

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 chaimoigen - 20 Feb 2024 15:48

[bright wrote on 20 Feb 2024 14:10:](#)

I would throw in a word of caution, that depending on the person this may be counterproductive. With lashon hora or the like learning sefarim about the inyan can make a person more cognizant and therefore stay away. Not so with shemiras eynayim (neccessarily). These sefarim generally were not written for people struggling as we are and they can make a person depressed. One can also become hyperfocused on shemiras eynayim, when an important part of the war is hesech hadaas as opposed to other areas of halacha. Speak to someone who knows you.

Excellent points! (As your posts all are, Bright).

What I have personally found success doing is pick a Sefer (I use Esah Enay) and learn it for a few minutes at night)or early morning). It helps keep the focus. But I focused on the positivity, and go gently. Avoiding harshness or obsessiveness...

Everyone's got to figure out what works for themselves....

KOT!

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Re: The Real Me
Posted by proudyungerman - 22 Feb 2024 04:45

As I head into an off-Shabbos...things are getting less structured...

However...

The fresh start that comes after a break is **Be"H** going to be one of the freshest starts in my life. A new start with cleanliness, purity, a true inner simcha, and freedom from past demons.

In order to insure that this happens I will do the following...

1. DAVEN!!
2. Check in with 2 people every day
3. Learn!! At least for a little bit every day...
4. Have a plan for when I am out of my regular zone.

Looking forward to celebrating together Sunday evening!!

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Re: The Real Me

Posted by yiftach - 22 Feb 2024 12:41

I recently attended a siyum where a speaker discussed the reason for saying hadran. He mentioned that one of the mekoros for making a seuda at a siyum comes from Shlomo Hamelech, who threw a feast for all his servants after receiving the gift of chochma. Another mekor is from Kabolos HaTorah, where it says that the ?????? went up the mountain and ?????? ?????? after the receiving of the Torah.

However, some meforshim question how these instances can serve as a mekor for celebrating

completion, as they were not celebrations of completion but rather celebrations of beginnings.

?????" when we make a siyum, it is not just a celebration of our accomplishment, but also a recognition of the new beginning that comes with starting again. This is why we say "hadran alach," we are celebrating the opportunity to learn the masechta again, **but this time with a deeper understanding and greater knowledge**. What we learned in the past is a springboard for the future!

???? ??? in this ?????? as well, we look forward to the future and to **new beginnings** with the strength and knowledge we have gained from our past experiences.

Looking forward for the "siyum" Sunday!!!

- Yiftach

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Re: The Real Me
Posted by chaimoigen - 25 Feb 2024 00:55

Reaching out on Motzei Shabbos, my friend. Hope it's going well. Say it loud, say it proud, keep the blues at bay!

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Re: The Real Me
Posted by proudyungerman - 25 Feb 2024 03:40

B"H flyin' high!

Had a great family focused Shabbos! We ended up leaving after Shabbos due to some uncomfortable feelin's with the surroundin' area - especially after the cleaning lady knocked on

our door Friday night and freaked the livin' daylights out of my wife (ok, I'll be honest, I was also scared...) - but I didn't see a livin' soul the whole Shabbos.

Didn't learn much at all...but I'm still a

MEAN, **CLEAN**, LEARNING MACHINE and that will change next time...

See y'all tomorrow night...

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Re: The Real Me

Posted by bright - 26 Feb 2024 03:55

[yiftach wrote on 22 Feb 2024 12:41:](#)

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He probably got it from reb elya bauch on shmini atzeres

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Re: The Real Me

Posted by proudyungerman - 26 Feb 2024 04:38

[proudungerman wrote on 22 Feb 2024 04:45:](#)

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I am so excited to have this - I feel it already - as I have a lot going on and I have no first seder chavrusa for the rest of the zman...

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1. Davening - check
 2. Thank you HHM and Chaimoigen for being there. And yes, Yiftach, thanks for making sure
 3. Learn!! - Well...Friday and Shabbos were pretty shvach on that...HOWEVER...Thursday and Sunday had a great start to the my day with a shtarke first seder.
 4. Thank you HHM (and my wife:) for helping come up and implement the plan!

Looking forward to celebrating together Sunday evening!!

Let the L'chaims begin!!

For those who miss it (or want to celebrate again...) I will be celebrating tomorrow night at 10:30 EST with a L'Chaim and short vort. Everyone is invited to join wherever you are.

Warning: Spoiler!

everything is under control.

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Re: The Real Me
Posted by chaimoigen - 27 Feb 2024 00:56

Clink! L'chaim!

!!!Many More Merry Meaningful Milestones!!

Cheers!

Chaim

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Re: The Real Me
Posted by foolie - 27 Feb 2024 09:01

[proudyungerman wrote on 26 Feb 2024 04:38:](#)

[proudyungerman wrote on 22 Feb 2024 04:45:](#)

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EST with a L'Chaim and short vort. Everyone is invited to join wherever you are.

Warning: Spoiler!

P.S. As someone who has familial ties to Kentucky I beg you to not insult me. Please don't drink fake bourbon. I understand that there's been some rumors on GYE about people drinking ~~Gentleman Jack~~, I hope it's just not true. Better to drink scotch...

How about some good ol' Jack Daniels.... Sorry my bad that's good ol' fashioned Tennessee Sour Mash.... On the other hand bet you didn't know Woodford makes a nice smooth rye

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Re: The Real Me
Posted by yiftach - 27 Feb 2024 12:56

L'chaim! A toast to life!

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Re: The Real Me
Posted by proudyungerman - 07 Mar 2024 04:54

Another day, another challenge...

This week my wife became a Niddah. You ask - what's the big deal? This is the first time in almost two years (besides post-baby month and change) that she has gotten her period. Now is when the ante is upped...

Am I really internally changing? Am I really growing to internalize that intimacy is NOT a physical pleasure, rather an intense emotional bond that can include - **but not require** - (and culminate with) a fusion of the most intense spectrum of pleasures that Hashem put in this world? Will be rock solid resolve not to look, linger, think, talk, listen elsewhere weaken?

Or will I see that my spent on GYE with all my Holy brothers has had a deep internal impact. The time spent getting (nicely?) sledgehammered, listening, thinking, asking, contemplating, reviewing, and just shmoozing with like-struggling people and learning from tremendous mentors has really paid off?

I am leaning hard towards the latter...but time will tell...

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Re: The Real Me
Posted by Hashem Help Me - 07 Mar 2024 05:04

You will iyh be fine - you have an awesome support team.

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Re: The Real Me
Posted by chaimoigen - 07 Mar 2024 09:00

Ya'll gonna be fine.

because YOU are fine!

komt!!

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Re: The Real Me

Posted by cande - 07 Mar 2024 19:29

[proudyungerman wrote on 07 Mar 2024 04:54:](#)

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she stays on her period for almost 2 years also?

you got this bro!

it may/may not, be easier, i dont know

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