

Beginning to (e)merge

Posted by minhamayim - 24 Jul 2024 21:00

Hi! I am so happy and relieved to be here. If I may, I'd like to share my painful story.

I grew up in a sheltered Torah home. My father is a mechanech known for his passion in fighting the internet and the nisyonos hador. Ever since I can remember I've always been consumed with sexual curiosity. It started with hijacking woman's clothing catalogs I found in the mailbox, discovering masturbation, fantasizing about pretty much any attractive female I knew including family members, and more. Throughout my years in mesivta I would occasionally purchase or rent movies, and even had some opportunities to watch porn. I used to have streaks where I would abstain from being motzi zerah. Sometimes it lasted a few days sometimes even weeks. But they never lasted very long.

As all this was happening I was very busy portraying myself as a serious bachur and trying desperately to learn and get better at learning. BH, even with all my daydreaming and fantasizing I was able to block out the guilt and shame and throw myself into my learning enough that I made it through my yeshiva years. In fact, I was so deeply troubled about my identity and so desperately wanted to be considered a "good guy" in learning and yiras shamayim, I would join "extracurricular" shiurim and sedarim staying in the beis medrash till late at night. Although this definitely helped my overall shteiging, the truth is that I was way behind and should have been honest about where I needed to focus.

I found myself extremely confused as to who I was and what I really wanted. On the one hand, I was a bachur with big ??????. I was zoche to learn in yeshivos where I witnessed true gadlos b'torah. I craved it. The genuine ahavas hatorah and meyushavkeit that I saw in my Rosh yeshiva, rebbeim, and older bachurim was something I knew I needed. On the other hand, how could I throw myself entirely into achieving that goal when I knew that I wouldn't be able to? When I knew I would fall again and again. When I knew it just wouldn't be real.

BH I became more serious in beis medrash and was even one of the few in my shiur to get into THAT yeshiva in Eretz Yisrael. But there things got worse. The hustle and bustle of the geula neighborhood and the nisyonos it presents is something that I'm sure is all too familiar to many of you. I found myself deliberately getting on to packed buses (vhameivin yavin), taking late night walks in neighborhoods I should never have entered, pretending to be preoccupied with an important phone call, and just generally consumed with sexual fantasies. And then I discovered those free chat lines. And those unfiltered computer kiosks. I found myself again going to sleep late, sometimes entirely missing first seder. All the while continuing to prop up my image as a chashuva Ben torah. The double life continued and deepened.

I continued on to BMG and got engaged soon after to a wonderful bas talmid chachom. Like many, I clung to the desperate hope that shidduchim, engagement, and marriage would help me solve my problem. But in between my "streaks" I was still busy with chat lines, porn, and masturbation. Davening was always a bizarre fluctuation of intensity, tears, and disinterest. In halacha I was sometimes meticulous and sometimes lax. I would be proud yet disturbed whenever complimented on my learning achievements, hashkafic sincerity, or general intelligence.

During my engagement and after my marriage it became clear that I had an issue seemingly not connected to any of this, that severely affected my shalom bayis. I was, and still am, very determined to make my marriage work, and I know the issue is mine. I went to therapy for 3 years for it. I spent lots of money, tried different therapists with different modalities, all the while really trying to make things work. It helped a little, but things were really not simple. I have to give a shout out to my wife for being the trooper, for bearing with me, for seeing the good in me and the possibility for me to heal and our marriage to blossom.

All this time, freshly married, struggling with my marriage and much inner turmoil, I felt lonely and isolated. I didn't know what HaShem wanted from me. I cried, I ignored and moved on, cried again and ignored some more. Over the past year things got to the point that I sadly moved on from just porn, masturbation and chat lines.

And then...

2 weeks ago, Hashem in His overabundant mercy rescued me, and I stumbled upon this precious website. Out of desperation I sent a couple partner requests. IWLR emailed me within a few hours. To make a long story short, it turns out that we knew each other very very well. I will forever be makir tov to him for introducing me to the possibility of recovery. I've been in touch with Harav Hatzadik HHM over the past week and my life has changed. I'm finally able to address what I've known all along. That this dark hidden part of me has directly and INDIRECTLY seeped into every aspect of my life.

I have no words to thank everyone who's posts I've read and who I've spoken to over the past week. The power of being able to share, be vulnerable, and come clean, with those whom you know will accept you, is indescribable. 3 years of therapy and I never shared this! I even managed to convince myself that it wasn't related to what I was there for. I am more connected

with myself than ever and my marriage has changed because of that. Everything in my life is different than just two weeks ago.

I have a long way to go, but finally I feel ready and equipped to fight this battle. I look forward to continuing to grow the friendships I have created, and to live a pure, authentic life together forever.

Your friend,

MinHamayim

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Re: Beginning to (e)merge
Posted by odyossefchai - 12 Sep 2024 14:23

Wow! Minhamayim, your story is overall similar to mine. Yeshiva guy trying to balance the external look of a Ben Torah while at the same time feeling disgusted with myself about how crooked and messed up I am inside from all the disgusting stuff I did.

I just joined here a few days ago and although I feel I'm 15 years too late to the party, I will work on myself to make a real change, by reading the posts here, getting to shmooze to the ????? ?? who have seen the ??? ???, and were able to win over him.

I have alot of admiration for you to put in the effort to fight this evil monster and for all the times you wrote about how you won in the airport. Etc.

Amazing.

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Re: Beginning to (e)merge
Posted by iwantlife - 12 Sep 2024 14:26

[Hashem Help Me wrote on 11 Sep 2024 11:23:](#)

What you are experiencing is normal and expected. Our subconscious craves the "fix" we used to give our bodies. Therefore, when one has BH successfully removed himself from the hyper-stimulation of online garbage, the subconscious makes one all of a sudden start noticing "everything" in the street - desperately attempting to arouse you from that. The solution is quite simple. Do not panic. Do your best in the street. The same way that the subconscious grudgingly gave up on "getting you" through online stimulation, the same will b'ezras Hashem happen with the real-life stuff.

Of course, basic shmiras eynaim challenges are here for life - just as basic shmiras halashon - honesty in business - etc. challenges are here to stay. That is how Hashem made us. But they do not have to be overwhelming. And they won't be overwhelming if we slowly but surely - and **calmly** - continue growing.

R' Minhamayim, I as well appreciate your inspiring posts and beautiful thoughts, keep them up. It looks like our count is at around the same place, let's keep this going! As an aside, I'd like to reiterate something HHM said earlier on your thread (not that he needs my haskamah) because I haven't seen it mentioned much. For myself at least, I found that staying calm is **key**. In fact, I have a theory that fear and panic is one of the YH's best tools. See, as soon as I would find myself in a nisayon, I would panic, thinking "Oh no! Here we go again! There's no way I can overcome this, it's too strong"; I physically would feel it, almost like waves crashing on to me. A very uncomfortable feeling. So uncomfortable, in fact, that the need to rid myself of this tight grip on my heart was the only thing on my mind. And, you guessed it, the best and most efficient way to make the panic disappear was to indulge in a quick (or not so quick) session of porn and masturbation. "Mission Accomplished!" said ~~George W. Bush~~ the YH. Again and again, the feedback loop of **panic - pleasure - and sadness** (which itself reinforced the reason to panic). Now, B"H you (and me!) see that with some GYE magic (i.e. accountability etc..), you **can** overcome! So just remember, Keep Calm and GYE!

Continued Hatzlochah,

iwantlife

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Re: Beginning to (e)merge
Posted by jubilantbison50 - 12 Sep 2024 20:36

Thanks everyone. Feels great that people are listening.

MinHamayimIt is a pleasure to read your well written prose. While only a few may comment, many of us are intrigued and follow your development with keen interest. You are a true inspiration. Only

wish you posted more often.

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Re: Beginning to (e)merge

Posted by chosemyshem - 12 Sep 2024 20:45

[jubilantbison50 wrote on 12 Sep 2024 20:36:](#)

Thanks everyone. Feels great that people are listening.

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Bro did you make an account just to post that?

I think once you did you're contractually obligated to keep on posting (should've read the fine .)

With that being said, welcome!

GYE is a community . . . etc. etc.
print

Listen I don't have time to type the welcome shpiel. You seem to know the drill, if you're following R' Minhamayim's story with keen interest already. Take a walk through the F2F program, read TBOTG, make some friends, talk to mentor, join the vaad program, and never give up.

Keep on jubilantly trucking (bisoning?)!

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Re: Beginning to (e)merge
Posted by redfaced - 12 Sep 2024 20:47

[chosemyschem wrote on 12 Sep 2024 20:45:](#)

[jubilantbison50 wrote on 12 Sep 2024 20:36:](#)

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Aren't you a pulpit Rabbi? Whatcha know about contractual obligations? HUH!?

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Re: Beginning to (e)merge

Posted by eerie - 12 Sep 2024 23:51

[print](#)

[chosemyschem wrote on 12 Sep 2024 20:45:](#)

join the vaad program, and never give up.

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Re: Beginning to (e)merge
Posted by livingagain - 15 Sep 2024 23:09

Thanks everyone. Feels great that people are listening.

MinHamayimIt's been a while. We'd like an updated post on how you are doing. Not only are we listening but we are genuinely interested in your progress and well-being.

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Re: Beginning to (e)merge
Posted by livingagain - 15 Sep 2024 23:17

[odyossefchai wrote on 12 Sep 2024 14:23:](#)

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I just joined here a few days ago and although I feel I'm 15 years too late to the party, I will work on myself to make a real change, by reading the posts here, getting to shmooze to the ????? ?? who have seen the ??? ???, and were able to win over him.

I have alot of admiration for you to put in the effort to fight this evil monster and for all the times you wrote about how you won in the airport. Etc.

Amazing.

Welcome od Yosef chai. There's a lot available on the site including mentors and partners. Minhamayim is one of many true inspirations on the site.

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Re: Beginning to (e)merge
Posted by minhamayim - 11 Oct 2024 14:32

[minhamayim" wrote on 02 Oct 2024 14:33:](#)

Lichvod Reb IWLR,

A huge belated Mazel tov on this tremendous milestone!

Nothing I can possibly write here can do justice to the amount of hakaras hatov i have for what you've done for me.

A drop less than three months ago, I was drowning in an ocean of mud. The undercurrent was pulling me down deeper and deeper as I watched myself crossing lines I had always thought were simply uncrossable.

I had always knows that my lust struggle affected me (and my family) on every level but I simply had no idea how to properly address it. I tried to deal with it by making firm commitments and basically just desperately hoping that it would just go away so that I could finally start living a truly productive life. But the problem was only getting worse. And then it started to really spiral out of control.

I never thought for a second that my yeshua would come about the way that it did. Actually connecting to others about this was for me an unfathomable concept. I thought that even if I would be able to muster up the guts to share everything about my struggle with someone, no one would truly understand me. I figured that anyone else that was busy with the garbage that I was busy with must not really be interested in changing. And people who were struggling and

wanted desperately to get help, just couldn't be as deep in as I was. As I'm writing this I'm realizing how conceited that sounds. But think it I did. Boy was I wrong.

When I came on gye around 3 months ago, until then I had never properly checked out the site. For some reason, because of the device I was using and its settings, I couldn't fully view the forums and therefore had no idea that there were actual real people like me active here. Bchasdei Hashem, I did find the partner program though and desperately, although a bit skeptically, submitted my request for a partner.

Iwlr, you are constantly on the lookout for someone else that can be rescued from the depths of despair and loneliness. On the forums, the partner and mentor program, your BMG signs, and most recently your tremendous undertaking of raising awareness amongst the rabbanim.

Its not surprising that it was you who first found me and reached out. Not a few hours after submitting my partner request we began our conversation via email. Then, that first phone conversation when I almost immediately guessed who you were by your voice.

My dear longtime friend iwlr,

My eyes are tearing as I write this. Imagine we would have known all those years ago what Hashem really had in mind. That close childhood friendship was, like everything else, the yad Hashem orchestrating His master plan. I think about the beginning. The events that led to your parents move... Our fathers' friendship... Our shared hobbies and interests.... (Even the fact that I was and always will be better than you at kugelach)

I truly feel Hashem holding my hand. Its all so clear. After so many lonely years of crying painful tears, in one moment He allowed me a glimpse of His constant presence.

You were with me that night. We experienced it together and neither of us will ever forget it.

May the gilui hashkacha pratis we were both zoche to witness this year be with us throughout this Rosh Hashanah as we daven that the world's sheker, distractions, and confusion come to

an end so that all will be able to proclaim with inner calm and joy

?' ?????? ?????? ??? ?????????? ??? ??????

From the bottom of my heart, I wish you, everyone here on gye, and the entire klal yisroel a
????? ??????? ????? and a gut gebenched yur!!

Your close friend,

MinHamayim

That meeting with iwlr was on a thursday night, I knew right then and there that I was going to start to change in a big way and that a new era in my life had just begun.

That being said, I'm sad to admit that my first clean day wasn't until a few days later. During those few days I found myself being able to sin almost guiltlessly, knowing that I was on the verge of turning myself around. (Echteh veashuv?) I realize now what that means. My motivation to change all along was not fear of sin as much as it was a craving for stability, true connection, not being able to handle the contradiction, etc.

It's a little disappointing to know this about myself although it's not really a chiddush to me. I do not think any of this is the yetzer hara talking because my determination to continue to grow and succeed in this area is as strong as ever. I just needed to call it out.

This is real growth and Hashem in His overabundant mercy continues to show me that He's right alongside me every step of the way....

Tomorrow Night is Yom kippur.

Tomorrow night will also bezh be my 90'th clean day.

Gmar chasima tova,

Minhamayim

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Re: Beginning to (e)merge

Posted by minhamayim - 05 Nov 2024 02:03

Hello all,

It's been a bit. just wanted to check in here and admit and document the fact that I've been slipping a bit on the street- shmiras einayim wise.

Getting back into the grind of things calendar-wise always makes me remember that not all is hunky dory in my life and old habits die hard I guess.

But its much much worse when I'm lusting. I think writing this should help me keep me in check.

MInHamayim

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Re: Beginning to (e)merge
Posted by Muttel - 05 Nov 2024 02:47

Nothing like a good dose of honesty to get us back on track.

Maybe give your old buddy Muttel a buzz? It's been a couple of minutes since our last rendezvous 2 weeks ago...

Muttel

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Re: Beginning to (e)merge
Posted by livingagain - 05 Nov 2024 09:34

[minhamayim wrote on 05 Nov 2024 02:03:](#)

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It's been a bit. just wanted to check in here and admit and document the fact that I've been slipping a bit on the street- shmiras einayim wise.

Getting back into the grind of things calendar-wise always makes me remember that not all is hunky dory in my life and old habits die hard I guess.

But its much much worse when I'm lusting. I think writing this should help me keep me in check.

MInHamayim

You have a long streak, keep it going. Of course there will be challenges along the way, but you have proven that you can rise above them.

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Re: Beginning to (e)merge
Posted by proudyungerman - 05 Nov 2024 14:23

[Muttel wrote on 05 Nov 2024 02:47:](#)

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Muttel

What am I chopped liver??

Gosh! I don't even remember the last time we spoke...

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Re: Beginning to (e)merge
Posted by Heeling - 05 Nov 2024 15:16

[proudyngerman wrote on 05 Nov 2024 14:23:](#)

[Muttel wrote on 05 Nov 2024 02:47:](#)

Nothing like a good dose of honesty to get us back on track.

Maybe give your old buddy Muttel a buzz? It's been a couple of minutes since our last rendezvous 2 weeks ago...

Muttel

What am I chopped liver??

Gosh! I don't even remember the last time we spoke...

No, your not chopped live! Thats for the Hungarians. Isnt fried noodles the food in Burma??

Also, Last I spoke with Muttel, he ONLY got five buzzes in our two minutes. He's way to under stimulated.

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