

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 tziztis 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 baisicallly 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 klal yisrael everyone has pain from this, but everyone also has hope just like reb akiva.

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Re: welcome everyone my story
Posted by redfaced - 20 Nov 2024 15:35

[rebakiva wrote on 20 Nov 2024 02:55:](#)

Warning: Spoiler!

Dunno what in tarnation you taking about. I never said this my thread.

My thread is my thread this is yor thread

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Re: welcome everyone my story
Posted by rebakiva - 20 Nov 2024 17:25

[rebakiva wrote on 20 Nov 2024 02:55:](#)

Warning: Spoiler!

Need chizuk

I BH got over it, I don't want to share what it was that caused me the agony, & pain, so as not to hurt the feelings, of he who caused it.

But I do need to say thank you to all of you, who without knowing what it was, reached out privately, to offer the chizuk I badly needed, it's a pity, that there's no video recording of what happened last night, it looked literally like a code 1 Hatzalah call, within 3 minutes of posting that post, I started recieving phone calls, PM's, private chat's, emails, texts, all from really concerned brothers who really care to help their fellow struggler, in his hard moment's.

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Thanks to all of you I have no words to thank you all, for the chizuk you all gave me.

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Re: welcome everyone my story
Posted by Muttel - 20 Nov 2024 17:52

And i missed the whole event....

Reb Akiva, I'm happy things ended ok. Klal Yisroel needs you to stay strong....

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Re: welcome everyone my story
Posted by rebakiva - 24 Nov 2024 17:07

For the past 20 years I found solace in Shir Hashirim, but particularly in the first part of ??? ?', but I would always get stuck in the second part.

Disclaimer: I know some of my interpretation of the words are inaccurate, but as I once heard from my rebby, that ?????? ???? ???? means, that hashem likes any teitsh so long that it is ?????? you to become closer to him, and as I've heard from Rav Brus that R' Chaim would give shiur which would be interpreted multiple different ways and they all were true, same is with the Anshei kneses hagdola, all interpretations on tefilla are true, so long as it brings one, closer to hashem.

Starting at ??????', ??? ?????, I'm asleep, totally uninterested, although ?????? ??, I really love you hashem, my heart is open and I'm waiting for your love, but still even when it's ??? ?????? ?????? ?????? ??, I'm asleep spiritually, I just don't feel you, as your not the central part of my life that you should be, even when you tell it to me, by saying, ?????? ?????? ?????? ??????, ?????? ?????? ?? ???????? ?????? ??????, that as a part of klal Yisrael I'm considered your sister/wife, yet I'm still totally uninterested, ?????? ?? ??????, ?????? ?????????, I'm already undressed and in my pj's ready for some P&M, so how should I just ditch the false excitement of P&M, and just get back dressed, ?????? ?? ?????? ?????? ??????, I've already washed myself down, gotten ready for a night full of bad stuff, I already wetted my appetite, so why and how should I just get myself dirty and run after you barefoot, like we've done in the Midbar.

But then, ?????? ??? ??? ?? ?????, you stuck your precious hand through the keyhole, begging me to open up the door to my heart and let you in, you showed me the great love you have towards me in any situation I should find myself, as bad as I should be you still love me, ?????? ??? ?????, and my guts just turned over, my whole body started to shake in love for you, I couldn't hold back any more, I dropped my bad intentions of P&M and, ?????? ??? ?????? ??????, I jumped out of bed, got myself dirty for your sake ran barefoot to the door tried to open it up, but, ?????? ?????? ???, ?????????? ??? ?????? ?? ?????? ?????????, I just couldn't open it, my hands were all wet from sin, my fingers just slid down the doorknob, I just couldn't get to you.

Finally I managed to burst through the door, and ?????? ??? ??????, but, ?????? ??? ???, you were already gone, it's no more the days of the ??? ?????? when hashem was a central part of the day to day life of every jew, a time when the ?????? was ??????, now I have to actually search for him and bring him and internalize him into my life, and it was, ?????? ?????? ??????, I was crying in pain and was passing out when speaking about you and your love for me, I wasn't ready to just give up right then and there, so, ?????????? ??? ??????????, ?????????? ??? ??????, I went searching for you, but couldn't find you due to my sins, I yelled and called your name, But you didn't answer, at least I didn't merit to hear your answer.

As I stood outside searching for you ?????????? ?????????? ?????????? ??????, ?????????? ?????????? ?????? ?? ?????????? ??????, ?????????? ??????????, the outside world caught up with me, obviously they didn't me to

return to you, so they beat me up, undressed me, and sent me back into bed with the P&M, that left me all bruised up, that's all the while I'm crying out to them, ?????? ????? ?????????, ?? ????? ?? ????? ?? ?????? ??, ?????? ?????? ???, I still love hashem even while I'm back to falling into this garbage of P&M, I just can't help myself...

That's part one, it always gave me extreme solace to know that Shlomo Hamelech was already referring to me the struggling Jew who just can't help himself, and saying that hashem still loves me there in the dark place, he's still willing to reach out to me and show me his hand and love. Had Shlomo Hamelech stopped here, I would've been happy, knowing that this is the way of life, you struggle to find hashem, to feel his love, and that's it for life, but Shlomo Hamelech continues on to something that I was never able to relate to.

After describing my version of my love for hashem Shlomo Hamelech goes on to say in, ??? '?', ??? ??? ????? ????? ??????, ??? ??? ????? ?????????? ??? so where did hashem go to? , ????? ??? ????? ?????????? ?????? hashem went to the beis hamidrash ?????? ?????? ????????? ?????????, to watch his children learning his holy Torah, and to collect the beautiful flowers, chidushei torah of his children, and that's how and when we become close to him. Now this is something I never was able to relate to, how's that the solution? {now don't get me wrong, I love to learn, I always did, but that still never helped me with my struggle of P&M, yes I know the ????, "?? ??? ?? ?????? ?? ?????? ??????"", and "????? ????"? ????????? ?? ????? ??????", but lets face I've tried it millions of times, but it didn't at all help me, in fact when I dragged the YH to the BM, I was so focused on my fantasies, that I couldn't even hear the shiur, or my chavrusas voice, sometimes I intentionally learned through all the ??????? and ?????? ??????", on the whole masechta, hoping to find something triggering, so how am I supposed to feel any closer to hashem?}

But this Shabbos it finally hit me; Now that I'm clean for quite a while, I've started finding hashem everywhere, wherever I look I find hashem's hand and love, it's no more like I used to think, that now post Beis Hamikdash era, hashem's no more a central part of our life, now I know that it's up to us to bring him into our lives and make him the central part of our lives like he should be, For years I've been teitsh'ing what we say in the Hagada, ?????? ????? ?? ?????? ??????, that if we want to achieve true Yiras Shamayim, there will first have to be gilui shechina, which will come along with mashiach, when the Bais Hamikdash will be rebuilt, now I've finally come to see that it's 100% up to me to be megaleh the shecina in my life and therefore achieve true Yiras Shamayim.

Not that I didn't know this all along, I've been hearing this concept from everyone all along, but it always was like "yeah right tell me about it, I'm a sinner, there's no shecina here", but now its like "yeah right, I'll tell you about it, although I'm a sinner, there's shechina all over, just gotta bring it on".

Now that's a new teitsh in ????? ???? ???? ? ? ???? ?????, not that I'll distract myself through the torah, that proved to be worthless for me, but rather it's to find and immerse myself in hashems love through the torah, just let his love flow through my veins, let the light of the torah and hashems love turn on, that's the torah tavlin.

Once that registered in me, suddenly from the depths of my heart I heard a silent, but piercing cry, yelling, ??? ????? ????? ??, ????? ????????

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Re: welcome everyone my story
Posted by Muttel - 24 Nov 2024 20:06

You have me crying, brother....

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Re: welcome everyone my story
Posted by chaimoigen - 25 Nov 2024 03:11

such a post can only be followed by awed silence....

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Re: welcome everyone my story

Posted by rebakiva - 28 Nov 2024 02:10

So one day about a week and a half ago, I had a visitor, non other then the king himself king YH, he just walked in on me, no knocking on the door, no introductions, just got staight to the point, classic king style.

He sits down with me and nicely tells me, "Rebakiva, you're doing great, you're clean for the longest time in recent years, urges to watch online p... are down to basically zero, urges to look at women in the street is down to about 1, maybe a slip here n' there, but over all, you're doing an amazing job humanizing all women, from all nationality's, you totally managed to rewire your brain with mehalchim for every situation, you've analyzed your cue's and urges, and have figured out a way to beat each and every one of them."

"But that said there still is one place where I will knock you out, ever thought about being in a yosef hatzadik situation, being in a place where someone actively tries luring you into falling?" he asks me, then without waiting for an answer, just gets up and leaves my house, leaving me with a whole new set of fantasies, like I havent experienced, in a long time.

So for the past week and a half, I've been falling once again into occasional fant sizing, which brought me to start using Dov's { I believe it's step 3} concept, which is just to acknowledge that I'm just a sick unhealthy person {at least when it comes to a yosef hatzadik situation} who can't help himself, and needs a power greater then himself to get him out of that situation.

That's how it was until this past night, when for the first time in the past about 50 days I had a very vivid dream, of such a situation, I woke up in the morning still fantasizing like crazy, till I gathered the courage and might, to just jump out of bed before it's to late, BH I'm still clean, but HASHEM PLEASE HELP ME THIS YH IS SO MIGHTY, AND HIS PATIENCE IS GETTING TO ME.

I know that I'll win him, I'll beat every living daylight out of him, I now have mehalchim how to deal with him, I've BH really to some extent reconstructed my brain, but I just can't forget about him, and I may not get too comfortable with myself, I just have to keep this fight going, till my 120.

Thanks all my dear brother's holding my hand, by posting your stories, or just replying to others

post's, it really gives me the chizuk and the feeling of warmth this family has to offer, Thank ya'll.

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Re: welcome everyone my story
Posted by Markz - 28 Nov 2024 02:28

"rebakiva" post=425982 date=1732759821 catid=19So one day about a week and a half ago, I had a visitor, non other then the king himself king YH, he just walked in on me, no knocking on the door, no introductions, just got staight to the point, classic king style.

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You're amazing. KEEP IT UP.

Warning: Spoiler!

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Re: welcome everyone my story
Posted by 5678 - 28 Nov 2024 04:15

When holding my hand please don't press to hard, its really an honor to be part of this family,
You won this time and will win again and again

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Re: welcome everyone my story
Posted by vehkam - 28 Nov 2024 04:37

Any thoughts going through your head before you are fully conscious in the morning are not your choice. Make sure you remember that. Once you are fully conscious jump out of bed and

yell at the yetzer hara to get lost.....

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

After you tell him to get lost, remind him that your support system is too strong for him to overpower you - so he's literally wasting his time. Plus, you just don't fantasize anymore...

Warning: Spoiler!

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Re: welcome everyone my story
Posted by odyossefchai - 28 Nov 2024 12:00

[rebakiva wrote on 28 Nov 2024 02:10:](#)

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The strength and will to fight that some people have here, is ?? ??????

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Re: welcome everyone my story
Posted by redfaced - 28 Nov 2024 14:03

[odyossefchai wrote on 28 Nov 2024 12:00:](#)

[rebakiva wrote on 28 Nov 2024 02:10:](#)

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The strength and will to fight that some people have here, is ?? ?????

From the conversations I've had you with you , I can say the same about you.....

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Re: welcome everyone my story
Posted by jollylemur95 - 28 Nov 2024 16:30

Rebakiva,

You do not need to hear from me how much I can relate. Our stories are soooooo similar!

You are so brave to post all your struggles. The only thing I can say is based on our extensive conversations, I have a very high amount of confidence that with s"d you will succeed!

On a personal level as I told on the phone, feeling that Hashem is with us , cheering us on, give great chizzuk.

BUt of course you know that already:laughing:

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