

My personal journal - open to the public

Posted by dreamyunicorn28 - 03 Nov 2024 21:14

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 Nov 2024 15:39

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We're now 8 days clean B"h!

Thinking out loud about my journey, but feel free to read on...

When I first started going for therapy, my life was in crisis, my acting out was getting more and more dangerous, my life was basically falling apart. After a few years in therapy my acting out was no longer dangerous and I was doing much better mentally. The focus has then shifted to other things and not much about P&M anymore. We never went all the way on this issue. I still continued to masturbate and occasionally watch porn but it was much milder. I didn't feel the need to continue working on it, because I felt normal and safe. I became very comfortable with simple masturbation and it was part of life. I didn't feel I was doing something wrong because of where I came from. I guess I have also given up on becoming Kadosh so I was happy as long as things were not out of control.

Fast forward 2 weeks ago I had this massive fall, and now I'm realizing that it was clearly a wake up call from Hashem that I can do better than this.

So here I am responding to Hashems call.

I'm trying to build back up my Yiras Shamayim to look at every time I masturbate as a CATASTROPHY - not beyond repair - but still something massive.

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Re: My personal journal - open to the public
Posted by richtig - 08 Nov 2024 15:49

Shalom!

Let us know if it helps

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Re: My personal journal - open to the public
Posted by eerie - 10 Nov 2024 06:55

Dreamy Unicorn, you are amazing! WOW! Calling that guy from 15 years ago, I don't know where you got the strength for that!!! And it sounds like you are doing a lot of amazing work. Please keep sharing IT ALL with us! I'm loving every word, and being really inspired!

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 11 Nov 2024 17:08

I woke up from a lustful dream fully erect and with feeling bad about waking up late... and being triggered last night by my wife's friends that carpooled with us to a Simcha, and a lot of work-related stress, I regretfully succumbed to the urge.

I'm also realizing that urges I have when I wake up is many time more difficult to overcome because of my foggy brain... Methods like urge surfing, is harder to apply when I'm sleepy. So instead of overcoming the urge I build it up till it becomes irresistible.

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Re: My personal journal - open to the public
Posted by BenHashemBH - 11 Nov 2024 18:31

[dreamyunicorn28 wrote on 11 Nov 2024 17:08:](#)

I woke up from a lustful dream fully erect and with feeling bad about waking up late... and being triggered last night by my wife's friends that carpooled with us to a Simcha, and a lot of work-related stress, I regretfully succumbed to the urge.

I'm also realizing that urges I have when I wake up is many time more difficult to overcome because of my foggy brain... Methods like urge surfing, is harder to apply when I'm sleepy. So instead of overcoming the urge I build it up till it becomes irresistible.

This morning I fell again

I'm sure many of you have some advise to give... Listening

I'm sorry Brother,

It's hard when things pile up and the deck starts to feel stacked against you.

If you don't have the capacity to handle it the way you want in bed, maybe you need to jump out of bed. If your brain is foggy, then keep it simple. No hands below the waist. Clench your fists. Commit to taking a drink of cold water. Any basic thing that you CAN manage that is enough to jostle your mind.

Hatzlacha

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Re: My personal journal - open to the public

Posted by almost123 - 11 Nov 2024 19:09

Dreamy Unicorn don't give up You are amazing you will get there it all normal and I feel bad for your fall

and for the stress that you have with life,

JUST KEEP ON GOING BECAUSE THIS IS A FIGHT THAT WE WILL SUCCEED IYH

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Re: My personal journal - open to the public

Posted by dreamyunicorn28 - 11 Nov 2024 19:27

I'm noticing that this journey of Kedusha is forcing me to work on my whole self. It's not a standalone product that I can tackle without healing my whole being... Perhaps that's why it's called Midas HaYesod - the foundation.

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Re: My personal journal - open to the public

Posted by chancy - 11 Nov 2024 19:50

[dreamyunicorn28 wrote on 11 Nov 2024 19:27:](#)

I'm noticing that this journey of Kedusha is forcing me to work on my whole self. It's not a standalone product that I can tackle without healing my whole being... Perhaps that's why it's called Midas HaYesod - the foundation.

Dear Dreamy,

I just read the 4 pages of your forum. I am blown away.

You know how long some people take to get to the point you are already at? some guys sit on GYE for YEARS before calling anyone, let alone all the other things that you are understanding and working on!

You are right this is Yesod! I have written somewhere else on this site, that according to Kabala we are now in the time of Yesod.

Yesod according to Kaballa means connection, this is why this became such a big nisoyan in this generation.

So we can choose to channel this Connection to the good and the holy or nebech to the dark and bad.

When you choose wisely, you will see that your other good and holy connections become much better and stronger.

It's not easy, but nothing good in life comes easily. It's well worth the fight. I promise you.

I had many of the same struggles as you, you inspire me to get better.

Keep up the holy fight, brother!

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Re: My personal journal - open to the public
Posted by Hashem Help Me - 11 Nov 2024 19:56

Not sure i would even consider this a fall. Calling you buddy.

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 11 Nov 2024 20:41

[Hashem Help Me wrote on 11 Nov 2024 19:56:](#)

Not sure i would even consider this a fall. Calling you buddy.

Thank you HHM for your support! You're one heck of a tough-loving fantasy buster, and mood booster... Sorry for calling you names

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Re: My personal journal - open to the public
Posted by redfaced - 13 Nov 2024 02:53

Just Red this thread, and I am blown away by you. You will get places my friend, I'm sure of it.

Last time I told someone he'll get places YKW ended up in Burma....

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 13 Nov 2024 14:14

[redfaced wrote on 13 Nov 2024 02:53:](#)

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Last time I told someone he'll get places YKW ended up in Burma....

If you can get me to Burma, that would be great!

I'm just trying to imagine how my life would be different have I grown up with Harry Potter

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Re: My personal journal - open to the public

Posted by proudyungerman - 13 Nov 2024 18:30

[dreamyunicorn28 wrote on 13 Nov 2024 14:14:](#)

[redfaced wrote on 13 Nov 2024 02:53:](#)

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Not sure you really want to come...[it's scary out here...](#)

Warning: Spoiler!

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Re: My personal journal - open to the public
Posted by dreamyunicorn28 - 14 Nov 2024 22:47

[proudyungerman wrote on 13 Nov 2024 18:30:](#)

[dreamyunicorn28 wrote on 13 Nov 2024 14:14:](#)

[redfaced wrote on 13 Nov 2024 02:53:](#)

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Not sure you really want to come...[it's scary out here](#)...

Warning: Spoiler!

This is going to be really silly!

Warning: Spoiler!

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