

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 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 figgured 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 baisically 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 lamaazavtuni - 24 Jan 2025 05:10

I wish I was holding were you are to give you advice but I got a while till that

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Re: welcome everyone my story

Posted by BenHashemBH - 24 Jan 2025 05:48

[rebakiva wrote on 24 Jan 2025 01:45:](#)

I haven't posted in quite a while, I've been very busy plus very stressed out due to some worldly stresses.

I had some slips here and there, some small one's and some bigger one's, I was in a bit of a darker cloud over the past few weeks, which prompted me to do some deep thinking into my situation what's going on with me, why am I slipping up, and what's causing it ?

Today I think I finally got to the botto of it:

I signed up here 5 months ago back in September, I was in a very bad state, I felt resentful of myself, hating myself for being a screwed up hypocrite living a chashuva life on the outside, but a very dark low life on the inside, I wasn't even depressed I was just so screwed up that I came to terms with being this disgusting creep of a human being, but was upset about it.

Than when I signed up here, got in touch with HHM and all the chevra here, I suddenly started to get a whole new lease on my life, I was no longer alone, I was told that there is light at the end of the tunnel, and I began to feel the warmth flowing through my veins, which gave me a crazy motivation to just conquer the beast, not because I wanted to reach 90 days or a big streak, "just because I was desperate to be the person I was portraying in public, desperate to break out of my sort of depression, desperate to stop hating myself for being such a traitor", so I was desperate for the hope I saw GYE has to offer.

But what happened is that at about hundred something days, {nothing to do with the streak issue} I began to feel very comfortable with myself, I felt that I was really experiencing the light at the end of the tunnel, was coming to terms with my new self, a good person who's not a traitor any more, and I stopped hating myself.

Now that's really a great thing, but here's the catch; Because my motivation to conquer this

beast was coming from a desperation to feel good about myself vs hating myself, now that I sort of achieved that, my motivation began to fade away {at about 100 days (again not talking about streak issue, just motivation issue)} which led to me letting my guard down a bit, which led to me looking at people in the streets where I shouldn't have, which led to me slipping and filter poking just a tiny bit, which led to me letting my guard down a bit more, looking a bit more, poking a bit more... ????? ?????

So for the past 20 something day's I was in the dark, slipping up, but I just couldn't figure out what's going on with me.

But today after a lot of deep thinking and getting down to the root of my issue's, I finally chopped where my mistake is, my motivation to achieve true lasting freedom, *shouldn't have been coming from my desperation to break free of my low and bad feelings about myself*, but rather it should've been **"a motivation to change for the sake of doing what's the right thing to do, changing and achieving lasting freedom"**.

I'm not sure if I myself know what I'm talking about, I think it's more of the idea of something like, "don't fight because you're running away from the beast, rather face the beast and fight him there head-on" or something like that.

So going forward I hope to change my attitude to this fight, so that I stay motivated to keep it going **forever**, although I'm not really sure/clear as to what my perspective should be in order to keep the motivation going, so I'd really appreciate all responses, like help me clarify the point I was saying, or if anyone has other ideas please bring it on, I really don't want to slip up again...

Thanks, love y'all.

Akiva

Dear Reb Akiva,

Sounds like you hit the nail on the head. Lo amus ki echyeh. Don't just try not to die. Live! Don't think like the yh is chasing you, rather like you are making it hard for him to keep up. When you reach a new height, keep raising the bar and bezH go from strength to strength.

Hatzlacha and kol tov

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Re: welcome everyone my story

Posted by rebakiva - 31 Jan 2025 06:29

Big Chizuk tonight:

Was learning today's Daf (??????? ?"?) there's the famous gemara "????? ??"? ???? ?????
???", and my chavrusa {if you're here, lmk, boy will we hug tomorrow} decided to take a deep
dive, he ask's me "What's the chidush in this, obviously, a jew is a jew by essence regardless of
if he sins or not, so why the big deal"???

We looked around in the mefarshim & rishonim, and we found that the ?????? ?????? says a
different pshat than most rishonim, he says "??"? ???? , ?????? ?????' ??????", after thinking and a
bit of a back and forth between me and my dear chavrusa about what he's trying to say, we
came up with a pshat:

The name Yisrael was given to Yakkov because "?? ????? ?? ??????? ??????? ??????", meaning
that you fought a fierce battle **and won** it, in other words a jew in essence is Yehuda not Yisrael
the name Yisrael is talking about a "winner", the gemara doesn't say Yehuda shechata Yehuda
hu, that would be no chidush at all, so now the gemara is saying, that even when a jew fights a
fiercr battle and "doesn't win" just SheChata he falls, still Yisrael hu, he still is truly a winner.

So long as he holds on the fight, regardless of if he wins or falls, Yisrael Hu, he's a winner...

Whether this pshat is true or not, it definitely is agreat chizuk to me, and maybe will be to others.

Thank you my dear Chavrusa {just in case you're here} for always learning in depth, you're
meaningful insights continue to inspire me.

Love y'all Akiva

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Re: welcome everyone my story
Posted by Muttel - 31 Jan 2025 09:30

Beautiful idea.

once we're discussing that Gemara, another idea I had was the mashal used of a hadas amongst thorns (or aravos). Even as it's surrounded by thorns, we'd understand that the myrtle branch is pristine. That would seemingly indicate that the yid is pure, just surrounded by chet. Meaning, the chet doesn't reach the neshama of the yid, it's external like the thorns, it's not ***him, it's an outside struggle he needs to defeat.***

with a ton of brotherly love,

Muttel

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Re: welcome everyone my story
Posted by rebakiva - 03 Mar 2025 02:31

[rebakiva wrote on 02 Dec 2024 16:39:](#)

So here comes another win for now, although a very hard and deep one but a very pleasing one as well.

Thanks to Harav R' Amevakesh, who brought up the "Thank you Hashem(Rated R)" thread, I came across the first 2 pages where he talks about messing up vacations, to be all about s..., and although he might be trying to achieve true intimacy, he still makes a vacation into a lustful affair, instead of just connecting and enjoying the private time with his wife.

Well, so happens to be my anniversary coming up in 2 weeks, and believe it or not my wife , totally forgetting about our anniversary,

{cande, reminds you of your birthday???}.

Along comes his majesty king YH, and says, "Hey rebakiva, this is actually awesome, now your wife has no excuse about not having where to leave the kids, they are away anyways, so this is your chance", so there I went and booked an expensive hotel room, some where local, planning to "surprise her" with a hotel vacation, with her one and only beloved husband, as soon as she gets off the airplane.

But after reading that thread I came to the correct understanding, that for some reason, all the booking accomplished, was just a lot of fantasies, about that "sudden surprise night" the "love" (so to say), the "bed" (read; s...) etc. and to be honest, it's typical of my wife to get off the plane and just want get into her own bed on her own, and just sleep sleep and sleep.

So big shout out and thank you to Amevakesh, and Ur-A-Jew, I WENT AHEAD AND CANCELED THE RESERVATION.

Love Ya'll

And this followed:

[rebakiva wrote on 02 Dec 2024 19:50:](#)

Can I make a suggestion, that you don't cancel the vacation plans completely? Go on a vacation where she is the focus of it. The enjoyment that you will get from it, will eclipse the best fantasies you can imagine 1000 fold. Now *that* would be a way to celebrate an anniversary!

And I replied:

To be honest I thought about that multiple times, but came to the conclusion that my wife really would like to get into her own bed right away and not give me an excuse to ask the people who are taking our kids to extend their stay for another night, so I cancelled the reservation.

But I do plan on asking her how **she** would like to celebrate our anniversary, I'll be happy with whatever she chooses, and if she chooses to go away just for **connection**, {which is probably

not going to happen} then I'll get that, but it'll be done the right way, which will truly be connection, not a lustful affair.

Thanks, I really appreciate all of the responses.

So here is a quick follow up on these posts from 3 month's ago:

As mentioned, I canceled the reservation for the hotel {for free, because it was enough in advance}, and it happened to be a Hashgacha Pratis, because my wifes sister got engaged the day my wife was supposed to leave to Florida, so she ended up canceling her trip, Now canceling a luxury hotel so close to the reservation date would've costed me a fortune, and I would've looked like a real fool randomly forcing my wife to send the kids away, in order to leave for one night to a local hotel...

Warning: Spoiler!

Also as I've said I asked my wife what **she** would like to do for our anniversary, and committed to accept what ever it is that she would want to do, now because me and my wife both feel like we got remarried and we're currently in Shana Rishona, I really thought she would want to do something grandiose, but guess what she chose...

Warning: Spoiler!

So now here I am when her trip is finally going to actually happen, and I really hope to Hashem that I'll get through it without any incidents, for some reason I'm feeling a bit vulnerable and afraid that my mind might start running back to those old sickening places that it used to run to, back in the day, but hopefully I'll try to check in here daily and hold myself accountable to you guys for the duration of her absence, and together with all of the GYE'RS help I'll get through this intact.

Thanks Love y'all

Akiva

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Re: welcome everyone my story

Posted by rebakiva - 30 Mar 2025 19:35

Just had an inspiring thought.

Was listening to abie rothenberg's song "butterfly" where he starts off the song "there are

sometimes that I stand by the mirror, to take a closer look at myself, but the face looking back at me wishes it was someone else", and he goes on to sing about the butterfly leaving her cocoon and how much only she can achieve.

As I was listening I was thinking to myself, oh how often do I have this scenario standing by the mirror wishing it's someone else, yet I'm stuck with this guy for life it's a life sentence, there's no way out, as hard and as much as I'd wish for it not to be this way, I have no other choice but to make the best out of it, to accept the guy I am for whoever I am, and love myself for who I am, if there's no way out I may as well come to terms with it and make life pleasant and exciting.

So why should it be any different when talking about my wife, as much as I struggle with seeing others that dress more trendy, that look much better, that don't have all the other issues {which I'm not willing to disclose on a public forum} my wife has, I should be able to accept her for who **she** is, for how **she** looks, for how **she** dresses, for how **she** deals with the other things I struggle with, if I can make the best out of my life within this life sentence of being locked up with myself, so can I make the best out of my life being with only this one and only one wife why keep on thinking of others...

I'm not saying the basic idea of acceptance, I think this is something deeper, if the guy who's legs were amputated can live and make the best out of himself without his feet, so can I make the best out of 1. myself. with all my flaws and struggles. 2. my wife. with all her flaws and carelessness to care enough about what I care about.

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Re: welcome everyone my story
Posted by hashem help me - 30 Mar 2025 22:15

A masterpiece!

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Re: welcome everyone my story
Posted by chosemyshem - 31 Mar 2025 12:48

Powerful.

It's interesting that my wife's imperfections that bug me the most are the ones that remind me of my own imperfections. . .

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Re: welcome everyone my story

Posted by rebakiva - 10 Jun 2025 17:03

Fantasies vs. P*n**

On my very first conversation with Rabeinu HHM we got into a discussion about my bedroom life when he ever so gently but powerfully, lowered his sledgehammer on my unexpected head and boy was it painful, out of the blue he nicely called me a cheater not cheating "on" my wife just cheating "within" my wife by using her as my s*x toy and a permissible tool for ejaculation instead of building an emotional connection with her, now that was a very painful realization for me as I never viewed it that way, I viewed "cheating" as someone that has a physical relationships with other women.

But recently there was lots of conversation on the forums on the sugiya of fantasies whether it has the potential to mess around with someone's shalom bais and if it can also go into the category of cheating "within" one's wife or not. I don't wish to come here and say my opinion on the topic, I'm just thinking out loud and trying follow my own train of thought.

On the one hand I feel like it isn't anything close in comparison to watching p***n and especially not to actual physical relations with another women, and that is because even just watching p***n messes up a person's brain, and train's him to seek and sometimes even do unnatural disgusting acts that are clearly cheating "Within" his wife, just to be clear I'll give an example, but its really not about the example it's really much deeper than that, (may be triggering) in p***phy one will see all kinds of disgusting acts that the woman (paid actress) seems to really be enjoying way more than just the simple traditional way, lets say positions for example or certain s*x toys etc. when a person will do these things with wife he's actively cheating "within" his wife because again it's not about the above example, it's that you're basically forcing your wife into doing something she really doesn't like or appreciate to do, yes you are kind of innocent because in your brain you think women really do enjoy this because you've seen so on the screen.

But that's exactly the problem, before the days of the "screens" one wouldn't do anything different than the traditional things he's learned or been told by his Rabbaiyim, without asking his dare wife a few hundred times if she really WANTS the other position, I'm not saying that she doesn't enjoy it, in some cases the woman really does enjoy certain stuff that are different

than the traditional, but the point is that YOU have to be 100% certain that she really wants it before you do it, but since the “screen” days came around we stopped thinking down these lines at all, we kind of KNOW already that she does enjoy it, and if she doesn’t enjoy it right away we sometimes think that we have to just train her into it and then one day she’ll be begging for it because after all that’s what we’ve seen on the “screen”, so that’s by all means cheating “within” the wife.

But as far as just fantasies, it doesn’t seem to be anything close to cheating, even if it eventually leads to m***tion, because you’re not doing it with your wife, you’re not forcing her to do anything, you’re just fantasizing privately between you and yourself, and even more than that there’s nothing screwed up about fantasies it’s totally natural there’s no need for screens and our ancestors hundreds of years ago also had this kind of struggle, it’s how Hashem created us to have a desire for the female and when you see one you tend to fantasize about her, you’re maybe even m***ing and having s*x with yourself but you’re technically not doing anything wrong with or to your wife, as a matter of fact you may even be having an amazing bedroom life with your wife, true intimacy, deep love, emotional connection, and what not, it’s just that as a side thing privately you struggle with fantasies and sometimes fall to m***ing, but it doesn’t affect your overall marriage.

So I know you can tell me that I can’t really have a 100% deep emotional connection with my wife, because emotional connection has nothing to do with the bedroom, it’s even when just sitting on the couch, and to be very realistic it’s really even when you’re not home at all, “emotional” connection is an emotional thing not a physical thing and can therefore be even when the two of you are miles apart, but when I fantasize I’m like kinda in a zombie mode thinking about that other woman I’ve seen until I release, so for that period of time I’m totally not connected to my wife.

True I get that, but still that’s a whole in “my” heart, but my wife has no clue about it I make sure to fantasize in the bathroom only, or only when not in her vicinity, so yes I acknowledge that it’s a problem, but as far as it affecting my marriage I don’t think that’s the case here, it’s just between me and myself only.

But on the other hand fantasies in a way are kinda worse than p**n or physical relations with another woman, exactly because of what we wrote above, fantasies is a natural desire that doesn’t leave you with the terrible guilty feelings and shame that a person gets from p***n on physical relations with another, I’ve personally watched p***n unfortunately, and I’ve always felt sick for a day or two after watching, and I’ve heard from countless people who unfortunately had physical relations with other women, and more or less all of them said that they threw up during the act and a few more times afterwards, and that’s besides for the terrible guilty pangs both the p***n watcher and the physical relations people experience for weeks after committing these acts, but just natural fantasies and even just m***ing to them doesn’t feel so disgusting and the guilty pangs aren’t so bad they’re kinda manageable.

Another big difference between p***n / physical relations and just fantasies / m***ing, is that fantasies / m***ing is all over it is accessible wherever and whenever a person wants it, vs. p***n / physical relations (much more so the former) which isn’t accessible at any given moment, even the guy that has p***n in his pocket, it’s still somewhat avoidable in a good moment he can put a filter on his phone and avoid it to some extent, vs. fantasies / m***ing

that's unavoidable during the hard moment's without an iron will.

Now lets try to use the man's brain and think from the woman's perspective about this topic, I had an imaginary conversation between me and my wife, with myself, it went like this:

Wife: I know you love me, but you love that other girl you're fantasizing about more than me...

Me: No-way never happened I love you and you only, you just have to understand that I'm human and Hashem created men to have a desire to women, so when I see a pretty one I unfortunately find myself fantasizing about her, it's exactly the same thing as when you pass the jewelry store and love that gorgeous ring and then you fantasize about it, same thing with me I just fantasize about her, I need help for that it's absolutely wrong, but it's got nothing to do with "love" for that girl, it's just objectifying her, vs. you whom I love from the bottom of my heart, I do not objectify you I'm emotionally connected to you and you only.

Wife: You see that's exactly what I'm saying, when I see that ring and fantasize about it, I have a desire for it, I want it but I don't "need" it I can keep on living and move on without it, but you need that girl you cant move on without her until you lock yourself up in the bathroom and m***e.

Me: What are you talking about? I don't "need" her, I know I would never marry her I'm married to you and you only forever, and I'm not having any physical relations with her.

Wife: True, and true that you're not having any physical relations with her but you can do something about your desire, you just forget about me for a few minutes until you can m***e, and if you do something about a desire that's called "needing" it you don't just want it, you "need" it and you "get" it although in a different way then the literal way of getting it, but you basically "get" what "need".

After thinking about this topic from this perspective my train of thought kind of changed, to the wife it actually is considered "cheating", although she doesn't necessarily know about my fantasizing and she doesn't feel like she's being cheated on, but in reality I'm cheating on her, and the worst part of it, is that I don't even feel so bad about it, I don't feel sick afterwards but I'm still cheating big time.

Yes it is a much deeper way of looking at it, it is really a very fine line, but it's there, it's real, does it affect my marriage ? could be that not, but it's definitely cheating.

So to summarize; **To get rid of lust, you need a deep devotion to your wife, and to Hashem:**

Standard p*phy and physical relations**, clearly have a very serious affect on a person's marriage, so true devotion to your spouse, can be enough of a motivational cause for a person to cut the crap out of his life.

Fantasies and m*tion**, depends on the deepness of the devotion for the wife, if it's a very deep devotion enough to care about the cheating that she doesn't even know about, it may be motivational cause to come clean, but if you only care about what she "knows" and feels, than

this may not be enough, and only a care for what Hashem decreed on us to refrain from m***ing and a positive craving for kedusha can be a motivation.

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Re: welcome everyone my story
Posted by jump - 10 Jun 2025 20:29

If your mental sexuality is focused on someone outside your marriage—even in private, even unseen—you are, in a real way, stepping out. Not with your feet. But with your soul.

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Re: welcome everyone my story
Posted by chaimoigen - 10 Jun 2025 23:36

Wow. A lot of incredibly deep and honest reflections, a lot of hard honesty. A lot to think about... Yasher Koach!

I feel that masturbating is a form of cheating. It's a form of sex - a way that uses sexual energy outside of the boundaries of your relationship with your wife. (There are obviously different kinds of situations and levels.) Here's a post I wrote on the general topic of what's so wrong about masturbation.

<https://guardyoureyes.com/forum/17-Balei-Battims-Forum/425037-Masturbation-but-no-Porn#425056>

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