hard to believe that 500 days ago, not to much earlier than this, I was busy gettin' sledgehammered by HHM himself.

I am starting to appreciate the beauty of many thousands of small, consistent, good choices that are, BH, snowballing into a real avalanche of real change. (There were some big moments, too.)

I was reflecting recently on the title of my thread "The Real Me" and how apropos it is. When I came on, my intent wasn't exactly the nicest. It was, here is a disgusting human bein' that has engaged in some terrible sexual behaviors. This is the real me, the me that no one knows. Now, 500 days later, I can BH say that the title of this thread, and really the (pajama-clad, basement dwelling unfortunate, but I have to say this - iykyk) person behind this thread, is the real me. I have learnt, and continue to improve on, how to seamlessly integrate the multiple different parts of me into one, human, growth-filled Eved Hashem. My GYE friends, you know "The Real Me", most of all!

To all the silent, lurkin' GYE'ers,

It is possible!

Please consider reachin' out to a mentor* or a friend or postin' your story (or some of it)!

Please give it a shot. For real. It's much easier with the hand of a friend.

Please.

Just do it.

*Here's a small list to start:

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelner@gmail.com.

Some of the other great mentors here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com minhamayim - minhamayim1@gmail.com amevakesh - amevakesh23@gmail.com, iwannalivereal - iwannalivereal@gmail.com, yiftach - yiftach1609@gmail.com

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Re: The Real Me

Posted by alex94 - 29 May 2025 05:55

[proudyungerman wrote on 29 May 2025 04:56:](#)

Day 500!

I have learnt, and continue to improve on, how to seamlessly integrate the multiple different parts of me into one, human, growth-filled Eved Hashem.

That's a powerful way to look at it.

Mazal tov!

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Re: The Real Me

Posted by Imaila - 29 May 2025 06:22

I second alex's thoughts, that is really a beautiful way to express what many of us strive for.

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Re: The Real Me

Posted by Muttel - 29 May 2025 12:53

Mazel Tov - lmyH by 5000!

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Re: The Real Me

Posted by amevakesh - 01 Jun 2025 17:40

[Muttel wrote on 29 May 2025 12:53:](#)

Mazel Tov - lmyH by 5000!

Small ??????. In light of the fact that R' PY has helped countless people offline, how he cares for them, and guides them, gives them his time, love and expertise, "???? ???"? "???? ??? ????? ?? !!!

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Re: The Real Me

Posted by proudyungerman - 05 Jun 2025 13:45

I want to share a vort that my Rebbi told me that has given me tremendous chizuk.

(*When I was in yeshiva, I opened up to him about my struggles with masterbation but I could not even consider opening up to him about anything more than that...)

In this weeks Parsha is the Parsha of the Sotah.

This lady is clearly strugglin' and is not responding appropriately. She was hangin' out with a strange man, and things were bad enpugh that her husband officially warned her to stay away from this man.

Yet, she ignores the warning and not only continues talkin' and hangin' out, she goes and secludes herself with him! From bad to worse!

And yet, the Torah says very clearly that if she stayed clean, and wasn't ?????, not only is her life spared, but ?????? ?????? ???.

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She went ahead and put herself in a dreadful situation *that was totally of her own doing* and yet she gets this reward of having a child if she didn't stray.

My Rebbi explained that the pshat is that at the end of the day, she was in a situation worthy of despair and, through some perhaps unknown strength, she came out on top. That is the key to unlock the promise of ?????? ?????? ???.

Defeatin' the YH, even of one's own creation is worthy of tremendous ???.

This has given me a lot of chizuk over the years, as I have had ups and downs on my personal journey.

(He also added another ??? that was helpful, maybe for another time.)

*Hard to believe that it's been a year since [this letter](#) was delivered into my Rebbi's mailbox. Lots has happened since then, BH...

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Re: The Real Me

Posted by alex94 - 05 Jun 2025 15:19

[proudyungerman wrote on 05 Jun 2025 13:45:](#)

*Hard to believe that it's been a year since [this letter](#) was delivered into my Rebbi's mailbox. Lots has happened since then, BH...

Firstly, the derher from sotah is fire! Thank you for sharing and I look forward to part 2.

I wasn't around for that letter, I just read it.

Power!

I wish every Rebbi received it. Maybe it would give them the push to reach out to bochurim more, to be more emotionally available. I really regret not being able to open up to or be mekabel from anyone when I was a bochur.

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Re: The Real Me

Posted by iwantlife - 05 Jun 2025 15:21

What a great vort! What a great Rebbi!!

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Re: The Real Me

Posted by eerie - 08 Jun 2025 20:36

[proudyungerman wrote on 05 Jun 2025 13:45:](#)

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(He also added another ??? that was helpful, maybe for another time.)

*Hard to believe that it's been a year since [this letter](#) was delivered into my Rebbi's mailbox. Lots has happened since then, BH...

BTW, I found the vort your rebbe said, in Shvivei Lev, in the back of the Lev Eliyahu chelek 1, ois ??

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Re: The Real Me

Posted by proudyungerman - 11 Jun 2025 18:56

Over the last little while a few different things happened that awakened old tendencies inside of me. I started becomin' much less comfortable with myself then I have been in a (relatively) long time, and I started feeling the pressures from old comin' back.

That's not a good a good place to be headin', although I am not worried about it headin' there right now.

It was botherin' me a bit and I have spent some time thinkin' about it.

One nice thing was the realization that I am ok with not bein' ok with myself - because it will pass, bez"H with time and work.

Glad I have this space here to say this.

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Re: The Real Me

Posted by chaimoigen - 12 Jun 2025 16:51

[proudyungerman wrote on 11 Jun 2025 18:56:](#)

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One nice thing was the realization that I am ok with not bein' ok with myself - because it will pass, bez"H with time and work.

Glad I have this space here to say this.

This is a powerful post and I have what to learn from you, friend.

Here's a warm hand, and an admiring hug, all the way to Burma!

I just want to accentuate the words highlighted above. **So many** of our struggles are rooted in the fact that we are not comfortable with ourselves, so many times.

And unfortunately we have habituated ourselves in the past to seek escape/ comfort/ numbing/ reprieve/ respite/ succor/ etc from sweet, smutty garbage...

But when we are blessed to realize what's going on, (and when we come to feel how the stuff doesn't fill the aching in our hearts and souls anyways), and when and if we can learn how to face the inevitable ups and downs in our own selves with fortitude and faith, and a little compassion, the world is a brighter place.

Thanks for being a bright spot!

I am,

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Re: The Real Me

Posted by proudyungerman - 30 Jun 2025 02:58

Day 529

My ?????? ?????? has been all over the place recently. I need to find a way to get it back under control. The double whammy of the summer attire (or lack thereof...) and me feelin' very stressed and unsettled hasn't been the best combo for me. (That's besides losing my second seder chavrusa...) (there may be one other factor over here that is havin' an impact but I'm not totally sure...)

I feel like I need a good chazara of the basic ideas of what intimacy is and isn't and that women are not sex toys and shouldn't be viewed or enjoyed, rather treated with the respect of another human being.

Even when they dress in ways that may seem to indicate otherwise, generally they are not

interested in being viewed as pieces of flesh who are simply here to look at to my hearts desire.

I should think about (and verbalize to myself?) these ideas every day for the next week or so...

(It always helps me to type these things out, thanks for listening!!)

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