

My ENTIRE story

Posted by Muttel - 10 May 2024 18:05

I've just joined and would love to share my story to get support from this amazing platform. I grew up pretty sheltered and innocent. When I was 12 (26 years ago) a friend invited me and brought me to his basement and promptly showed me a nude photo (no real porn vids in those days and it took time for pix to load). I succumbed and it would be a 3x weekly trip to his basement. Of course mutual hj's and bj's followed until I finished elementary school. This went on and off until I entered shidduchim when I stopped - thinking I was done for life. Enter Covid. After being clean of P&M and shmiras einayim for 12 years I stumbled during covid. Porn, phone sex, shmiras habris everything one can do without a partner.

Though happily married, I couldn't stop.

I visited a therapist and it helped for a bit but any device I encountered was dangerous. I filtered computers and phones. Recently I moved into a new office and a non filter able screen was there. BH I cut the internet chord 2 days ago. Yesterday I stumbled into 800 numbers and BH was motivated to sign up to GYE. So embarrassing and I shudder to think of my trial upstairs.....

I'm sharing this with the hope my expressing myself will lead to my keeping my commitment to being here going.

gut shabbos!

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Re: My ENTIRE story

Posted by cande - 31 Jul 2024 17:36

your forever vacationing!

ill come along as accountability partner.

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Re: My ENTIRE story

Posted by Muttel - 31 Jul 2024 18:03

I wish it was vacation!!

Youre welcome to go in my stead!!!!

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Re: My ENTIRE story

Posted by 138eagle - 31 Jul 2024 18:47

Going to Burma!!!! send regards to Proudyingerman!

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Re: My ENTIRE story

Posted by yiftach - 31 Jul 2024 19:59

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Re: My ENTIRE story

Posted by Muttel - 31 Jul 2024 21:11

Bh happy to report that I emerged unscathed from the airport (Yiftach, I didn't see you because my head was down!). Wondering if anyone reported the crazy guy bumping into walls.....

Gotta be crazy sometimes!

Thanks to all those that reached out to provide much appreciated chizzuk, you brothers are the best!

With much love and reporting from Burma,

Muttel (eagerly waiting to greet PY!)

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Re: My ENTIRE story

Posted by Muttel - 01 Aug 2024 04:43

Stepping out of the car with a warm hug to greet,

A hero's welcome and a grand feast to eat.

As though we've been close for decades the feel,

For through his loving support victories achieved and wounds healed.

So **Proud** to count myself among the friends,

Of this **Yungerman** who to help me would go to the world's ends,

Always with a positive word and support to give,

Graciously sharing of the beautiful life he lives.

Oh, dear friend, to bask in your presence what bliss,

Hours connecting, time flying by, out in the wilderness.

Connection so deep, passions run strong,

To carry the chevra and look to bring more souls along.

May Hashem grant you many years to continue your work,

Bringing light where heretofore darkness would lurk.

Until the shofar blasts and we're united at last,

It should happen in our days and fast!

“Twas a wonderful hug(s)!!!

Muttel

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Re: My ENTIRE story

Posted by BenHashemBH - 01 Aug 2024 13:20

Roll out the red carpet on the ground,

Ready the silver trumpets to sound.

Prepare the l'chaims, scotch, beer, and bourbon,

For our hero's triumphant return from the urban.

A perfect prelude for the celebration to come,

If that's not your thing, we can also have rum.

Reb Muttel, you are a brilliant shining gem,

Leading us along the true derech Hashem.

The future, unknown, brings what it may,

Acheinu, your brothers continue to pray.

Keep on shining, illuminating for us His way,

And we will merit that long-awaited, fateful day.?

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Re: My ENTIRE story

Posted by chancy - 01 Aug 2024 15:29

Whats happening down their in Burma and why wasnt I invited? I love to travel.

I switched from Contacts to Glasses, so now i can take it off in the airport. Not seeing much without my 700- number.

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Re: My ENTIRE story

Posted by Muttel - 01 Aug 2024 15:35

The rays of kedusha are shining in Burma

Where Hashem is kvelling with nachas from the Chevra.

Whether a paper bag or glasses removed,

Taking extra precaution it would us behoove.

A euphoric trip it's been in place of guilt

With strategies and weapons of war complete up to the hilt.

I can't thank you all enough for keeping me tall,

And getting down my back without mercy so I shouldn't fall!!!!

With love from a place near Berma (and Grodno),

Muttel

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Re: My ENTIRE story

Posted by Muttel - 02 Aug 2024 06:09

Just letting the holy chevra know, we've arrived back home -whole in spirit, and whole in kedusha.

Only thanks to everyone here - thank you all from the bottom of my heart for believing in me and checking in on me....

With love from a place far from Burma,

Muttel

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Re: My ENTIRE story

Posted by amevakesh - 02 Aug 2024 17:28

Big day coming up! No coincidence, that it's on Rosh Chodesh.

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Re: My ENTIRE story

Posted by Muttel - 05 Aug 2024 08:54

Today is a special day for me. It's a day that gives validation to the work I've been putting in these last 3(!) months with the wonderful Angels of GYE. It's a day that signifies **hope** of living a lifetime of purity. It's a day I wasn't sure I'd ever see, certainly not so soon after joining the forum. It's a day that shows me (and I hope everyone else here) that change is possible, freedom is within reach, and the golden handcuffs of pleasure can be ripped off.

90 days is relatively short period of time. However, it represents a lifetime in the context of breaking a habit. It represents **change**, and it represents our ability to reclaim **ourselves** (kudos to chaimoigen for drilling home this point) from the seemingly inevitable resulting of falling. 91 days ago I thought I was doomed to a lifetime of struggle, even with working and trying I'd only

last a few weeks or a few months. I've learned now though that I can permanently knock the damned beast - ***so long as I stay vigilant and connected to everyone here.***

Thank you Hashem for leading me to GYE ("twas a crazy story how I found out about GYE - pm me if you'd like to know) and thank you to ***each and every one of you for impressing upon me that I, Muttel, hold the keys to success, purity, and victory over this delicious challenge.***

The emotions are running high for me, and as Amevakesh pointed out, it's so apropos that this day comes on Rosh Chodesh, signifying my rebirth.....

*Just 91 days ago I was lost in the world of lust,
wondering how the hell I'd ever break free though I knew I must.
Cunningly, my menace would beckon so haughtily,
Knowing I didn't have the fortitude to stop, I'd come willingly.*

*The pain so intense, the shame so deep, I'd thought I was doomed
To a life where all that mattered was a session of self service - what gloom.
Sucking me in and draining my will,
It would sometimes even make me ill....*

*Then Hashem led me to GYE it was 3pm that day,
I thought to myself, can I really change, get out of the muck with my first foray,
Proudyungerman suggested I reach out to the chief mentor for help if I was ready,
To him I owe my life, for a new rebirth I merited, my soul thirsty for remedy.*

To each and every angel here (I plan to meet one later this morning), words do no justice, a

ditty meager and lean,

Giving life and joy in place of darkness and pain is forever your shining zechus with everlasting sheen.

May Hashem bentch you all with success in all,

facilitating you to enable others that they too can stand tall.

With a heart bursting with emotion, joy, and love,

Muttel

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Re: My ENTIRE story

Posted by Heeling - 05 Aug 2024 13:53

Mazel Tov on this huge milestone!

Your a true tzadik and a real friend to so many here.

Keep rocking!

Love you,

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Re: My ENTIRE story

Posted by 138eagle - 05 Aug 2024 17:09

Mazal Tov Muttel!

Thank you for inspiring us all with your phenomenal work

Here's to the 90!

Looking forward to the next 9,000.

Keep inspiring us all!

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