

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 Muttel - 14 Aug 2024 08:38

Thank you Ezra and Ben for your words so clearly laced with love and concern,

I think we're all on the same page.

ezraw, just so you don't need to unnecessarily feel bad for me, my DW was unaware of my infidelities... so although I feel terrible at what I've done (though not yet up to really focusing on it - I need to wait some time for that), I'm not actually dealing with what I described in my pre

Tisha bav poem. It was written metaphorically.... Painful nonetheless for our brothers here that are dealing with it...

I am definitely super excited at my last 99 days and super excited about the next 99 days. However, definitely concurrently aware that yesterday's success does not guarantee today's. My fall in 2020 after having been P&M free since 2008 taught me that. A painful lesson, but one that's been absorbed through every fiber of my being....

Heres wishing all of us success in winning these battles, forever,

Muttel

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Re: My ENTIRE story

Posted by Muttel - 15 Aug 2024 21:42

They met in a non-descript Bais Medrash,

Sharing their deepest secrets, struggles, ambitions, successes,

Forging a closeness like no other, short in time, but limitless in strength.

The time flew by as they worked through thorny and touchy subjects,

Though difficult in the moment, cathartic in the long run....

R' M111, *how uplifted I feel from those precious 90 minutes spent in your exalted company!*

The brutal honesty, the tangible righteousness, your precious Neshama shining through....

How I look forward to continuing this special relationship.....

'Twas a powerful and close hug(s)!!

With a heart brimming with brotherly love,

Muttel

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Re: My ENTIRE story

Posted by stopsurvivingstartliving - 15 Aug 2024 21:45

Welcome to the holy land!

Edit: Welcome Holy one (100 days) to the holy land.

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Re: My ENTIRE story

Posted by Muttel - 15 Aug 2024 21:48

[stopsurvivingstartliving wrote on 15 Aug 2024 21:45:](#)

Welcome to the holy land!

Edit: Welcome Holy one (100 days) to the holy land.

Thank you!!!!

Hope to have the opportunity to meet you too!!!

Muttel

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Re: My ENTIRE story

Posted by Muttel - 18 Aug 2024 00:03

They met for the first time - having only been in touch oh so briefly.

Getting acquainted quickly they concretized their relationship in no time - sharing so many experiences and character traits.

*By demonstrating **Sison**, the ability to stay upbeat in the face of so much pain and test, will certainly serve as **Yishecha**, the saving grace, the tool to bring you to your lofty goals, where your indomitable spirit will outlast your tribulations.*

*The impact these magical 3 hours (was it really that long??) had on me are indescribable. The zechus to be exposed to a giant of spirit is great. I can see the greatness you've reached and **are now on the way to reclaiming**.*

*Where it's tough to believe in yourself, it's worth paying heed to what an unbiased observer sees. And I see **greatness**. Not potential, not ability, not future, and not beginnings. Yes, I see all of those too, but I see someone I feel humbled to sit with and talk, laugh and grimace (the tears will come), share pain and accomplishment, challenge and pride.*

The only thing left for me to say is, I'm looking forward to our next holy rendezvous...

'Twas a wonderful hug!

Muttel

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Re: My ENTIRE story

Posted by SisonYishecha - 18 Aug 2024 20:21

[Muttel wrote on 18 Aug 2024 00:03:](#)

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The only thing left for me to say is, I'm looking forward to our next holy rendezvous...

'Twas a wonderful hug!

Muttel

I want to publicly thank Muttel for being as persistent as he was, making it a point to reach out until I respond, in his special non-pressuring manner. I had the privilege to get to know one of the new giants of GYE who doesn't give up on anyone, and is constantly seeking to help others grow and break-free.

Yes I hope the tears will come one day, and than we'll cry for all the tears that weren't shed.

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Re: My ENTIRE story

Posted by Muttel - 23 Aug 2024 09:00

In that hallowed, sacred place

Lies our Mama, who sacrificed with such grace,

Granting us merit for eternity

She gave up to save her sister from more tears

Though she then needed to wait in uncertainty for so many years

The paradigm of saintliness for posterity.

Mama! How your children suffer so!

Cry for us and for all your kinder in the dumps feeling so low!

The emotions you evoke when we gingerly approach your roadside grave,

Gush forth as we sprint and grab hold of your stone tears cascading like a tidal wave.

So much to ask for, so much to cry for,

To beg and plead that your children shouldn't suffer ever more.

Those suffering in their fight with this damned foe,

Or those filled with suffering causing them to throw off the yoke, their Father's love they don't

seem to know.

Those here that face such searing pain,

Fighting valiantly for the salvation they hope to attain.

Mama, for all of these and then some,

Keep crying for us that ????? ?????????,

We know that with you ??????

There's hope that ????? ????.

By the ??? ?????? you're surely beseeching

That He shouldn't desert us ever but keep us thriving.

Until by the towering wall I'm by now we'll see the triumph and glory,

Of a nation returned home, ensconced in its elevated destiny.

With a heart overflowing with emotion (especially for ?? ?? ??.)

Muttel

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Re: My ENTIRE story

Posted by Muttel - 28 Aug 2024 02:01

He stepped out of his car along the gorgeous lakeside, taking note of the slight figure walking his way.

After a brief introduction they began discussing battle strategies and postures, plans, victories,

and painful lessons gleaned from losses.

*Which battle you ask? Why, of course, **The Battle of the Generation!***

***Hillel S.**, to say meeting you was magical, is to downplay the significance of the moment!*

*Such a humble man, looking to just serve his Master in the best fashion he can, doing his share of bringing light and fight to the legions in **The Battle of the Generation!***

The love you have for all of our brethren, the fire in you to do everything in your power to save all of us, is inspiring!

I, along with so many, owe you so much...

I fervently wish you would have no more costumers to purchase the book, but until then.... Here's hoping you 10x your book sales, and soon!

'Twas a wonderful hug (and kiss)!

The first of many....

Muttel

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Re: My ENTIRE story

Posted by Muttel - 02 Sep 2024 16:06

I have an observation I want to share with the Olam here and would love to hear feedback, critical or otherwise!

I have posted previously

(guardyoureyes.com/forum/19-Introduce-Yourself/413043-My-ENTIRE-story?limit=15&start=135#416405) that a key to winning and **making the battle easier and winnable**, is cutting off triggers. One of the most common triggers is fantasizing, bestirred by

thought that intrude on us involuntarily. This incessant bothering of the Yetzer Hora is what makes many believe avoiding triggers is impossible.

The point I'd like to make is this:

When a thought hits you, that's not fantasizing. In fact, fantasizing and self-triggering is never reactive. By definition, it is proactive. Dwelling on a thought that comes in is fantasizing, expelling it is not. I'd compare a thought intruding to a "first look" on the street. You can't be faulted for it. *Dwelling on the thought and subsequent fantasizing is like a second look.* This thought empowers me every day to avoid fantasizing. I feel, if others would realize this, they'd understand that it's possible to avoid self-triggering through fantasizing thoughts - forever!!!

Muttel

P.S. Thanks to Richtig for enabling the expression of this point.

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Re: My ENTIRE story

Posted by BenHashemBH - 02 Sep 2024 16:57

Shalom and good afternoon Reb Muttel.

I'd like to repost something I wrote previously, as it relates to this idea that you are sharing.

Please forgive me if I unintentionally misrepresent any of the information as I attempt to summarize it.

Rav Greenwald with hadracha from the Steipler Gaon on unwanted thoughts:

Sometimes thoughts are brought out by the environment, like something you read. Other times they arise suddenly and without apparent triggers. Either way the result is usually sorrow and despair.

So how do we deal with them?

There is only one solution: to take one's mind off them completely. It is entirely counterproductive to wage war against them or try to push them away by force. All this does is strengthen them and cause them to linger.

Rav Yisrael Salanter says that it is human nature that the more you try to push it away the stronger the opposition in his soul becomes. Fighting them is the surest way to increase them. The way to fight unwanted thoughts is to immediately turn one's attention to a different subject.

Chazal say that two voices cannot be heard at once. The mind cannot concentrate on two things at the same time, so replacement is the best way to banish unwanted thoughts.

The Bnei Yissachar writes that unwanted thoughts that are involuntary are not a chet, as long as the person does not then dwell on them.

If a person feels bad about the particular timing of an unwanted thought, he should not take it as a sign that he is doing something improper in his behavior. The Baal HaTanya writes that we possess both a nefesh elokis as well as a nefesh habehamis with compete for your attention. The latter is responsible for the unwanted thoughts. Imagine you encountered a crazy person. The best strategy is not to engage with them, rather to try and ignore them. The same approach works.

No matter when the thoughts occur, do not be alarmed or fuss over them at all. Focus back on the current avodah and the thought will vanish on their own. [This may be tricky, given the subject, but the idea would be to have ready the appropriate mindset and thoughts and summon them to the front of your mind immediately and repeat as needed to banish the unwanted thoughts and b'ezras Hashem, in time to make it so the thoughts stop invading your mind].

The Steipler writes that a person who is nervous about the unwanted thoughts creates a self-fulfilling prophecy. The Steipler found this to be true in every case he counseled. Any special attention only leads to more confusion. Do not dwell on them.

Hatzlacha

*If this mussar speaks to you, consider checking out Rav Greenwald's sefer. Hebrew: Eitzos v'Hadrachos Volume 2. English: Guiding with Wisdom.

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Re: My ENTIRE story

Posted by chosemyshem - 02 Sep 2024 18:28

[Muttel wrote on 02 Sep 2024 16:06:](#)

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(guardyoureyes.com/forum/19-Introduce-Yourself/413043-My-ENTIRE-story?limit=15&start=135#416405)

that a key to winning and ***making the battle easier and winnable***, is cutting off triggers. One of the most common triggers is fantasizing, bestirred by thought that intrude on us involuntarily. This incessant bothering of the Yetzer Hora is what makes many believe avoiding triggers is impossible.

The point I'd like to make is this:

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Muttel

P.S. Thanks to Richtig for enabling the expression of this point.

Amazing point.

I think the unique struggle of fantasizing is that on the one hand it feels like less than "doing" something or looking at something so it feels like less of a problem. But on the other hand it feels harder to beat because thoughts pop into your head and then not thinking about things feels like an impossible level of self control. So for those two reasons it is harder to want to fight fantasy. In truth fantasy is more dangerous in a way than other types of lust entertainment since it's so accessible and pervasive (can't install Techloq in your brain).

I've been thinking about this a lot recently actually. I think the number one thing that helped me with fantasy was being able to not beat myself up about what popped into my head. Instead of beating myself up about it (how could you think about that now? don't think about that!) I accept that the thought is there and that's not a problem. I just need to move on. "Fighting" against thoughts just digs them in deeper (try *not* thinking about purple elephants lol.) I heard this so

many times, but eventually it clicked.

So my current take on fantasy is:

- 1) Realize it's a problem and stopping watching porn is gonna be real tough if you replay old scenes in your head incessantly
- 2) Realize that stopping is not so hard.
- 3) Stop fighting thoughts.
 - 3a) Recognize that beating yourself up for having thoughts is trying to fight a thought.
- 4) Have other thoughts you can distract yourself with. I have said the posuk of eish tamid slowly and while imaging a fire. I saw someone post once about mentally blowing up the image that popped into his head (I think that's a variety of the find the fox idea from F2F). Doesn't matter what, just something else to think about.
- 5) Relax and think about those thoughts.

Accepting that the thought is there, and being prepared to move on to a new thought is crucial. I think this mehalach has helped me significantly. I used to fantasize a heck of a lot (like, a *lot*). This is probably the biggest area of improvement I've made in time on GYE. And it has had such a huge payoff.

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Re: My ENTIRE story

Posted by jewizard21 - 03 Sep 2024 02:56

Yah this is one of the viewpoint that really helps shift the battle in your favor.

When these thoughts pop-up into my head and they return after the initial dismissal I look for something blue and try to clear my mind. The reason I thought of this is bc I remember when I went to Tsfat I noticed that the tombs were painted blue and I asked why. I was told that blue is the color of purity.

I don't remember the exact conversation, but this is what I do to clear/reset my mind if not acknowledging it doesn't work.

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Re: My ENTIRE story

Posted by Muttel - 05 Sep 2024 17:26

*They met in front of a non-descript Shul, **Eerie** as it was, embracing warmly.*

The hours flew by, as if nothing else in the world mattered during those precious moments...

Reminiscing, strategizing, just enjoying each other's presence...

The magic of GYE!!

I've never had such a strong, deep relationship for this long, with someone I (ostensibly) never met!!

Especially with you, R' Eerie, with your characteristic warmth, friendliness, insight, care, concern, brilliance, and the list goes on and on.....

My only parting comment is, just as you pulled me from the decadence and mud, Hashem should enable you to pull so many more and continue to give Him endless Nachas.....

With bottomless brotherly love,

Muttel

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Re: My ENTIRE story

Posted by eerie - 08 Sep 2024 06:02

It has been months since I've been needing,

To set up an hours-long meeting,
To see and shmooze with the star,
Who in short order has flown oh so far,

The tzaddik who's been moving and shaking,
Chizuk, from him all are taking,
How he came and took off like a missile,
120 something days and clean like a whistle,

The unforgettable hug that that was,
Feeling your power, your insight, the buzz,
The smile that never left your face,
My friend, the meaningful, tight, embrace,

I respect you so much, you must know,
How you help, you share, you show,
Keep doing to put out the fire,
And take us all with you, higher and higher!!!

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