

**UNLOADING MY BURDEN**Posted by ongaurd247 - 12 Mar 2024 23:30

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A Freilechen Adar to all!! After lurking on GYE for awhile, noshing on some of what it has to offer, I finally feel it's the right time to get involved in posting. For starters, I decided to post primarily because I feel that if one guy in my situation chances upon this thread and realizes there is hope and is not the only one in this situation and gets inspired to change it is already worth it. Additionally, I now have come to understand the importance of having a "chevra". Having people to talk/chat with, those that have gone through similar struggles, and hearing their story and how they are powering(/powered) forward, isn't just a "maalah" for me in dealing with my own struggle, rather I feel it is a necessity (at least for me) to surmount this seemingly impossible challenge. That being said, there is no better way in reaching out to the chevra than here. I welcome all to reach out to me, not that I can offer assistance rather I would appreciate getting to know some (who were) in my situation so we can trek through this journey together.

So here goes.... I am a married yungerman in my 20s living the dream in Eretz Yisroel learning three sedorim a day, My journey started out at about age 11 or 12 when I noticed the attraction that I had towards females. Whether it would be neighbors, relatives, or even random people I encountered there was just some draw. Obviously, I didn't know what to make of it besides for just acknowledging the aforementioned as a fact of life that had a good feeling to it. As my body matured, so did this desire of pleasure develop. Next stage was taking in those unsolicited advertisement circulars (a real shame those signs stating that it's unlawful weren't around yet lol) searching for all the "sales" in the stores I never knew existed, hoping to catch a sight of a partially or mostly naked woman. During my high school years it was more of the same, balancing being the top of my class and making sure I can appease the other side of myself every so often. I felt (notice the past tense here) that I had this urge stronger than anyone in my class and in fact probably anyone I knew (didn't we all?) and my method of coping was just shelving it to one side of my brain knowing it was assur and I'll pay for it one day but just thinking I cant help myself. I fully delved myself (or so I thought) into learning as a distraction to this uncomfortable feeling; living with this ever present subconscious (at times not so sub) weight of guilt, shame, and other feelings including living a fake reality. Just to clarify, I wasn't masturbating daily and most times not even weekly but I definitely had a hard time with my wandering eyes in the streets, especially during the hotter months. Although it wasn't noticeable on the outside I definitely was living a guarded life, not just living calmly and relaxed. It was more of the same for me when I went to Beis Medrash (yes it was **that** one) just keeping it all inside me as I continued just being one of the guys. Bein hazmanim I managed to use devices from my parents to get my fix, of course just kosher YouTube clips, like talent shows and game shows, as if I was into those cute dogs or cool card tricks and not the contestants or judges.... Moving on to E"Y (of course coming from which B"M I went to it's not even a question where I went) it was a new place but same results. I just resigned myself to the fact that I'll probably live with this struggle forever and just can't get bogged down from it. I conveniently trained myself to put all these feelings on autoignore. I actually never watched porn until I was in E"Y when I unfortunately had access for a limited time. Being opened up to that new dimension definitely magnified my feelings as I never felt more guilty and twofaced after allowing myself to indulge in that. As I've written numerous times already (even in this one post) my automatic coping

method was just forcing myself to shove my feelings into a compartment in my brain and just carry on regular life. "Of course marriage will heal this issue", I thought, as after all I won't need to search anywhere else to get satisfaction. B"H I got married to this wonderful girl "ala maalos" and kudos to her she is hands down the only reason why I am where I am today (which is on the way to recovery) but I am getting a bit ahead of myself. Shana Reshona was bliss! Definitely took R' Pitter's (yes I was "not yeshivish" enough to go to him) mehalech to the max ("vehameivan yavin"). I thought that maybe just maybe I was all clear. Alas, it was not meant to be. Shortly after our second anniversary (and first child) my wife got sick. B"H it's in the rear view mirror now but it definitely was a huge stress running from Dr. to Dr. and from this hospital to the other. It was then that my struggle came back to haunt me. We had an iPhone just for my wife's job and it was basically sitting useless so I started playing around with it a bit. It had google restrictions on it so was basically blocked. I still managed to find some apps that had access to videos or clips of women but nothing too bad. Eventually, I found some loophole (b"H it took me that long to find) that gave me unlimited access. I started with the basics I guess but eventually my draw was to chat with other girls on an online site. Maybe more on that a different time and what my therapist says about that. It definitely took a big toll on my marriage as my wife had sensed something was off but just couldn't put her finger on it. Thankfully after a while of spending nights staying up "learning" after my wife went to sleep, and "napping" during bein hasdarim, spending hours upon hours chatting (mostly with one girl) I was caught!!! Looking back (it's around 8-9 months now) it was the best thing that could've happen. First step was we spoke to our rav together (side note: it is extremely important to have someone in your life that can guide you, not necessarily a rav). Honestly, I wasn't fully open with him so he just prescribed the basic dose of filtering all devices and learning some seforim on the "inyan". I was basically whiteknuckling my way through life and eventually figured out a way to continue contacting her albeit on a drastically reduced scale. Finally, I was caught again and was given the ultimatum either I find a way to get helped or..... So I began to see a therapist weekly and life was sort of getting back in order. One day maybe I'll get into the "yesod" that he thinks is the basis of my struggle. Either way, I was going religiously for awhile and my wife also bought in to my work and our relationship was definitely on the mend. Life back to normal? Not so fast! After a few months the bubble sort of popped and my wife was not managing. She didn't know why really but she just wasn't herself. After going to the rebbitzen to speak over her feelings it was decided that she would also begin seeing a therapist. That is when it all unraveled! Her therapist decided that I must be an addict and anything less than going to the 12 steps was just simply a waste of time and money. Additionally, she started to go to SA-NON because that was the "only" thing that can possibly help her. Those meetings definitely exposed her to things that were totally unnecessary for her to ever find out about. My therapist is convinced that his method can be just as effective for me and was unwavering in his approach. As you can probably imagine this caused a tremendous distance between us in our relationship and we went through a really rough time. This was the hardest time in my life. I decided something must be done so when all else fails you turn to GYE! I want to give a shoutout to IWANNALIVEREAL who texted me literally the first day I signed up and I just let his text gather dust until then. We schmoozed for awhile and he gave me someone on my time zone to speak with. R' Yiftach as some of you might know, a champion in his own right, helped me tremendously even just for the fact that we're in similar positions in life and can relate to each other. The chain continues and I was introduced to a "malach" who's living in our midst HHM. I think he is in everyone's time zone as there's never a time I can't call. It's not only that he's available for me he is also there for my wife as we have both spoken numerous times already and we truly feel as there is someone that is taking care of "our" journey as if we are his only case. More than this is that we just feel

his genuine care and compassion towards us and it is truly heartwarming. I definitely have my eyes on a few more people here that i plan on reaching out to in the coming days. I feel as if I have already written too much of a longwinded introduction to my struggle so ill sign off for now but I want to leave off with an important message. The mere fact that I have people to talk to about my struggle and during an urge, is simply mind-blowing as to how far it goes in being able to withstand the temptations. I'm not here to give any ideas or opinions on how to navigate your struggle but one thing I am definitely qualified for is this. I'm pleading with all those struggling out there who feel lost and alone please gather the courage to text or call someone you feel you can relate to here as you have no idea how far you can get to with someone else giving you their hand or even just a loving hug. So long for now.

**-Yaakov from Yerushalaim (#onthewaybackhome)**

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Re: UNLOADING MY BURDEN

Posted by youknowwho - 27 May 2024 01:36

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[foolie wrote on 27 May 2024 01:13:](#)

A shame Sir you bought party favors they make a big sound but don't really do much.

Good Day Sir

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Re: UNLOADING MY BURDEN

Posted by chaimoigen - 27 May 2024 14:52

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[ongaurd247 wrote on 23 May 2024 11:15:](#)

Please, continue to share. It has value for us, and for you. Connection is the opposite of addiction.

Yeah, but the rest of us don't....

Here's a warm hand,

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Re: UNLOADING MY BURDEN

Posted by ongaurd247 - 27 May 2024 17:40

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Dear Proudyoungerman and Foolie I am just an innocent in-towner and I have absolutely no clue what the WCA is

!!! Definitely appreciate the traffic on my forum but actually sounding like some road rage.... But .On to chopped liver the oilam already decided it's Yitz's chopped and Kaplan's sautéed. ("vehameiven yavin"). Now to Chaimoigan reaching over to grasp your outstretched hand feeling the grip tightening. Although we never spoke i did have time over bein hazmanim to skim over your forum. It was definitely mechazek me tremendously and I do feel some sort of connection albeit a somewhat superficial one. I do intend to one day work on connecting on a more personal level when the time allows for us to. Thanks for positive energy that is always behind every one of your amazing posts. Stay tuned chevra for future updates. #onmywaybackhome

**-Yaakov from Yerushalaim**  
  
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Re: UNLOADING MY BURDEN

Posted by foolie - 27 May 2024 18:11

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[ongaurd247 wrote on 27 May 2024 17:40:](#)

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**-Yaakov from Yerushalaim**

then again could just be some out-of-towners way of having fun

For your edification the WCA is Who Cares Anonymous

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Re: UNLOADING MY BURDEN

Posted by Coop - 30 May 2024 10:13

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Hi everyone

I grew up in normal home without any struggled backgrounds bh but somehow as a young as 10-11 I already had urges and fantasies I loved touching other boys and couldnt resist by the age of 15 their was a speech in Yeshiva regarding this topic and I finally found out that this is something very bad and I cant keep on doing it (I knew till then that it is wrong but didnt know that its really that bad) however even though I stopped physically the fantasies were still there all the time although I was very uneducated about it all i didnt know about mz"l. by the age of 16 I went to a yeshiva abroad the problem started as there was days off when all the boys went home and I stayed very lonely I had friends that got me in to movies and the urges and fantasies just started getting stronger and then sadly I had a few friends that got me educated with all the details that got me to start mz"l every time I was alone and so it continued got engaged, married, and had a child but every other day I would just fail and not keep myself back.

I really tried hard belive me all my devices are filtered but then I found a way around I took on kabolos I davened I begged hashem but I continued living this secret bad life when I saw a few days ago on YWN status about GYE I decided this is my chance to get help with out paying hefty prices and without revealing my problems to anyone knowing me so thank you very much for giving me this opportunity, and I beg of hashem to give me ?????? ?????? to help get out of my mess ASAP

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Re: UNLOADING MY BURDEN

Posted by Heeling - 30 May 2024 13:05

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[Coop wrote on 30 May 2024 10:13:](#)

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Hey Dear!

Welcome and kudos to you for taking this courageous step of reaching out for help. Theres a lot of amazing threads on this site, you might want to check out the Balei Battim's Forums. Try doing to 90 day count.

Stick around and connect with the poeple.

Wishing you lots of luck,

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Re: UNLOADING MY BURDEN

Posted by sunnyhawk83 - 31 May 2024 01:45

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Hey all! This is my first time, and I'm so happy to finally have a place to hopefully get the help I need. I'm married with 4 kids, went to all the "right" yeshivos, and.....have been struggling with SSA since I was young. My computers are filtered and I have a flip phone, but I found a number I can call for free that lets my fantasies run wild. Never had anyone to talk to and I need help desperately! I keep giving in and feel so bad about it I just want OUT ALREADY!

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Re: UNLOADING MY BURDEN

Posted by ongaurd247 - 05 Jun 2024 21:07

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HELP!!!! I'm being hijacked I might need to call upon my out of town friends (proudyungerman,Foolie) to bring their firearms. In all seriousness welcome to Coop and Sunnnyhawk (any relation just curious) the chevra here is second to none and as i was told after my first post "stick around and you'll see instant and long term changes in your life I plead with you to do the same. I would recommend you opening your own thread as more guys here would see you starting out thereby giving you the best chance for the right chizuk and true eitzos.

Now just wanted to share a couple of experiences over the past few weeks. It has been unbearably hot here in yerushalaim ever since I returned from pesach bein hazmanim. Now trust me when i say this that until this year i absolutely **loved** and waited for these hot summer months as my mind and body just craved all that the hot weather brought along with it (trying to be as trigger free as possible). Then this year arrived and i absolutely **hated** ( note the past tense) this weather as i felt trapped and helpless. "There is no way I can do this" I thought, as my body just cant realistically control the immense temptation of every lust-triggering "item" that comes within 100 foot radius (i wish it was just that amount of space) of my never satisfied self. But amazingly through speaking to a couple of friends here (shoutout to my local yerushalmi chaver!!!) I have come a long way from despising the situation that I am in. Now don't get me wrong there is no part of me that is asking for this to be my daily experience but i have come to mindset of "bring it on" or "I got this" mentality. How??? Well for starters "The Book" (The Battle of the Generation for all those that are still unaware) has helped me tremendously with this

approach maybe a different time I'll be more specific. It just changed my mindset on this whole struggle and got me out of the mud of some sorts. I'd like to share one personal practical tip that I use when faced with a head on possible struggle and I'm curious if anyone has used it for themselves and maybe some of you out there can try it for yourself and report back. Now this is only for those who read the book but you might be able to "shtel tzu" the same idea with something else even if you haven't read the book yet. Here goes, when I'm faced with an impending difficult situation especially in the streets I think in my mind **"this is the struggle of the generation"**. Now this has a twofold effect on me. Firstly, I don't beat myself up for even having this struggle and yes as of now lots of times there are still "two tzadim" should I or shouldn't I. Secondly, and I feel even greater effect it has on me is when I'm thinking of this it's a trigger of sorts to many of the ideas and tips that are brought down in this amazing book and my brain just transforms me into the zone of a warrior and that I will triumph over this struggle just this one time. I know I'm being a bit mekatzter but hope the oilam gets my drift. I feel that I must share this as it is so helpful for me and hope for someone out there it can have similar results.

One last thing, I would like to thank R Chaimoigan, whom even though I have never personally spoken to, but it's "begeder chavrah dechavrah is lay" (for now), and I definitely get chizzuk from your posts. Especially, the one I read recently on (I think) Muttel's thread about thinking one is missing out when not giving in to his temptations. That's all for now chevra I appreciate you all being there for me!!!!

**-yaakov from yerushalaim**

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Re: UNLOADING MY BURDEN

Posted by sunnyhawk83 - 09 Jun 2024 12:30

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Hi all! Just an update on my stats, not sure where to post this but I guess this is a good start. Not sure if this is a little premature but BH I'm heading into day 10 clean BH!!!!!! I've reached this before but there's a huge difference this time, I feel like a different person on the inside, I hope it lasts and not just from being on a high. **HUGE SHOUT OUT TO "Hashem Help Me" and "crabapple"** (whos not so crabby by the way, he's still putting up with me) for being there for me on this journey so far, I would not have been here without you.

Reading everyone else's posts in the forums (and there's a LOT to read) shows me how there are so many different battles out there and while my battle seemed totally impossible to overcome, (bli ayin hara not that I won the war yet but I'm definitely winning a few battles!), just reading about others battles makes me humbled. I would totally fall apart in their shoes, I admire you and look up to you for getting up again and for trying (and trucking) again and again, you're all just amazing!

One thing I personally am into is getting to the root of the issue. I had a pretty normal upbringing in a normal neighborhood but circumstances out of my control made me form habits and needs for over 20 years that I couldn't overcome. Not going into detail now, maybe one day BeH. Just



knowing this I hope is going to help me tremendously to reprogram my way of thinking and my body to fulfill it's needs.

I am having these sad lonely "withdrawal" (if you want to call it that) feelings from not giving in to my urges, and Im nervous to go through yom tov without being able to see and get chizuk from others....please daven for me.

Bye for now

Flyin like a Hawk

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Re: UNLOADING MY BURDEN

Posted by Muttel - 09 Jun 2024 15:33

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Love it!!!! mazel tov on these ten days!!!!!! Keep 'em comin'!!!

Muttel

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Re: UNLOADING MY BURDEN

Posted by vehkam - 09 Jun 2024 20:03

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[sunnyhawk83 wrote on 09 Jun 2024 12:30:](#)

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Bye for now

Flyin like a Hawk

My suggestion- try to connect with hashem if possible. ????? ????????? is extremely powerful if you can say it with complete honesty. If you can do that you will be excited to go through yomtov. Power up with your friends before yomtov. Understand the greatness of who you are and what you are accomplish. lyh you will go in on a high and come out even higher.

best wishes

vehkam

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Re: UNLOADING MY BURDEN

Posted by sunnyhawk83 - 10 Jun 2024 01:57

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In all seriousness welcome to Coop and Sunnnnyhawk (any relation just curious)

I flew the coop. If I change my username will all my messages be deleted?

Thanks loads for the chizuk, I truly look up to you guys, Totally amazing what you're doing.

Flyin like a hawk (If I can't change my name to something boring)

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Re: UNLOADING MY BURDEN

Posted by sunnyhawk83 - 14 Jun 2024 03:43

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My suggestion- try to connect with hashem if possible. ????? ????? ????? is extremely powerful if you can say it with complete honesty.

best wishes

vehkam

Thanks vehkam definitely took that to heart....really beautiful. Another tefilah that gives me chizzuk is in u'va litzion... ?????? ????? ??????, ?????? ?????? ?????? ??????, ?????? ?????? ???????. ?????? ??????, ?????? ?????? ?????? ??????, ?????? ?????? ?????? ??????, ?????? ?????? ?????? ???????. ??? ?????? ??? ??????. ??? ?????? ??????-? ??? ??????, ?????? ?????? ?????? ??????.

-R' Muttel, you and the gang were all in my tefilos over yom tov....BH I was clean....but Im getting that down feeling....bleh

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Re: UNLOADING MY BURDEN

Posted by proudyungerman - 10 Jul 2024 19:31

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My friend, how are you?

How's the hot summer in Yerushalayim treating you now?

Please rejoin us...

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