

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 - 19 Jan 2024 03:11

Thank you the Rosh Yeshiva GYE R' CO for reaching out last night. Your words are a delicious whiff of the true path towards gadlus. I feel like I can finally start the process of rebuilding and of true growth.

For the last long while I just felt disconnected. My davening just wasn't up to par, I felt like that special connection with my Creator was missing. How can I connect to Him with all this baggage? I felt a general apathy towards real committed growth in some areas and I felt stifled in others. I didn't know my way out. It was a terrible feeling to be so stuck in my Avodas Hashem. Now that I have bared my soul, released it's load, and started receiving guidance from those on top of the maze, I see a light. The light is faint, small rays of sun teasing the depths of my soul. Yes, there's a way out.

Just a thought that popped into my head as I was davening this morning. (Yes it was the first time this happened in a looooooong time, and yes it felt very good!! Also was the first time davening shacharis with a minyan in a little while and I got there on time, hence the ability to daven like a mentch and have some focus.) We say at the end of Birchos Hashachar the bracha of ?????? ????? ???. This morning I understood it in the context of ?????? in ruchniyus. (See end of ?? ??? by ????? - the passuk of ????? ??? ?????.) We are asking Hashem to give those who are weary in their journeys to Him to please give them the strength needed to KOMT.

As I timidly reach my hand out and check the next rung of the ladder to see if it's strong enough for me to support myself, I implore the Heilge Bashefer to please help me. Hashem, please give me the strength! Please help me soar to those heights that I see in the distance! Help me please complete my climb out of this pit full of filth and see the clear light of day! Oy, help me! I can't do it without You! There's so much to accomplish, so much to think about, work through, and finally reach clarity on! Shas to learn, kids to raise, mussar to learn and internalize. Real growth to work towards.

?????? ?' ???? ??????? ??? ?????? ?????

=====

=====

Re: The Real Me

Posted by proudyungerman - 19 Jan 2024 03:32

[proudyoungerman wrote on 19 Jan 2024 02:39:](#)

[eerie wrote on 18 Jan 2024 20:26:](#)

"eerie" post=407279 date=1705609596 catid=19

[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

When I close my eyes, if I squeeze them tight enough, I see a small circle. It looks like people dancing but I'm not sure. As I get closer to the people I hear a the faint notes wafting my way...???? ???? ????? ????...I break into a run and immediately am pulled into the circle by R' CO and R' Eerie. The pace ramps up and we are whirling around singing at the top of our lungs. The circle gets larger and larger as we are joined by the multitudes of giborim who are fighting with all their strength. (Wait...no way...it can't be...is that Cordnoy? He is runnin' towards the circle and he breaks right in. He starts jumpin' and twirlin', really kickin' up a storm.) Oh Hashem please please bring this day when we can really serve you properly ?????? ??????!!

OMG!! Is that Foolie huffin' and puffin' as he is nearing the circle...and he does it! As Cordnoy stretches out his hand foolie grabs on and enters the circle and slowly allows himself to be swept up in the emotion of the moment! I might even see some tears in the corner of his eyes...foolie is finally gripeless...

=====

=====

Re: The Real Me

Posted by proudyungerman - 19 Jan 2024 03:35

I can't believe that it's only been two weeks since I was introduced to the nicest sledgehammer in the world. I feel like it has been at least a couple of months!

Thank you to all my friends who have helped me so far on this wonderful, painful, uplifting, growth-filled, rollercoaster journey of life. Thank you for believing in me, pushing me,

The amount of time I have spent on the phone these last two weeks is more than I have spent in a long time (even more than on those wretched phone lines;).

I really owe HHM a tremendous thank you for really teaching me, guiding me, and helping me see the good in myself to ensure that I can do this successfully! I now really understand what true intimacy is and I am attempting to implement it in my marriage.

Warning: Spoiler!

encouraging me, and yes also using that famous GYE sledgehammer when necessary!

I also owe IWLR a special shoutout for reaching out and giving me tons of time as I was getting comfortable with the idea of posting and calling HHM. I really enjoy the friendship and look forward to meeting in person soon!

=====

=====

Re: The Real Me

Posted by tryingmybest8 - 19 Jan 2024 19:06

With the Mikveh this erev Shabbos it should be a cleansing for eternity! We should all be zoche to be who we are meant to be!

=====

=====

Re: The Real Me

Posted by proudyungerman - 30 Jan 2024 03:48

A question that's been banging around inside for a while...While I was working with my therapist one of the angles we discussed was trying to create a safe space. We discussed different strategies as to how to create that and I implemented them. Besides for one thing.

That wretched phone line still had my cc number saved on it saving me the fight of having to put it in. I couldn't figure out how to take it off. I was planning on "losing" it and then be forced to cancel the card and shalom al yisrael. Except that I didn't. For some "strange" reason I couldn't bring myself to do it.

During my last fall as I got off that wretched phone line I got a fraud alert from my bank. My heart started racing at the opportunity that lay in front of me. I did it. I texted back "N", no it

wasn't me. My card was cancelled, I didn't pay for that call, and I successfully made it harder for me to fall.

I haven't had a fall since that day 40 days ago.

Was I right or not? Should I have texted back "Y" and then continued with the plan to "lose" my card some other time - hopefully soon?(I will ask a competent Rav about the Halacha - curious about general thoughts on the question)

=====

Re: The Real Me

Posted by hehochma - 30 Jan 2024 04:29

The seraphim were singing. The angels were dancing. The chayos v'ofanei hakodesh exulted in the praises of the holy and soon-to-be ProudYungerman.

=====

Re: The Real Me

Posted by chaimoigen - 30 Jan 2024 05:13

[proudyungerman wrote on 30 Jan 2024 03:48:](#)

A question that's been banging around inside for a while...While I was working with my therapist one of the angles we discussed was trying to create a safe space. We discussed different strategies as to how to create that and I implemented them. Besides for one thing.

That wretched phone line still had my cc number saved on it saving me the fight of having to put

it in. I couldn't figure out how to take it off. I was planning on "losing" it and then be forced to cancel the card and shalom al yisrael. Except that I didn't. For some "strange" reason I couldn't bring myself to do it.

During my last fall as I got off that wretched phone line I got a fraud alert from my bank. My heart started racing at the opportunity that lay in front of me. I did it. I texted back "N", no it wasn't me. My card was cancelled, I didn't pay for that call, and I successfully made it harder for me to fall.

I haven't had a fall since that day 40 days ago.

Was I right or not? Should I have texted back "Y" and then continued with the plan to "lose" my card some other time - hopefully soon?(I will ask a competent Rav about the Halacha - curious about general thoughts on the question)

Acher Hu.

No, it wasn't YOU who made that call...

I'm not sure of the Halacha. (Maybe you can find a way to reimburse them).

But sometimes in a split second of a moment a person is given an opportunity to grab, and if you do... you shall be saying ages hence that that has made all the difference...

There's a story I heard from one of my Rabaim about a fellow in one of the Yeshivos in Europe who was talking in learning by a meal and realized he had forgotten a Tosfos. He was so distraught he immediately got up, without remembering to Bentch, and ran into a room, where he learned Torah non-stop for 10 years, becoming a Gadol BaTorah (the story doesn't mention the details of the plumbing facilities that the room was or wasn't equipped with).

A great Mashgiach said that had he asked a Shayla he would have been told he must Bentch before leaving the table.

But he also said that it's most likely that, had he waited, he would have lost the power of that moment, and never would have become the Gadol that he did....

Who knows where you would be today had you answered "Yes" to that question. You answered N and grabbed the moment in the moment. You slammed the door and said: Nevermore. That's not me. Acher Hu.

And that has made all the difference.

Keep Proudly Monster Trucking!!

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

PS. 'Twas a **wonderful** hug.

=====
=====

Re: The Real Me

Posted by eerie - 30 Jan 2024 18:21

[proudyungerman wrote on 30 Jan 2024 03:48:](#)

A question that's been banging around inside for a while...While I was working with my therapist one of the angles we discussed was trying to create a safe space. We discussed different strategies as to how to create that and I implemented them. Besides for one thing.

That wretched phone line still had my cc number saved on it saving me the fight of having to put it in. I couldn't figure out how to take it off. I was planning on "losing" it and then be forced to cancel the card and shalom al yisrael. Except that I didn't. For some "strange" reason I couldn't bring myself to do it.

During my last fall as I got off that wretched phone line I got a fraud alert from my bank. My heart started racing at the opportunity that lay in front of me. I did it. I texted back "N", no it wasn't me. My card was cancelled, I didn't pay for that call, and I successfully made it harder for me to fall.

I haven't had a fall since that day 40 days ago.

Was I right or not? Should I have texted back "Y" and then continued with the plan to "lose" my card some other time - hopefully soon?(I will ask a competent Rav about the Halacha - curious about general thoughts on the question)

I'm jealous

=====
=====

Re: The Real Me

Posted by eerie - 30 Jan 2024 18:22

[chaimoigen wrote on 30 Jan 2024 05:13:](#)

PS. 'Twas a **wonderful** hug.

I'm jealous (Not a typo)

=====
=====

Re: The Real Me

Posted by proudyungerman - 31 Jan 2024 00:55

[eerie wrote on 30 Jan 2024 18:22:](#)

"eerie" post=407921 date=1706638945 catid=19

[chaimoigen wrote on 30 Jan 2024 05:13:](#)

PS. 'Twas a **wonderful** hug.

I'm jealous (Not a typo)

To my Heilige Rebbe and friend R' Eerie...I am waiting for you with open, outstretched arms! I'll

=====

Re: The Real Me

Posted by youknowwho - 31 Jan 2024 02:09

[proudungerman wrote on 31 Jan 2024 00:55:](#)

[eerie wrote on 30 Jan 2024 18:22:](#)

"eerie" post=407921 date=1706638945 catid=19

[chaimoigen wrote on 30 Jan 2024 05:13:](#)

PS. 'Twas a **wonderful** hug.

I'm jealous (Not a typo)

To my Heilige Rebbi and friend R' Eerie...I am waiting for you with open, outstretched arms! I'll

give you my address whenever you are ready...

Why not make it an official Hug Fest Party and post your address right here on the forum?

Wait...**don't**. I'm having a visual of thousands of James-like characters making their way down to your place, hands outstretched, a strange red glint in their eyes, chanting "the real me, the real me, the real me!!"....Help!!!

=====

Re: The Real Me

Posted by bright - 31 Jan 2024 03:41

[proudyungerman wrote on 30 Jan 2024 03:48:](#)

A question that's been banging around inside for a while...While I was working with my therapist one of the angles we discussed was trying to create a safe space. We discussed different strategies as to how to create that and I implemented them. Besides for one thing.

That wretched phone line still had my cc number saved on it saving me the fight of having to put it in. I couldn't figure out how to take it off. I was planning on "losing" it and then be forced to cancel the card and shalom al yisrael. Except that I didn't. For some "strange" reason I couldn't bring myself to do it.

During my last fall as I got off that wretched phone line I got a fraud alert from my bank. My heart started racing at the opportunity that lay in front of me. I did it. I texted back "N", no it wasn't me. My card was cancelled, I didn't pay for that call, and I successfully made it harder for me to fall.

I haven't had a fall since that day 40 days ago.

Was I right or not? Should I have texted back "Y" and then continued with the plan to "lose" my card some other time - hopefully soon?(I will ask a competent Rav about the Halacha - curious about general thoughts on the question)

I wonder if these lines have a din of mazik es harabim, in which case it would be a mitzva to put them out of business? Based on my not knowing of anything in dinei mamonos....

=====

Re: The Real Me

Posted by bright - 31 Jan 2024 03:45

[chaimoigen wrote on 30 Jan 2024 05:13:](#)

[proudyungerman wrote on 30 Jan 2024 03:48:](#)

A question that's been banging around inside for a while...While I was working with my therapist one of the angles we discussed was trying to create a safe space. We discussed different strategies as to how to create that and I implemented them. Besides for one thing.

That wretched phone line still had my cc number saved on it saving me the fight of having to put it in. I couldn't figure out how to take it off. I was planning on "losing" it and then be forced to cancel the card and shalom al yisrael. Except that I didn't. For some "strange" reason I couldn't bring myself to do it.

During my last fall as I got off that wretched phone line I got a fraud alert from my bank. My heart started racing at the opportunity that lay in front of me. I did it. I texted back "N", no it wasn't me. My card was cancelled, I didn't pay for that call, and I successfully made it harder for me to fall.

I haven't had a fall since that day 40 days ago.

Was I right or not? Should I have texted back "Y" and then continued with the plan to "lose" my card some other time - hopefully soon?(I will ask a competent Rav about the Halacha - curious about general thoughts on the question)

Acher Hu.

No, it wasn't YOU who made that call...

I'm not sure of the Halacha. (Maybe you can find a way to reimburse them).

But sometimes in a split second of a moment a person is given an opportunity to grab, and if you do... you shall be saying ages hence that that has made all the difference...

There's a story I heard from one of my Rabaim about a fellow in one of the Yeshivos in Europe who was talking in learning by a meal and realized he had forgotten a Tosfos. He was so distraught he immediately got up, without remembering to Bentch, and ran into a room, where he learned Torah non-stop for 10 years, becoming a Gadol BaTorah (the story doesn't mention the details of the plumbing facilities that the room was or wasn't equipped with).

A great Mashgiach said that had he asked a Shayla he would have been told he must Bentch before leaving the table.

But he also said that it's most likely that, had he waited, he would have lost the power of that moment, and never would have become the Gadol that he did....

Who knows where you would be today had you answered "Yes" to that question. You answered N and grabbed the moment in the moment. You slammed the door and said: Nevermore. That's not me. Acher Hu.

And that has made all the difference.

Keep Proudly Monster Trucking!!

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

PS. 'Twas a **wonderful** hug.

I think that perhaps sometimes hashem takes away our bechira for these types of moments (if they do exist...). But every seif katan in shulchan orech is for our spiritual benefit. Hashem told us how to grow and come close to him. Doing the wrong thing to get a net gain somewhere else, as far as I know, isnt the way. That being said our hero did the right thing.

=====

Re: The Real Me

Posted by bright - 31 Jan 2024 03:47

[chaimoigen wrote on 30 Jan 2024 05:13:](#)

[proudyungerman wrote on 30 Jan 2024 03:48:](#)

A question that's been banging around inside for a while...While I was working with my therapist one of the angles we discussed was trying to create a safe space. We discussed different strategies as to how to create that and I implemented them. Besides for one thing.

That wretched phone line still had my cc number saved on it saving me the fight of having to put it in. I couldn't figure out how to take it off. I was planning on "losing" it and then be forced to cancel the card and shalom al yisrael. Except that I didn't. For some "strange" reason I couldn't bring myself to do it.

During my last fall as I got off that wretched phone line I got a fraud alert from my bank. My heart started racing at the opportunity that lay in front of me. I did it. I texted back "N", no it wasn't me. My card was cancelled, I didn't pay for that call, and I successfully made it harder for me to fall.

I haven't had a fall since that day 40 days ago.

Was I right or not? Should I have texted back "Y" and then continued with the plan to "lose" my card some other time - hopefully soon?(I will ask a competent Rav about the Halacha - curious about general thoughts on the question)

Acher Hu.

No, it wasn't YOU who made that call...

I'm not sure of the Halacha. (Maybe you can find a way to reimburse them).

But sometimes in a split second of a moment a person is given an opportunity to grab, and if you do... you shall be saying ages hence that that has made all the difference...

There's a story I heard from one of my Rabaim about a fellow in one of the Yeshivos in Europe who was talking in learning by a meal and realized he had forgotten a Tosfos. He was so distraught he immediately got up, without remembering to Bentch, and ran into a room, where he learned Torah non-stop for 10 years, becoming a Gadol BaTorah (the story doesn't mention the details of the plumbing facilities that the room was or wasn't equipped with).

A great Mashgiach said that had he asked a Shayla he would have been told he must Bentch before leaving the table.

But he also said that it's most likely that, had he waited, he would have lost the power of that moment, and never would have become the Gadol that he did....

Who knows where you would be today had you answered "Yes" to that question. You answered N and grabbed the moment in the moment. You slammed the door and said: Nevermore. That's not me. Acher Hu.

And that has made all the difference.

Keep Proudly Monster Trucking!!

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

PS. 'Twas a **wonderful** hug.

=====

=====