

Eagle In FlightPosted by 138eagle - 18 Jul 2024 19:05

A Mashal

The egg of an eagle got mixed up with the eggs of a chicken. The egg hatched together with the chicken eggs. The young eagle chick was brought up together with the other chicks in the coop. Throughout the entire time that he was growing up he always felt different, he always wondered why he looked different from his other brothers and sisters. This made him feel depressed, what is wrong with me? He would sometimes look at other birds flying in the sky and wonder if it is even possible for a chicken like him to achieve this flight.

From time to time he would try to fly and he was able to fly better than the other chickens in the coop, but he did not really believe that he can fly like those other birds in the sky, so he never flew too high and never strayed too far from the coop.

One day an eagle landed near the coop. The eagle looked at the 'chicken' that looked different and spoke to him. He said, "What are you doing here? You aren't a chicken? You are an eagle! Go out, take flight and soar to the heavens!"

The 'chicken' looked at him with disbelief. "Me, and eagle?? You must be kidding. I am a chicken. And a strange chicken at that?"

The eagle looked at him wisely and told him. "My child, I was once in your place. I did not believe in my self also. However, you need to believe me. Look around and see that you are different. Then look at me carefully. You will see that you are more similar to me then to your 'family' around you.

The 'chicken' heard from the eagle that he was also once in a similar situation. Realizing that others around him have succeeded, he realized that the eagle was right.

The eagle spread his wings and took off. Once he was airborne, he looked and saw the eagle near him in the sky, and he looked around and saw other eagles near him.

He began to feel inner strengths that he never felt before. He felt like an eagle!

He flew and flew, higher and higher, further and further from the coop till he was free from the coop completely.

He was an eagle! He was flying!!

Hello All.

I have been on Guard Your Eyes for about 4 – 5 months now. I have been reading all the threads and following the challenges and triumphs of the chevra here with awe and admiration. I

think the time has come for me to open up and share my own story. I hope that it will help myself and others to continue to grow.

I grew up before the internet. However, there were still enough opportunities for me to look at things that turned me on. The swimwear catalogs that were in my house and all the regular women's underwear circulars all found their way to my room and became my favorite reading material.

At one point my obsession with women's underwear went to the next level. I began to stay up late after all of my family was sleeping and I would raid the laundry room and take my mother's and sister's bras and stockings and put them on. I would stay awake for hours dressed in them. The tightness of them around my body brought me to masturbate night after night. I would also take their bathing suits and wear them into the shower.

If I was unable to get women's underwear, I would sometimes wear a few pairs of my own underwear, this gave me the tight feeling that I craved.

I knew that something was wrong with what I was doing, but I felt like I was alone in my struggle and was completely unable to stop. I did not know about the ????? of ????? ??? . I had no idea even of what I was doing. Rarely was I intentionally ????? ???, I was so clueless that I did not even know how to. I shudder to think what would have happened to me had I been aware of how to be ????? ???.

When I reached 12th grade (17 years old) I was made aware of the ??????. Even then, rarely did I ejaculate completely. I was ????? ????? for myself that what I was doing was ok, it is a ??? ?????? ?????? and not really my fault.

On the outside I appeared like a regular good bochur in a regular good yeshiva. I learned, I had friends. I had relationships with my rebbeim. Nobody knew what was going on underneath.

At some point I began to fantasize about all this and it became not only a nighttime obsession, but even during the daytime. Even when I was in the dormitory, and I did not have access to catalogs and women's clothing, I was still obsessed.

I entered Bais Medrash, and continued to learn, but underneath this continued.

To be honest, there were ?????? that I had good days, or even several weeks that I was able to not fantasize, but it always came back.

When I came back from Eretz Yisrael and got engaged, I hoped that marriage would take care of this issue and I would be able to put this behind me. At that point I was aware of the ????? of ????? ??? and I was desperate to stop.

However, I was wrong. Marriage did not magically take care of this challenge for me.

For the ?rst few years we lived in Eretz Yisrael after we got married. I was the on of the

chashuve yungerliet in the Mir. I was on top of the world. Extremely Yeshivish and respected by all around me.

However, inside I was broken.

Everywhere I looked I saw sexuality. When I went to the Mikva, all I could think about was how everyone else looked and I tried guessing how they behaved in bed. Looking at Rabbanim and Roshei Yeshiva, I focused on how well they had sex at home.

I was broken. I was petrified to go to sleep at night because I felt I had no control over myself, and I might be ?????? ??? that night.

My fantasies continued and began to include my wife in all sorts of interesting scenarios. I would sit in the ??? ????? during seder and bein hasedorim and completely space out and fantasize, including my wife in my fantasies. I would fantasize about wearing women's clothing and underwear. I would be sitting there and masturbating in for hours on end.

At one point, I tried reaching out to my Rebbi, who today is one of the great Roshei Yeshiva. I was not able to tell him everything. As I told him the basics, he tried making it that it was no big deal and I should not focus on it. I did not feel reassured, if anything I felt belittled and not understood. It made me feel worse, that I was really alone. I thought that he felt I was dealing with a little challenge, so it can be swept under the rug, but in reality I was dealing with something so much greater that nobody had ever dealt with before.

I was a champion youngerman. I dealt with many bochurim and spoke to them about many issues and helped them to grow in their learning. I even gave a weekly chabura for a few bochurim for a few years.

Inside I felt broken.

Life does not stand still. It came time for us to move back to the states. We moved back, and I began the task of looking for a position as a Rebbi. It was only natural for me to continue in that direction, as this was apparent based on what I had done the first few years after my marriage.

Within a year I got a part time job in a local Mesivta, I had a hard class, and I also had a hard time with parnasa. So we struggled.

But what was really tough, was that I felt like a real fake. Here I was talking to bochurim to watch themselves and to stay away from places that were not good for them, and I was still fantasizing inside. I was not able to look at myself in the mirror.

I tried talking to several chashuve Rabbanim where I live, and they also made light of the issue. (it is a bit of a surprise, as at this point the internet was already quite big and the issues were not being swept under the carpet the same way anymore, there was definitely more awareness and openness now).

After one year of this, I cracked. I gave up the Rebbi position. All of my Rabbeim that I spoke to, the focus was on how difficult of a year I had teaching, and I did not think that I was cut out for

it, and how hard a time I was having with paying my bills. However, underneath the reason that I was thinking was, that I cannot really be a rebbi if this is the way I behaved in my mind.

After a few months I got my first job in the world, I was very busy, so I had less time to fantasize. I made sure to upgrade my filter on my computer to the highest possible, even higher than the company that I worked for offered. I also convinced others to make sure they had high levels of filters on their computer. (after all, I was the yeshivishe, chashuve guy in the office, many asked me their halacha shailos for a while). For a while, things looked like they were improving. I still felt like I was not complete. I still felt that I did not conquer my issues and I was still a façade.

After a few years, a random spam email took me on a nightmare roller coaster ride for about 3 years. I was introduced to new sexual concepts that fell in line with the way I felt inside and they fell in line with the fetishes that I had. I would read stories about being forced to dress and act like a woman. In a sense this exonerated me, that I was not crazy to have this interest.

I began to search out these items, I Boruch Hashem did not cross the line to watch real porn, as I also had a high level of filtering on my computer, but I began to read stories and view products that I could only dream of owning. All this was in the office only, I did not have (I still do not) regular internet access at home.

I became an expert at knowing which words would come up as a filtered search and which words were able to get around the filter. At this point I was trying to stop, but continued to feel alone in my struggle and I felt that the situation was pretty hopeless.

From time to time I was able to go a short time without reading anything and without myself getting out of hand. But it always came back.

Whenever I needed to set up a computer for a new employee, especially for a non-jew that was coming in, I needed to go on it to make sure that everything was working and all systems were installed properly. This was a way for me to get to places and stories that were hard to get to on my own computer.

Boruch Hashem a few months ago, I came across an ad for Guard Your Eyes. I filed it in the back of my brain. On day a few months ago after a particular good story really put me out and led me to masturbate that night to the point of being ????? for the first time in a really long time. I realized that I needed to do something. The next day I opened an account on Guard Your Eyes. I went through the first few steps of the F2F program and was wowed! There are the tools here to help me conquer this! I still did not finish the program, however many of the ideas that I saw there were eye openers to me about who I am and who I can further become.

However, the most important part for me was this forum. I read about people that had it much harder (understatement!) than me. These people were able to overcome and to grow! I read about their struggles and their triumphs, I was awed. Simple people like me (Read – Great individuals!) that are in the same place as me, or were there and have gotten out. Here I will not be ridiculed for having challenges, here I will not be made light of.

I began to feel that I am also growing. Just the knowledge that I was not alone, that I am not

crazy, and I am not a sicko was extremely redeeming and empowering. I felt the power inside of me to grow. I am now over 4 months clean. I am looking forward to a life of real ????? and real growth.

Last week, I was setting up a computer for a new employee that was about to start. I was having a particularly hard day, I began to wander on the new un?ltered device, I went to a non-jewish news site, and I felt myself losing control. I was quickly able to shut the browser and log off. It felt unreal to do this!!!! I have the power!!!!

I am an Eagle!!!! I am ?ying!!!!!!!

This made me feel that I cannot let my guard down again. It made me sit down and write out my story and continue to work on myself.

Rabosai, I am here now. I cannot thank all of you enough for the chizuk you have all given me the past few months. I hope to continue to grow together.

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Re: Eagle In Flight

Posted by cande - 23 Aug 2024 15:51

its called bein hazmanim boredom.....

Warning: Spoiler!

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Re: Eagle In Flight

Posted by cande - 23 Aug 2024 16:16

[BenHashemBH wrote on 23 Aug 2024 14:15:](#)

[BenHashemBH wrote on 23 Aug 2024 13:01:](#)

[chulentandkugel wrote on 23 Aug 2024 12:53:](#)

Awesome!

Shalom and welcome!

Looks like this is your first day and post here. When you are ready, please feel free to introduce yourself. The oilam would love to get to know you.

Kol Tov

Warning: Spoiler!

its called bein hazmanim boredom.....

Warning: Spoiler!

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Re: Eagle In Flight

Posted by 138eagle - 29 Aug 2024 02:42

As the Eagle flies high above, those around it look at it and admire. "Look how gracefully it flies" It looks almost effortless"

Alas, it is not true.

The eagle's wings hurt from the effort of trying to keep in the sky and they wish they could take a rest.

There are ups and downs. There are trials and tribulations. I still struggle to look at my wife for who she is and to accept her shortcomings and how I am not so attracted not to let things about her bother me.

Also, ??? ????? is a challenge. One Sunday I took my family to the zoo (like PY said, a lot of 2-legged species there that creates a more significant challenge). The next week, we went to a large park and went boating, we met a lot of the frum world and a lot of the not-jewish world was there too. (Is this even allowed? Can the Rabbis and Poskim here chime in if going to the zoo or a large park is called ??? ???? ????? or if it is called ??? ???? ??????. I mean there are no other zoos out there, or do we absolutely stay away).

The challenges were definitely easier to deal with than they were in the past. I was not lusting over anything and definitely not looking to see anything triggering, like I may have done in the

past. Most significantly, I think that they did not make as much as a ???? on me as it did in the past, I did not dwell on the challenges after we left. I think that I can call this a triumph.

Then my wife went away with most of the kids. I felt like I needed to do something. Was it lust that was driving my need? Or was it just a need for the love? Hmm hard question. Even if she would be here, we would not be able to be together. I felt lost. I even felt hard on myself. I felt that I was doing the wrong thing and having the wrong feelings.

A quick call to HHM to discuss my feelings, put me at ease, I am still normal with normal needs to have a wife around me even without being together. It is a need for love, not lust.

Wow!

Now I felt better. I even called my wife just to tell her that I miss her. It felt good to tell her that I missed **her**, not her body.

Working hard to stay in the air.

Warning: Spoiler!

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Re: Eagle In Flight

Posted by 138eagle - 03 Sep 2024 20:07

The view really is much better from up here.

Wow!

Half a year!!!

6 months!!!

180 days!!!

Taking it one day at a time, I have Boruch Hashem reached this wonderful milestone on ??? ???
?????. I do not think I ever looked forward to an ???? like I do now. I feel that I can really approach
the ????? ?????? as a person that is working on myself and growing.

Special thanks to all of you, my new family that has been here for me.

Here is an example of the growth that I have been ???? to this past 6 months.

This past week I was away for Shabbos with my wilfe's extended family in a relaxed atmosphere
setting. Having been in this place before I was nervous about the challenges that I will be
facing. They were always so tough in the past.

I reached out to a few of my brothers here, and I asked them to check in with me after Shabbos.
They of course agreed.

Shabbos itself went very well (not perfect, but very well). It appears that once I set myself up to
succeed ???? made it easier for me. I was able to find quiet places to go to learn when there
were going to be times that family was coming over to visit and get together, (special shout out

to my DW for allowing this to happen).

And then there were the highlights of the Shabbos.

I made sure to skip the communal Kiddush, that did not have a mechtiza.

Then later as we were setting up for Shalosh Seudos, 2 couples, my father-in-laws cousins (my in-laws age) came by. One is also mechutanim with my in-laws. When I came in to the room as they were leaving, Derech Eretz made it that I should say hello and talk for a minute. I was able to look the woman in the eye and talk to her as a person, without focusing on anything about her body. We ended up talking for a minute or 2 about how things are going with the family and our other relatives from my side, and I was able to keep my eyes on the 'people', and not look at them.

Wow! Amazing!

I think this was a major win.

The rest stops on the highway on teh way home were not as good, but they were also better than they were in the past.

Here's to the last six month, looking forward to the next 600!!!

Flying Higher!!!

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Re: Eagle In Flight

Posted by Muttel - 03 Sep 2024 21:29

What an inspiration!!!!

Keep flying high and hold me (and all of us here) in your talons!!!!!!!!!!!!

With a ton of brotherly love (emotional from our brothers' accomplishments),

Muttel

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Re: Eagle In Flight

Posted by Hashem Help Me - 04 Sep 2024 03:10

I guess "Eagle Eyes" can choose what to focus on...

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Re: Eagle In Flight

Posted by Hashem Help Me - 08 Sep 2024 11:18

Where's the update from our feathered friend?

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Re: Eagle In Flight

Posted by 138eagle - 09 Sep 2024 17:07

Hello all

Thank you for keeping up with me. I am keeping in the air, but it is not easy.

I had a rough time over Shabbos. A lot of pressure at home.

Motzei Shabbos, I was just wiped from all of this. I tried learning in my study and it was just not going. I put my head down on my shtender and just wanted to cry. (the crying did not come).

In the past this would have been a perfect situation for me to just switch my mind to fantasize or to go to bed and fantasize myself to sleep.

This was not even an option for me now. I knew I was having a hard time and I needed to deal with it, not just to escape into the wild.

Thank you to all of you here for being here for me. I think knowing that you guys have my back, really kept me clean, Also I think that part of this is real growth.

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Re: Eagle In Flight

Posted by eerie - 09 Sep 2024 17:31

[138eagle wrote on 09 Sep 2024 17:07:](#)

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Re: Eagle In Flight

Posted by chaimoigen - 09 Sep 2024 21:24

Yes!!!

The growth that we experience here is BH of the kind that extends into all areas of living and Avodas Hashem. Becoming a person who **acts** instead of just **reacting**. Becoming a person who doesn't need to escape or soothe when discomfort or pain hits, but deals with life, **living** actively. Becoming a person who knows when he's feeling weak, and reaches out for support.

....and so much more.

Eyes on the horizon-

I am looking at an eagle- majestic and proud...

.....,he SOARS.....

KOMT!

Admiringly,

your friend

???? ?????

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Re: Eagle In Flight

Posted by 138eagle - 11 Sep 2024 18:14

Thank you all for your encouraging words and some of the calls of brotherly love that I got.

Thank you, R' CO for your kind and encouraging words. You are 100% correct. A lot of the growth that we experience here is the ability to really live. To live a real life.

(Our Rebbe, HHM wrote on Feb 27, 2017 the following - [#306976](#) - I think that this quote really sums up the ???? of GYE

When people join GYE, they think they came to stop sinning. Those who are ready to shvitz a little, learn they are here to begin living.)

I even met Iwannalivereall the other day. That is a real experience of living real.

I had a '**real life**' experience the other night again.

The other night after learning in my study, it was time to go to bed. I walked into the kitchen and there was a book on the table. Being an avid reader (If it stays still long enough, I will read it) I picked it up and flipped through the pages. I was intrigued by one of the stories. I began to read. I felt in my mind that I should not be doing this, I needed to get up the next morning especially early as I had rearranged my morning chavrusa because of a simcha.

In the past the ending to this story would have been "a late night", and a tired day the next day.

Now as a more real person, the story had a different ending. I closed the book and told myself, that I can read this tomorrow evening when I have some time that will not interfere with my schedule and my life. I went to sleep at a normal time.

The feeling of being able to conquer my urges, (even a seemingly 'kosher' urge) is only due to the work to really live life that I am getting from being here.

Thank you all for helping me fly!

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Re: Eagle In Flight

Posted by iwantlife - 12 Sep 2024 14:59

Hi R' Eagle! Just wanted to let you know that your post inspired me to go to sleep at a normal time last night. You see, although B"H my nights of watching porn are behind me, and with them the "a late night, and a tired day the next day", I still have a very deeply ingrained habit of wanting to be entertained at that time of night and shut my brain off while still awake (an absolutely terrible idea, see here: [#414748](#) The Posture of Pornography from R' Chaimoigen). And so, I still find myself being up about an hour later than I should be, reading the news etc. But your post was a good wake-up (?) call! Thank you for sharing!

Keep Soaring,

iwantlife

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Re: Eagle In Flight

Posted by 138eagle - 12 Sep 2024 16:47

[iwantlife wrote on 12 Sep 2024 14:59:](#)

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Keep Soaring,

iwantlife

Thank you

I just went and read it. Totally Relate.

I need to work on this too.....

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Re: Eagle In Flight

Posted by proudyungerman - 13 Sep 2024 05:04

[138eagle wrote on 11 Sep 2024 18:14:](#)

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The feeling of being able to conquer my urges, (even a seemingly 'kosher' urge) is only due to the work to really live life that I am getting from being here.

Thank you all for helping me fly!

As a serious book worm, boy can I relate, at least to the late night-tired next day...

One of my most dangerous times is Friday night (yes, we get those dastardly magazines even in Burma), and I can read the night away.

You've inspired me yet again, this week I will try to remember your post and get to sleep an a functional hour...and be much happier, and more alert, on Shabbos day!

You've inspired me.

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