

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 eerie - 31 Jan 2024 18:11

[proudyungerman 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

I'm ready now, I just need to find affordable flights from Burma

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Re: The Real Me

Posted by proudyungerman - 01 Feb 2024 05:07

A thought that has had more meaning for me in the last couple of days...

We say in Pesukei D'Zimra ????? ? ???? ????? ??????

I heard a pshat about ten years ago when I was in yeshiva as follows.

????? ? ???? - We are telling Hashem that I will praise you with my life - the way I live my life will inherently be a praise to Him.

????? ????? ????? - I will sing to Him with my ???, with my more. Every time I push myself forward, grow a bit more, access more of the light, THAT is my personal song to Him. And what a beautiful song it is turning into!

As I continue the ever present journey upwards towards ultimate ?????, ????, and ?????? with a new, deeper understanding this passuk continues to give me a push to add to my personal praise and to add more stanzas to my song.

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(P.S. Anyone know who Karma is? Is he related to James?? And why is he under to everyone's name?)

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Re: The Real Me
Posted by chaimoigen - 05 Feb 2024 17:35

Alright! Gave ya a Karma point! The beautiful vort and sentiment deserved it!

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Re: The Real Me
Posted by richtig - 05 Feb 2024 17:45

what in the world is this karma thing?

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Re: The Real Me
Posted by notezy - 05 Feb 2024 19:18

[richtig wrote on 05 Feb 2024 17:45:](#)

what in the world is this karma thing?

It's a ranking system I think because this forum is built on a template it's meant for other forums where trusting people is an issue and people can upvote and downvote someone they trust and everyone else can see how trust worthy you are... but here I think people use it to raise up people who have given good advice but I am not sure... I know it's tied to your profile and not your post.

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Re: The Real Me

Posted by simchastorah - 05 Feb 2024 19:51

I think it's the predecessor of "likeing" on facebook, twitter. Originally Facebook wanted to call their feature Karma too but GYE sued and won and the best thing Facebook could come up with was "like."

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Re: The Real Me

Posted by notezy - 05 Feb 2024 20:41

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Re: The Real Me

Posted by proudyungerman - 16 Feb 2024 00:15

Two opposite thoughts banging around recently that need to come out...

1. Although I have gone much longer than my current streak, this time it feels different. Very different. In the past, I would just go through different tekufos, at times almost totally forgetting about the easy ability I held in my hand (literally) to act out. Eventually it would come to an end. Again. And then the cycle would restart. Again. Now I am feeling very different. I am now much freer from my YH than I ever was. Now I am actually able to fight back with the proper tools and strategies needed to crush this evil devil with total and complete dominance! However, my (small) life experience, GYE, and TBOTG (and HHM:) have taught me some lessons, namely that complacency is one of the most dangerous tools of that devil. Understanding that in the deepest of ways now leads me to have a healthy fear of that monster. It leads me to constantly be on the offensive - preparing for every outing, whether it's to the Kollel, store, neighbor to borrow a couple eggs, or any single time I step outside. This is what will lead me to a sustainable, long term, victorious path forward.

(Side note - I don't do this enough. See number 2 for more details. It is something I need to work on. So I will. So I am. Period. GET AWAY you disgusting monster! I HATE you! You better be careful around me because I am going to destroy you in this battle. I will come out on time even if it's not unscathed! So there!!! Take that! Sorry - that also has to come out.)

2. My Shmiras Einayim is teetering on the edge. Although I have not slipped and fallen hard yet, slipped I have and I feel my resolve weakening. It is becoming increasingly harder to not look outside, in the store, at passersby, etc. I think that this is because I am not focusing and living enough my new, true outlook on intimacy. As long as I am not actively working towards integrating it into my psyche, I will struggle not to look - even with TBOTG strategies (which I am enjoying immensely! Highly recommended!!). Chizuk, advice, bops on the head and anything else YOU have to offer in this fight are all accepted and welcomed. (But please bop me nicely:grinning:. Even if it has to be hard. Because I need it.)

A thought on Davening that I've had in the past and has inspired me:

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We know that the Shem of Elokim refers to Din and the Tetragrammaton refers to Rachamim. ??? is the nation who's G-d of Din is the same as the G-d of Rachamim.

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Re: The Real Me
Posted by foolie - 16 Feb 2024 00:29

BOP

You have been bopped on the head nicely. Have a nice day

keep up the good work and sometimes thinking too much about things does more harm than good especially when you start overthinking things and making things more complicated than they have to be. I'm not saying you're doing that right now, but be aware that, that is also a trap you can fall into

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Re: The Real Me
Posted by yitzchokm - 16 Feb 2024 00:32

It is wonderful to realize how far you've come. You have accessed the real me. It is truly amazing and inspiring.

Understanding why is half the solution. Make a plan and take action. You can do it. It is also very common to be more sensitive to what we see in the streets after we have been clean for a while.

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Re: The Real Me
Posted by eerie - 16 Feb 2024 22:35

[proudyngerman wrote on 16 Feb 2024 00:15:](#)

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As Chazal have said "????? ???? ???? ???? ???? ???? ????!"

My friend, maybe you can make time for a daily seder in a sefer about shemiras einayim. I

happen to be about to start such a chavrusashaft with one of the special guys here. It really helps. And think about what else might help. Maybe the Vayimaen video?

You have come so far, and we are looking forward to watching you keep going up and up!

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Re: The Real Me

Posted by proudyungerman - 19 Feb 2024 17:34

[eerie wrote on 16 Feb 2024 22:35:](#)

[proudungerman wrote on 16 Feb 2024 00:15:](#)

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Sounds like a great idea...one that I haven't done in years...

Do you, or anyone, have any recommendations? Sefarim that had more of an impact? All

answers and recommendations welcomed!!

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Re: The Real Me

Posted by ainshumyeiush - 19 Feb 2024 17:55

I read one a little while ago called "windows to the soul" that was pretty good

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Re: The Real Me

Posted by yitzchokm - 19 Feb 2024 18:55

This is the book I used: <https://guardyoureyes.com/ebooks/item/vehaer-eineinu>

There are other books in the GYE library including Windows for the Soul and Windows of the Soul.

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