

The Real Me

Posted by proudyungerman - 03 Jan 2024 04:12

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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](mailto:proudyungerman@gmail.com)

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Re: The Real Me

Posted by bright - 08 Mar 2024 05:54

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Maybe try nesivos shalom.

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Re: The Real Me

Posted by yitzchokm - 08 Mar 2024 06:04

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I am also concerned about hypersensitivity at the moment. I found TBOTG to suffice for now.

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Re: The Real Me

Posted by lionfree - 08 Mar 2024 06:25

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Do you think it's easier to stop when you have a wife?

At this point, I'm not ashamed of my habit because I know so many people have it. And if they aren't watching it, then they probably have some other thing they need to deal with. I've even talked to some of my female friends about it and offhand conversations.

The reason I'd come back to it is because I crave love. I don't come from an orthodox background, but identify with a struggle.

I think it's good that you told her. If she's super just, mentally, you have to explain to her that it's incredibly common these days. For every girl who develops body image problems because of social media, a guy develops a port addiction.

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Re: The Real Me

Posted by chaimoigen - 08 Mar 2024 09:56

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[proudyungerman wrote on 08 Mar 2024 05:35:](#)

Relax. You're in a good place. Learn something that empowers you. Five minute of thoughtfulness. Doesn't have to be directly addressing Shmiras einayim if it's not working now. The main thing is to put yourself into a state of aware awareness of growth, of the RBSHO, of yourself.

Git Shabbos. Menucha Visimcha Ohr Layehudim !

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Re: The Real Me

Posted by davidt - 08 Mar 2024 14:44

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[proudyungerman wrote on 08 Mar 2024 05:35:](#)

I am trying to start a seder in this area, yet every time I open up the sefer, it just doesn't go. I feel like I am bringing to the surface a lot of negative feelings associated with when I tried this during my years in yeshiva with little to no success. I also feel like I am getting nervous to open myself up to hypersensitivity in this area.

Any ideas or advice how I can get past this?

Here are some suggestions for a seder in this area:

[guardyoureyes.com/ebooks/item/vehaer-eineinu?category\\_id=149](http://guardyoureyes.com/ebooks/item/vehaer-eineinu?category_id=149)

[guardyoureyes.com/ebooks/item/the-battle-of-the-generation?category\\_id=149](http://guardyoureyes.com/ebooks/item/the-battle-of-the-generation?category_id=149)

[guardyoureyes.com/ebooks/item/windows-of-the-soul?category\\_id=149](http://guardyoureyes.com/ebooks/item/windows-of-the-soul?category_id=149)

Guilt is to the soul what pain is to the body. Pain itself is not a good thing, but it does serve a positive purpose. Pain alerts you to a problem that requires action, it calls you to seek its source and alleviate it.

Guilt serves a positive purpose too. Guilt that eats away at us is pointless. But guilt can be used as a catalyst for becoming a better person, when it alerts us to acknowledge mistakes we have made, take responsibility for them and not blame others - even if others were partially to blame - and then resolve to be better for the experience. We must turn around the negative feelings, so they can propel us to do more good.

Guilt creates a void in our soul. Fill that void with something meaningful. Redirect your energy towards a new venture that will benefit someone in need. That way you don't just alleviate the guilt, you actually transform it into a force for good.

You can't bring back the potential that was lost. But you can reclaim your own potential. Don't let guilt paralyze you any longer. Ask G-d to forgive you. Then turn your guilt around, and use it as a springboard for positive action. Make what was a negative chapter in your life into the introduction to the next chapter; making the world a better place, starting from you.

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Re: The Real Me

Posted by proudyungerman - 11 Mar 2024 14:52

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Apparently, my YH thinks that ??? said ?????? ??? ?????? ??????...

(I'm only half joking...he did really think that)

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Any ideas on how to re-educate him?

Re: The Real Me

Posted by Heeling - 11 Mar 2024 15:06

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Give him (or you) to drink.

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Re: The Real Me

Posted by chooseusername - 11 Mar 2024 15:45

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Apparently, my YH thinks that ??? said ?????? ??? ?????? ??????...

(I'm only half joking...he did really think that)A lamdan of a yetzer hara - mstama he's relying on the juxtaposition of the parshas nazir and parshas sotah.

Probably your YH is the same guy telling women it's a good idea to get dressed up in some absurd costume and wander around on Purim.

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Re: The Real Me

Posted by yitzchokm - 11 Mar 2024 16:36

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[proudyungerman wrote on 11 Mar 2024 14:52:](#)

Apparently, my YH thinks that ??? said ?????? ??? ?????? ??????...

(I'm only half joking...he did really think that)

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Re: The Real Me

Posted by cande - 11 Mar 2024 18:27

Any ideas on how to re-educate him?

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[proudyungerman wrote on 11 Mar 2024 14:52:](#)

Apparently, my YH thinks that ??? said ?????? ??? ?????? ??????...

(I'm only half joking...he did really think that)

dress up like a woman,

youll be ?????? in the negative!

#Facts

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Re: The Real Me

Posted by chaimoigen - 12 Mar 2024 00:45

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[proudyungerman wrote on 11 Mar 2024 14:52:](#)

Apparently, my YH thinks that ??? said ?????? ??? ?????? ??????...

(I'm only half joking...he did really think that)

You re-educate him by doing what you're doing.

You shall continue to experience Taavah, because you're alive, male, and red-blooded. But as you continue to positively choose how you wish to react to Taavah, you will develop patterns where the Taavos will be manageable and won't pull practically towards the "Limaasah"...

Are you a beast in the costume of a proud yungerman, or rather truly a proud yungerman who merely has some bestial thoughts, on occasion? YOU shall choose, with time and practice.

Any ideas on how to re-educate him?

Maarbim Bisimcha, friend!!

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Re: The Real Me

Posted by eerie - 12 Mar 2024 20:10

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I just started the sefer ?????? ????? ?? ?????? and have found it very positive and powerful. Reb CO is right (as usual:)). Learn something that picks you up, that brings mindfulness. Or, just continue being you. YOU are a wonderful person and a true inspiration!

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Re: The Real Me

Posted by proudyungerman - 12 Mar 2024 23:36

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Yesterday was an interesting day. It started off positive as I woke up on time for shacharis - 6:45 - after going to sleep around 1 am. When I got to first seder, I was learning well (without a chavrusa) and I suddenly found myself hit by a surge of ?????. It was quite annoying, especially considering that giving in was not on the radar. BH I was fine and it also helped to text some GYE friends.

As the day progressed, I noticed that the YH had moved on to greener pastures. BH!

Little did I know what was awaiting me later...

As it turns out, the YH wasn't done. He got me to waste the first hour and a half of night seder (on GYE:). I was feeling a little ichy from that, but I pushed it away. I then proceeded to learn, I mean shmooze, with a chavrusa for the last half hour of seder. Although there was toeles to that shmooze, it wasn't learning.

When I got home I realized that I wasn't feeling particularly good about myself based on how I spent (wasted) my night seder. My wife had gone to sleep early and I was planning on getting into bed by 11. (I got home around 10:20.) I went upstairs and found my son in my bed. I picked him up and as I walked into his room to return him to his bed, my 10 month old woke up...and I still had to bring out the garbage, recycling, and yard waste. (Foolie, I said garbage not laundry...)

B'kitzur, I realized that YH had simply switched hats and was trying to get me to feel ichy about myself and from there get me to go to sleep late and after that is already happening it doesn't take long...

B"H being that I am a proud member of GYE, and have had new ideas banged and bopped into me, I was able to not only spot the trick but also combat it properly.



[Yes, I'm human. I have good days and bad ones. I am doing great and am proud of where I am holding. Just because I wasted a night seder doesn't mean I should be down in the dumps and upset at myself. Etc.]

B"H it worked! I managed to get into bed by 11:30 and went to sleep shortly after which enabled me to get up before shacharis this morning to learn...SUCCESS!!

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Re: The Real Me

Posted by chaimoigen - 12 Mar 2024 23:49

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KOMT!!!!

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