

My personal journal - open to the public

Posted by dreamyunicorn28 - 03 Nov 2024 21:14

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Hi Friends,

I'm starting this topic as my personal journal where I will Be"n share my thoughts, update on my progress and also ask for help.

I'm now 30yo, married and have a few children BH. My Kedusha struggle came together with puberty - age 12. Before that I knew I was not supposed to touch my private parts but as the hormones kicked in, I grew curious. Right after my Bar Mitzvah it was the first time I have put my hands down there - and it's still there almost 20 years later. Being a very reserved and isolated kid, I wasn't able to confide to anyone about my struggles and I didn't know if I was normal and if things that came out of my body was okay. I felt tremendous guilt and shame; I had no way to know that I was normal. That got me in to more trouble. At 15-16 I got involved with other Bocherim and couldn't get out of it. When I changed Yeshiva's I was hopeful about staying clean but it wasn't so. I was attracted to other Bocherim and masturbating almost daily (or multiple times a dat. I once tried staying clean for 40 days hoping it will change the habit, and was clean for 50 days. On day 50 I had a wet dream and I was so disappointed by it so I fell back all the way.

The next time I felt hopeful was at my wedding (age 20). I wasn't Matzliach in Kollel and felt horrible with myself. Together with marriage issues, I fell badly and was for the first time exposed to porn. My mental health together with Yiddishkeit began spiraling downwards. I also started getting involved in chatting and lots of other garbage. At this point I still have not shared any of this to anyone on the planet.

Fast forward, I lost my job and almost my wife and almost my life, and reached an all-time low. I officially became atheist and was living a double-life... no davening, no shabbos... My whole life was about to fall apart so I started looking for a therapist. After 3 therapist I didn't like I found someone I connected to. It was very difficult to open up to another person, but slowly I did it.

Therapy has kept things from not getting worse, but I wasn't making serious progress in terms of healing. Until I came across some great Mashpia/Rebbe that I connected to very well. Over a few years I started seeing real progress. Eventually I was, for the first time, able to connect to a Davening and to Hashem and I became very hopeful about a good future.

After 3 years of being in this new reality, it felt as if I can never fall back again to my Yiddishkeit problems. Although I still had P&M ups-n-downs, I didn't think I can fall lower than that. But last week has proved me wrong. I fell so badly! But this time I have what to look back at and be reminded that I can still get back up!

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 08 Jan 2025 15:10

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[chancy wrote on 07 Jan 2025 15:51:](#)

[dreamyunicorn28 wrote on 06 Jan 2025 23:14:](#)

I have such an ingrained habit of touching my penis, and it's happening subconsciously even without feeling aroused. Same with staring at woman. I don't have any control over it.

I masturbate on average once or twice a week but I never stop touching myself. Every night I touch myself to sleep, my hands just go there without any thought.

I'm powerless!

Twenty years ago I would shake every time I touched myself - let alone masturbated - knowing that I have crossed a red line but that red line has long disappeared. It became so normal. On a day to day basis I don't even feel like I'm having a problem, unless I act out more severely like porn and chats.

But every now and then it hits me how far I am from being clean! I still remember that innocent child who wouldn't put his hands under his belt because he didn't want to be "Farchapt in Sheol Tachtis".

Maybe you should start with a small Kaballa? Today I will not touch my penis! And then be

aware of it, its not so hard to abstain for 1 day. Once you do that more and more, you will be able to create a distance and changing the habit into something that is not done. It is a very important geder to keep us back from getting aroused.

Think about your Bris as a Holy Sefer Torah. It is just as holy btw.

Would you just go around touching a sefer torah for fun? NO, why? Because it will land you in Sheol Tachtis? NO, because its HOLY and its not to be used as a toy.

Same thing is your Bris Kodesh. All the Shefa in this world comes down thru Yesod, its too holy and too important to play around with it. That would be true even if doesnt lead to MZL.

Find a better thing to touch when going to sleep..... How about your Tzitzis???? Thats holy enough.....

Replacing it with Tzitzis is a fantastic idea (maybe that's a good reason I should start wearing them at night - now I don't)

The strong need for self-stimulation is not in essence a Kedusha problem rather a sensory one. I'm a very sensory good guy and unfortunately my penis became the object and thus it often leads to masturbation. So trying to exchange that sensory need with something else is a good idea. B"h last night I was able to keep my hands away.

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Re: My personal journal - open to the public

Posted by dreamyunicorn28 - 08 Jan 2025 15:54

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I did some thinkin over the past few days and I noticed that most of the times in recent history I masturbated was in the morning right when I woke up, starting in bed (after Negel Vasser) and finishing in bathroom. I then realized that my thoughts when I wake are very negative, being critical to myself about myself all the time. I tried to understand why should my first thoughts in the morning be so negative? Then it occurred to me that it's simply continuing the thoughts I went to sleep with. Now, why do I go to sleep with such negative thoughts? Because that what I think all day!! It's a vicious cycle. That's why HHM always tell me... please be nice to my friend.

On a more positive note I must say that many times even after masturbating I come to Shul and I really try to do Teshuva and Daven Geshmak even it feels so weird.

My little 2yo daughter actually taught be this concept. Whenever I come home she come running to me with her arms wide open for me to pick her up and embrace her. But when she's got a runny nose and ketchup smudged all over her face and hands, I'm in a spot. On one hand what a blessing to have your little toddler run to you, on the other hand I really don't want to get my coat dirty. So here's the solution, grab your little blessing, take her to the sink and simply wash her up!

So I'm telling Hashem too, I know I stink, but I really wanna come to you, please cleans me up and embrace me. Which father will tell their child you can't come to me because you're dirty???

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Re: My personal journal - open to the public  
Posted by chosemyshem - 08 Jan 2025 16:41

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Awesome post. Love the self-awareness, honesty, and that beautiful mashal.

Re: the struggling after waking up. Definitely relate to that. Not so much with masturbation, but nowadays that's the main time and place when I struggle with active fantasizing. Alot of it has to do with not being fully awake and in control of yourself, I think.

It helps to just jump out of bed in the morning but that's definitely easier said than done.

Though I hate recommending "segulos", saying krias shema al hamitta with kavana is a good practical solution for this specific problem. Fall asleep thinking about Hashem. Also easier said than done, but a real game-changer for this.

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 10 Jan 2025 16:50

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[chosemyschem wrote on 08 Jan 2025 16:41:](#)

[dreamyunicorn28 wrote on 08 Jan 2025 15:54:](#)

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B"h I took many of your good advise and past two days my morning were much better. I haven't said Krias Shma for most of my life but last night I did. I also asked Hashem in Yiddish to protect me over the night and help me wake up in good spirit.

I'll try to continue staying aware of the thoughts I go to sleep with and hopefully it will help me break the cycle of negativity.

Also I concede to what the Chevra keep on telling me again and again that I need to talk to real people over the phone. But I need your help navigating this. Should I just talk to anyone who's willing to talk to me? Should I look for something specific? I'm very scared to open up just to anyone...

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Glad to hear that helped.

You gotta feel safe when you talk to someone. Two good ways of going about that. 1) Reach out to someone whose posts click with you and you feel like you know a bit. 2) Reach out to one of the well-respected big guns on here (I'll skip the list that'll inevitably make someone feel slighted). When I reached out to the first person I ever spoke to it was to HHM and I was pretty confident in that crowdsourced recommendation (also he'd reached out first via pm so it wasn't so scary). You cannot go wrong speaking to him. Also he knows way more interesting dirt on more important people than you and I so I also was pretty confident I wouldn't end up blackmailed.

The second guy and third guys I reached out to were people who had reached out to me and I felt a shaychus to them from their posts.

Sorry if I'm rambling - I'm very hungry. Basically you just tossed a bucket of chum in the aggressively friendly shark infested seas. Best idea is to take all those posts and pm's you're about to get and respond to the person you feel safest with.

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Re: My personal journal - open to the public  
Posted by BenHashemBH - 10 Jan 2025 17:04

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Shalom Brother,

Perhaps start with HHM and/or some of the other great mentors. Test the waters before baring your soul, see who you shtim with, and open up when you feel ready.

Hatzlacha and Kol Tov

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 10 Jan 2025 17:08

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Thank you Chevra for your advise and support. Just to be clear, I am in touch with HHM but I consider him a Mentor/Coash/Therapist/Rav/Magician and I need more friends I can call up and Kvetch.

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Posted by BenHashemBH - 10 Jan 2025 17:15

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Would you consider trying the GYE Vaad call to "meet" (talk to) some people?

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Would you consider trying the GYE Vaad call to "meet" (talk to) some people?

Oh my this fast is melting my brain. How'd I possibly leave this out??

Vaad is low-key the best way to start schmoozing and connecting with people in a safe, secure, moderated, friendly, welcoming, helpful, engaging, supportive, etc, environment. And there's snacks!\*

And Dreamy I think you're spot on about a friend being needed in addition to mentor.

\*BYOS.

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Re: My personal journal - open to the public  
Posted by amevakesh - 12 Jan 2025 17:56

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If you've already been in touch with HHM, perhaps ask him who he recommends.

P.S. Loved your ??? about your child that's dirty running to you. Thank you!

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Re: My personal journal - open to the public  
Posted by odyossefchai - 13 Jan 2025 02:08

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I've woken up sometimes with my head spinning and not feeling in control.

Sent a quick text to HHM for some advice.

BH he was able to calm me down.

You should try it

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 13 Jan 2025 16:30

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Day 6 of streak #5945684

Thank you all for your support! Working on my bedtime routine is a breakthrough. I never realize what a great impact it makes on my day. I'm now clean for 6 days and I'm trying to be very careful to go sleep and wake up in good spirit.

I am still trying to figure out how I'm going to connect with more people over the phone. I was hoping to do get a Google Voice number, like many of you have for this purpose, so I don't have to give out my identity right away but I was banned from Google Voice because I have violated their policies. I can do \*67 but not so practical always especially in a down mood where I'm likely to avoid reaching out to a friend especially if it's a tiny bit less convenient.

That's a discussion for itself. When I'm super down I avoid any contact with the human race. It's when I need it most that I run away. When I'm feeling better I can't relate to my own self at those times. Like now I think, why can't I just reach out to a friend when feeling down but when I'm actually down I'm not in control. HHM also told me that he will not be able to help me if I keep on disappearing like this. If someone can relate to this please share any ideas or just a little sympathy. Sometimes just making a discussion about it could help.

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Re: My personal journal - open to the public  
Posted by souloriented21 - 13 Jan 2025 17:41

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Hey Tzaddik,

I have experienced a similar attitude when I am down, so I feel like I can relate. I become so self-absorbed and resistant to anyone and everyone in my life, and it's painful for me because I don't like to be in that place. It feels very selfish to me and I like to think of myself as not a selfish person, which leads me to judge and criticize myself more than I already am. You're not alone in this behavior, I'd bet many can relate--it's even a pasuk in mishlei that says leTaava yevakesh nifrad. That when a person is in a place of where hes struggling with his base desires, his nature is to isolate himself. I'm wondering why it doesn't give any advice though lol, about how to fix that.

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Re: My personal journal - open to the public  
Posted by dreamyunicorn28 - 14 Jan 2025 17:05

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Day 7

I came across these holy words from R' Elimelech in Tzetel Katan:

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I had a few minutes down time waiting on my son and I randomly grabbed a Siddur and randomly riffled through the pages and landed on this piece. So it's quite obvious to me what I have to do.

This morning was actually rough. I woke up late and lots of juicy fantasies stormed my mind, but with Hashems help I was able to talk myself out of it.

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