

welcome everyone my story

Posted by rebakiva - 18 Sep 2024 14:48

---

Hi everyone I just need get my story out for the support

i was a good tmimusdiga kid didnt know anything so much so that one day bachurim came into my room in the dorm and spoke about learning kesubos daf tes, nida,etc. and i ran out of my own room, but all that aside i still had a natural burning temptation to this unknowing what it is & what im doing, so at a young age about 12 i was looking at people in the street and thats it, than about 14 yrs old when i was experiancing a urge in the mikva i was playing with myself in the water which caused the zera to come out on its own which was my first experience with zera levatula since then i started going to mikva late so that i can have peace and quite to play with myself etc.

at about 16 i found a booklet of a hp printer in my house that 1 picture of a basically fully dressed women i hid it in the basement bathroom and used to go look at it from time to time playing with myself till it happened i discovered that i dont need to go under water in the mikva i can jusu do it on the floor of the bathroom but i didnt want to get dirty so i would put down my tzitzis and lay untop of it.

well well motzei sukkos we got back from our grandpearnts late at night i had terrible urges the whole hour ride home so as soon as we got home instead of helping unpack i ran straight to the bathroom in the basement and... a few minutes later my father upset that im not helping came looking for me and saw tzitzis sticking out under the door he understood whats happening banged on the door and made me admit my guilt found the booklet... then for 2 days he didnt utter a single word to me just gave me looks of disgust,those were the 2 worst days of my life feeling rejected of my own family for something thatwas so natural (& by now i know how small of an aveira it was there was baisically nothing not tzenious about that picture), after 2 days he he spoke with me not in a loving way just that his rabbis told him that should be loving so he told me that he has to be loving but he wasnt really loving {im not upset at my father hes a very serious pearson by nature he definatly meant good he just didnt know how to do it} what ever the case it only got worse

fastforward 5 weeks before my chasuna i was with a friend in a kiosk in isreal we needed i think it was to book flights but he searched the worst stuff in front of my eyes that was the first time i came acroos real porn, although i ran out of the kiosk then but i was exposed and so 3 yrs after my chasuna when and if i found myself with a unfiltered phone and laptop i found myself watching porn at times when no-one was home.

after some time i cut that out hating myself for where i have fell to, but after a few months i figured out a way to bypass the local kiosks filter to get bad porn pictures on ebay copied over to my email.

than about 4 yrs ago hashem randomly decided to lift me up as till then i was a kollel yungerman without ever dreaming of it hashem sent me a offer to join the chinuch line in a very prestiougess yeshiva but part of the curriculum is talking about shmiras eineim but ever since i have to talk about it i hate myself to no end knowing that i dont practice what i preach i asked

my rabbunim if i can quit my job but they all gave me chizuk & told me to stay but i didnt actually get helped just some chizzuk.

then it happened i always knew hashem loves me just look at everything hes done to me especially giving me my prestigious job, but it was allways contradictable to me because im a sheigitz so why does he love me, but a few days ago hashem again randomly sent me the meaningfull minute podcast of gye where i was introduced to this platform thats after runing to therapists but dropping out after 2-3 sessions cause i couldnt afford it, running to rabbaim but getting chizuk instead of help, i baisicly gae up on myself, but hashem showed me that he raelly loves & its not at all a contradiction, he`ll help me eeven with this.

i found this really amazing because i saw that although i come from a very holy background balei ruach hakodesh & balei mofsim, i allways knew that they only achieved it due to their kedusha they were holy since birth never fell thru in this so im not going to get anywhere, but now hashem showed me that he`ll help me get to where i want even at the 30 yrs, nothing is contradictable there for i changed my user name from mevakesh 247 to rebakiva cause just like reb akiva who could start learning at 40, we can become holy pure and kedoishim at the 40 as well

my only wish is that hashem should help succeed in this journey to full freedom and kedusha together with all of kllal yisrael everyone has pain from this, but everyone also has hope just like reb akiva.

=====  
=====

Re: welcome everyone my story  
Posted by Muttel - 12 Nov 2024 09:28

---

And kudos to you for hanging your dirty laundry here!

Youre an emese tzadik doing so much for Hashem.....

How I wish I could've heard your sweet voice last night.....

With a heart overflowing with brotherly love,

Muttel

=====

====

Re: welcome everyone my story

Posted by rebakiva - 17 Nov 2024 02:43

---

Huge win to share:

My wife had to attend a Kiddush today but we couldn't find a babysitter, so we decided to meet up after I finish davening and we had our son push the carriage, and I had to stand outside and babysit our baby, outside a hall where women are coming dressed in their finest...

There was actually another person also waiting for his wife, an older person looked like a really chashuva yid, he was very tense pacing back and forth and every time a woman would pass, he spun his head away.

Once upon a time I used to get very jealous from such a special person, to see his self control, is really something to look up at, but this time I actually felt bad for him, not that there's anything wrong with him to the contrary he's a very special person who really has self-control.

But I, thanks to GYE and for this great community of friends and mentors, I was able to just stand there not even needing to *control* myself, because I now rewired my brain, and I now really understand what women really are and what they want, no they don't care about my lust, they want true intimacy with their one and only husband, and they are human beings, not s... objects.

Therefore I was able to just very comfortably look at the wall, and when passing people who knew me stopped to schmooze with me I wasn't tense at all, even if I saw a woman {no second looks bh} dressed in her best, it had nothing to do with me, she was dressed for the occasion **she had to attend**, not for me to see her like that.

So a 20 minute wait outside a hall {which BTW used to be a huge trigger for me} passed bh with no incident, I didn't get tensed up like I used to, I didn't lose my cool, I just stayed in good spirits.

Thank you hashem for GYE, and thank you {yes you the reader} everyone here for forming such a great community, where help is top priority, and **getting healed is a reality.**

=====  
=====

Re: welcome everyone my story  
Posted by richtig - 17 Nov 2024 04:01

---

[rebakiva wrote on 17 Nov 2024 02:43:](#)

Huge win to share:

My wife had to attend a Kiddush today but we couldn't find a babysitter, so we decided to meet up after I finish davening and we had our son push the carriage, and I had to stand outside and babysit our baby, outside a hall where women are coming dressed in their finest...

There was actually another person also waiting for his wife, an older person looked like a really chashuva yid, he was very tense pacing back and forth and every time a woman would pass, he spun his head away.

Once upon a time I used to get very jealous from such a special person, to see his self control, is really something to look up at, but this time I actually felt bad for him, not that there's anything wrong with him to the contrary he's a very special person who really has self-control.

But I, thanks to GYE and for this great community of friends and mentors, I was able to just stand there not even needing to *control* myself, because I now rewired my brain, and I now really understand what women really are and what they want, no they don't care about my lust, they want true intimacy with their one and only husband, and they are human beings, not s... objects.

Therefore I was able to just very comfortably look at the wall, and when passing people who knew me stopped to schmooze with me I wasn't tense at all, even if I saw a woman {no second looks bh} dressed in her best, it had nothing to do with me, she was dressed for the occasion

**she had to attend**, not for me to see her like that.

So a 20 minute wait outside a hall {which BTW used to be a huge trigger for me} passed bh with no incident, I didn't get tensed up like I used to, I didn't lose my cool, I just stayed in good spirits.

Thank you hashem for GYE, and thank you {yes you the reader} everyone here for forming such a great community, where help is top priority, and **getting healed is a reality**.

I envy you, friend. My first reaction to your post was eye-rolling, to be honest (the dude really thinks that having been on GYE for some weeks and being on top of things means his very mind is rewired?!...). But my next thought is that your thinking is the more likely successful route, because it is so much more positive and optimistic than mine.

Rooting for you to keep it up!

richtig

=====  
=====

Re: welcome everyone my story  
Posted by Markz - 17 Nov 2024 04:25

---

[richtig wrote on 17 Nov 2024 04:01:](#)

[rebakiva wrote on 17 Nov 2024 02:43:](#)

Huge win to share:

My wife had to attend a Kiddush today but we couldn't find a babysitter, so we decided to meet up after I finish davening and we had our son push the carriage, and I had to stand outside and babysit our baby, outside a hall where women are coming dressed in their finest...

There was actually another person also waiting for his wife, an older person looked like a really chashuva yid, he was very tense pacing back and forth and every time a woman would pass, he spun his head away.

Once upon a time I used to get very jealous from such a special person, to see his self control, is really something to look up at, but this time I actually felt bad for him, not that there's anything wrong with him to the contrary he's a very special person who really has self-control.

But I, thanks to GYE and for this great community of friends and mentors, I was able to just stand there not even needing to *control* myself, because I now rewired my brain, and I now really understand what women really are and what they want, no they don't care about my lust, they want true intimacy with their one and only husband, and they are human beings, not s... objects.

Therefore I was able to just very comfortably look at the wall, and when passing people who knew me stopped to schmooze with me I wasn't tense at all, even if I saw a woman {no second looks bh} dressed in her best, it had nothing to do with me, she was dressed for the occasion **she had to attend**, not for me to see her like that.

So a 20 minute wait outside a hall {which BTW used to be a huge trigger for me} passed bh with no incident, I didn't get tensed up like I used to, I didn't lose my cool, I just stayed in good spirits.

Thank you hashem for GYE, and thank you {yes you the reader} everyone here for forming such a great community, where help is top priority, and **getting healed is a reality**.

I envy you, friend. My first reaction to your post was eye-rolling, to be honest (the dude really thinks that having been on GYE for some weeks and being on top of things means his very mind is rewired?!...). But my next thought is that your thinking is the more likely successful route, because it is so much more positive and optimistic than mine.

Rooting for you to keep it up!

richtig

Interesting...

I didn't think "the older person who looked like a really chashuva yid" was on Gye.

=====  
=====

Re: welcome everyone my story  
Posted by cande - 17 Nov 2024 05:07

---

[You blew your cover and there's no backing out](#)  
[rebekva wrote on 17 Nov 2024 02:49:](#)

Huge win to share:

My wife had to attend a Kiddush today but we couldn't find a babysitter, so we decided to meet up after I finish davening and we had our son push the carriage, and I had to stand outside and babysit our baby, outside a hall where women are coming dressed in their finest...

There was actually another person also waiting for his wife, an older person looked like a really chashuva yid, he was very tense pacing back and forth and every time a woman would pass, he spun his head away.

Once upon a time I used to get very jealous from such a special person, to see his self control, is really something to look up at, but this time I actually felt bad for him, not that there's anything wrong with him to the contrary he's a very special person who really has self-control.

But I, thanks to GYE and for this great community of friends and mentors, I was able to just stand there not even needing to *control* myself,

**because I now rewired my brain,**

and I now really understand what women really are and what they want, no they don't care about my lust, they want true intimacy with their one and only husband, and they are human

beings, not s... objects.

Therefore I was able to just very comfortably look at the wall, and when passing people who knew me stopped to schmooze with me I wasn't tense at all, even if I saw a woman {no second looks bh} dressed in her best, it had nothing to do with me, she was dressed for the occasion she had to attend, not for me to see her like that.

So a 20 minute wait outside a hall {which BTW used to be a huge trigger for me} passed bh with no incident, I didn't get tensed up like I used to, I didn't lose my cool, I just stayed in good spirits.

Thank you hashem for GYE, and thank you {yes you the reader} everyone here for forming such a great community, where help is top priority, and getting healed is a reality.

**WOW!** sounds more like your wires got sniped, then rewired.

keep it up!

cande'

=====  
=====

Re: welcome everyone my story  
Posted by rebakiva - 17 Nov 2024 05:45

---

[Markz wrote on 17 Nov 2024 04:25:](#)

[richtig wrote on 17 Nov 2024 04:01:](#)

[rebakiva wrote on 17 Nov 2024 02:43:](#)

Huge win to share:

My wife had to attend a Kiddush today but we couldn't find a babysitter, so we decided to meet up after I finish davening and we had our son push the carriage, and I had to stand outside and babysit our baby, outside a hall where women are coming dressed in their finest...

There was actually another person also waiting for his wife, an older person looked like a really chashuva yid, he was very tense pacing back and forth and every time a woman would pass, he spun his head away.

Once upon a time I used to get very jealous from such a special person, to see his self control, is really something to look up at, but this time I actually felt bad for him, not that there's anything wrong with him to the contrary he's a very special person who really has self-control.

But I, thanks to GYE and for this great community of friends and mentors, I was able to just stand there not even needing to *control* myself, because I now rewired my brain, and I now really understand what women really are and what they want, no they don't care about my lust, they want true intimacy with their one and only husband, and they are human beings, not s... objects.

Therefore I was able to just very comfortably look at the wall, and when passing people who knew me stopped to schmooze with me I wasn't tense at all, even if I saw a woman {no second looks bh} dressed in her best, it had nothing to do with me, she was dressed for the occasion **she had to attend**, not for me to see her like that.

So a 20 minute wait outside a hall {which BTW used to be a huge trigger for me} passed bh with no incident, I didn't get tensed up like I used to, I didn't lose my cool, I just stayed in good spirits.

Thank you hashem for GYE, and thank you {yes you the reader} everyone here for forming such a great community, where help is top priority, and **getting healed is a reality**.

I envy you, friend. My first reaction to your post was eye-rolling, to be honest (the dude really

thinks that having been on GYE for some weeks and being on top of things means his very mind is rewired?!...). But my next thought is that your thinking is the more likely successful route, because it is so much more positive and optimistic than mine.

Rooting for you to keep it up!

richtig

Interesting...

I didn't think "the older person who looked like a really chashuva yid" was on Gye.

You blew your cover and there's no backing out

Oh and btw what happened to your hearing, I didn't know you're so old that you already need hearing aids???

=====  
=====

Re: welcome everyone my story  
Posted by moRocks - 17 Nov 2024 13:44

---

Can you explain more about what it means “it’s not about me giving and giving, and not receiving anything in return, but really its us giving and taking and loving etc”

what’s this method that you learnt?

=====  
=====

Re: welcome everyone my story  
Posted by moRocks - 17 Nov 2024 13:56

---

[rebakiva wrote on 10 Nov 2024 06:55:](#)

A first in my life:

Yesterday while being together with my wife who's usually more to the quiet side, doesn't show too much emotion, and usually just replies "I love you too", Now for the first time in my life she said "I love you so muuuch", then added "your such a giving person, you give me so muuuch"

Thank you hashem for bringing me here, thanks hhm for picking up my head, thanks muttel for holding my hand, thanks eerie for explaining to me what true intimacy really is, {I'm not resenting it anymore, since you explained to me that its not about me giving and giving and not receiving anything in return, but really its US giving and taking loving and loving each other} and thanks to the whole GYE community for trucking along with me and turning my lights on.

Reb Akiva, can you explain this method “it’s not about giving and giving and not receiving...”

Thanks!

=====  
=====

Re: welcome everyone my story  
Posted by BenHashemBH - 17 Nov 2024 14:34

---

[moRocks wrote on 17 Nov 2024 13:44:](#)

Can you explain more about what it means “it’s not about me giving and giving, and not receiving anything in return, but really its us giving and taking and loving etc”

what’s this method that you learnt?

Shalom Brother,

If I may be so bold as to suggest, perhaps you'd like to also reach out for the 1st-hand experience of getting this advice?

HHM [micgelner@gmail.com](mailto:micgelner@gmail.com)

Eerie [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com)

Muttel [muttel15@gmail.com](mailto:muttel15@gmail.com)

Looking forward to hearing what Reb Akiva has to say.

Hatzlacha

=====  
=====

Re: welcome everyone my story

Posted by rebakiva - 17 Nov 2024 15:30

---

Sure I'm no intimacy expert, we should really leave that to the big guys, but I'll try to explain as much as I can.

Up until joining GYE our vision of sex is twisted by our selfishness, looking to please our selves, and by what we've seen on the internet, in pornography, we've been brainwashed into thinking that the woman enjoys all kinds of bad things... without getting into details..., If you see someone slapping another person daily for a few years, and the other person just keeps on smiling, it will eventually lead you to believe that slapping another person is something he/she enjoys, even if that's against human nature to feel physical pain and emotional abuse.

Well that's exactly what we've been taught by these pornography sites, they're paying someone to just smile and pretend to be enjoying the worst of the worst, which therefore leads us to be doing things **100% out of lust, and selfishness**, to our wives, hiding behind the cover of *knowing* that the women really *enjoy* that, when in reality, we are emotionally abusing them and sometimes physically hurting them.

Well then starts the GYE era, where we suddenly begin to understand that sex has nothing to do with *me*, it's about achieving true intimacy, which can only be achieved by GIVING to our wives the love that she so desperately craves, pure love of **WHO** SHE IS not of **WHAT** she is, we shouldn't be loving her for her body, which essentially is 100% lust and selfish because *I* love her body, but rather we should love her for **WHO** she is, which is the special HUMAN that's married to me, who is such a smart, loving, devoted, & caring wife and a great personality.

Now how do we achieve that, by giving and giving to her as much as we can, nothing sex related, just like washing the dishes, and helping as much as we can, AND SEEKING TO PLEASE **HER** DURING SEX, not ourselves.

That's where I {and as I've come to learn, a lot of people here} got stuck, let's face it we are not angels, and we still are struggling with our past brainwashing and exposure to pornographic ideas of what sex is, I don't mind being a good husband & help my wife in any way shape or form, but that said my brain is still twisted somewhat, and I want to enjoy sex, ok I understand that we've been brainwashed into thinking that she enjoys the bad stuff, so I won't do that, but I still want to enjoy myself, just laying together hugging and kissing HER, **only me providing** is not

so enjoyable, in p... the woman is taking a tremendous part in the session, but here we are suddenly being told, to just give & give, TO ME {I'm not taking away from the countless people who were ok with it, just for me it didn't work} THAT PROVED TO BE DISASTROUS, I wasn't enjoying it and really started resenting it.

Which is when I had a good conversation with harav r' EERIE shlit"a and based on HHM'S mehalach, I really came to a new understanding of what sex is all about, it's not that **I** am giving & giving {which happens to also be somewhat selfish, big ME is giving} and not receiving the enjoyment I'm seeking in return, rater it's that **WE** as couple are living **together** {not me living with her, just we are living together}.

It's a very fine line, not so explainable, just something that you feel for real, it's not that I'm doing the dishes, that's a very nice thing but it's a plus, just really it's that **WE** are playing games **together**, schmoozing **together**, taking walks **together** & enjoying **each other's** company, now that is by all means 100% enjoyable, now to transfer that over to the bedroom, it's a whole different ball game, we are **LOVING EACH OTHER**, hugging & kissing **each other**.

Which eventually brought me to the real point, which is the immense pleasure a man has from **KNOWING** that his wife is really {not a brainwashed knowledge} enjoying the sex, when sex is being done this way, *the love is just everywhere*, the wife is craving her husband's company, **for a change she really knows** that I don't love her body, just **HER**, and suddenly hashem's curse on the wife comes to reality, ??? ??????????, she is craving the **LOVING SEX NOT THE ABUSIVE SEX**, and when the man **FEELS** that he enjoys it to no means, he just wants more and more of it, because that's a **man's nature to be the giver not the receiver**.

I hope this clarified what I was saying, but then again I'm no expert, just a fellow struggler who's still figuring his way out, really you should get on the phone with the commander-in-chief HHM and get from him his chussen schmooze, it's the yesod to getting healed in the bedroom, so please place the call.

=====  
=====

Re: welcome everyone my story  
Posted by eerie - 18 Nov 2024 06:05

---

Just wrote a whole post, and it got lost

In short, Reb Akiva, beautiful

If I may highlight one point

It's not only about specific acts that the average Jewish woman would find reprehensible. The problem may be even with things that most women want and enjoy. Let's face it. We, the people who have watched porn, and even the people who have not but still live in this world and are soaking up the goyish culture, are affected big time by the underlying message. And that is, that sex is a thing in and of itself, and it's part of the things I do to enjoy myself. While the Torah teaches that sex is NOT a tachlis on its own or stand alone system. Sex is one part of deep, emotional connection and relationship.

A healthy woman wants to be with her husband, but what she wants is to be cherished, cared for, connected to. When we bring in the goyish, utterly selfish attitude about sex into marriage, some women just shut down. Others, even if they continue, are hurt. And rightfully so. Because she doesn't want to be somebody's masturbation toy. She wants to feel that he's connecting to her, not using her to enjoy himself.

So, when we come here to stop the wrong behaviors, part of what we have to do is fix the damage we've done at home. And that means to work on our attitude, which, unless we really work on it, it's bound to get messed up by the retarded world around us. We have to stop and think, and start training ourselves to think about sexuality as nothing more than a part of relationship. And we have to make sure that while engaged we are focusing on one thing: Connection.

=====  
=====

Re: welcome everyone my story  
Posted by odyossefchai - 18 Nov 2024 11:02

---

[eerie wrote on 18 Nov 2024 06:05:](#)

Just wrote a whole post, and it got lost

In short, Reb Akiva, beautiful

If I may highlight one point

It's not only about specific acts that the average Jewish woman would find reprehensible. The problem may be even with things that most women want and enjoy. Let's face it. We, the people

who have watched porn, and even the people who have not but still live in this world and are soaking up the goyish culture, are affected big time by the underlying message. And that is, that sex is a thing in and of itself, and it's part of the things I do to enjoy myself. While the Torah teaches that sex is NOT a tachlis on its own or stand alone system. Sex is one part of deep, emotional connection and relationship.

A healthy woman wants to be with her husband, but what she wants is to be cherished, cared for, connected to. When we bring in the goyish, utterly selfish attitude about sex into marriage, some women just shut down. Others, even if they continue, are hurt. And rightfully so. Because she doesn't want to be somebody's masturbation toy. She wants to feel that he's connecting to her, not using her to enjoy himself.

So, when we come here to stop the wrong behaviors, part of what we have to do is fix the damage we've done at home. And that means to work on our attitude, which, unless we really work on it, it's bound to get messed up by the retarded world around us. We have to stop and think, and start training ourselves to think about sexuality as nothing more than a part of relationship. And we have to make sure that while engaged we are focusing on one thing: Connection.

I once heard from a Rabbi, he said, "People think marriage is about giving giving giving.

I say it's all about taking taking taking. Take everything you know about marriage from Hollywood and the goyim, and throw it out the window"

=====  
=====

Re: welcome everyone my story  
Posted by rebakiva - 19 Nov 2024 02:24

---

I had a huge revelation today, felt it's worth to share.

I'm BH up 65 days clean of P&M, clean of looking at women in the street {2nd looks of course} and the last 40 days were BH with zero to extremely weak urge's and fantasies, MOSTLY...

I for some odd reason would get extremely strong urge's when it came to women of a specific nationality, no second looks bh, but the urge's were just something I didn't experience at all in the past 40 days with women of any other nationality, I for the life of mine couldn't figure it out.

WHY OH WHY??? It's not like I had anything with the women of that nationality, more than with all the rest I've seen online, so WHY am I having such a hard time with them now?

Then today it suddenly hit me.

While I've BH done a great job HUMANIZING basically all women, I mistakenly fell short when it came to them, because for some reason she was the cashier, or the cleaning lady, not in a bad way chas veshalom, just that I didn't get around to humanizing them, like I should have.

So going forward I am trying to rename them, as the special person who really cares to help my wife clean the house, and the special person who's there for her boss to make sure that the items get paid for.

Hope it'll help me going forward.

????" ?????? ??? ?? ????? ????? ??? ??????? ??????? ????? ???

=====  
====

Re: welcome everyone my story  
Posted by rebakiva - 20 Nov 2024 02:55

---

**Warning: Spoiler!**

=====  
=====