

introducing myself

Posted by muzmuz - 17 Oct 2017 13:44

Hi, after a really good chat with my twin brother, over a couple of beers, he recommended this website for me. This is really the first time I have opened up about this subject, so it is a bit difficult, so bear with. (here goes...)

I am 26 years old. I come from a frum, yekkish/yeshivish/litvish background. Films were officially not allowed in our house, but we always managed to somehow smuggle in something to watch in our spare time. Nothing too bad as far as I remember, like 'friends' or michael macintire stand up comedy, 'war films' (they're clean after all!) and basically whatever we could get our hands on. Occasionally our father would walk in (always at the cringy parts, of course), and make a face or comment, but never put his foot down.

Then in 2006 (I remember, because I know what film it was) I saw a sex scene in a film, and as I was 15 years old, I felt a weird good sensation, and after inspecting myself, I saw, what I now know to have been, some sperm. I don't remember much afterwards, but pretty quickly I had taught myself how to masturbate and pretty soon I was doing it quite regularly, approx twice a day, though I really cannot remember.

Ever since I can remember (seriously), I have had a fetish for tights/stockings etc, (as a toddler, I distinctly remember trying on my mother's tights, and feeling the smoothness against my leg (wow, that's the first time I have shared that with anyone!!!!)). I used this fetish, i.e I used to wear a pair of tights, to give myself additional pleasure during masturbation.

Now, I have always been a thinking boy, I consequently, I used to feel incredibly guilty and angry with myself. I remember during the winter months, going to mincha/maariv quite early, before anyone got to shul, and standing behind the peroches of the oroin hakodesh, saying viduy, promising not to fall again, or 'giving permission to Hashem' to punish me if I fell. I used to have a piece of paper in my wallet with big bold red letters 'DON'T DO IT, YOU WILL REGRET IT'. But nothing helped me, and thinking that I was the only one in the world who was going through this, I didn't speak to anyone. (although I remember my twin making masturbation sounds in the bed next to me, I never approached him, I just pretended that I didn't hear it).

I remember battling with myself to seek help from my rov, but I fancied his daughter, who potentially could have been suitable as a shidduch prospect for me, and opening up to him about this problem would have blown those chances, so I never approached him! (am I mad or what?)

Nothing change in Yeshiva, although I didn't have tights to 'play' with, I still had my head!

The mashgiach once gave a shmooze about the terrible sin of hotzoas zere levatolo, but for some reason I still felt that I was the only one going through this nisoyon, and was embarrassed to admit anything as this would have damaged my standing in the yeshivah, but I am considered a decent bochur.

I remember having some success fighting the nisoyon, I always remember feeling so good and holy, even if a couple of hours later I would fall again. One particular time, on shabbos, I had a nisoyon, so I ran to the beis hamedrash and started learning, and, what I can only attribute to Hashem's kindness, I was able to answer a very difficult question on the sugyo, and after shabbos I wrote it down on the side of my gemoro, with a note explaining the circumstances of the pshat. So I have experienced small successes here and there.

While in Yeshiva, I remember, complaining to my father, but I don't remember about what, but as a mechanech he must have caught on, and he came the next day to visit me, armed with chizuk seforim and the letters of the steipler on kdusha inyonim, these were very helpful. But, more than that, this visit, which was followed by another one, set up an honest relationship with my father, and which proved very helpful in many areas.

Then came marriage. I decided very early on, to be very honest with my wife regarding my fetish with tights etc, reasoning that if she didn't know, she couldn't provide me with the kosher avenues of pleasure that I badly wanted to experience. I didn't, however, open up to her about my masturbation problem. Though, I remember discussing with her the difficult things 'boys' have to go through including masturbation. But I reassured her that at one stage I had this problem, but it had been dealt with.

My sex life was very rewarding on the whole, however since our marriage 3.5 years ago, my wife has yet to experience any meaningful pleasure (which our rov says is normal), this makes it hard for her to give herself fully, meanwhile I am desperate for her to enjoy it. When she is osur, my 'heter' to masturbate is that it's better to do this than be over an isur kores, and when she is muter I say, I'd rather do this than for her to feel the pressure to have sex with me.

About a month ago, I decided that something needed to change regarding this addiction (even though I have managed to go clean for 2-3 week periods, I always ended up slipping) and felt I needed someone to share with, so I spoke to my wife (mistake, I was told my father and twin, subsequently). She was very supportive practically, with suggestions to speak to him or him or do this and read this, but having just relieved myself of a decade long secret, I just needed a hug and to be told that she didn't think anything less of me and that she would support me. However, the mere fact of sharing the information with a second person did help me control my yetzer hora for about 2 weeks.

Then came this ben hazmanim (sukkos 5778), my twin brother is going through a difficult patch in his life, so I took him out for a beer and cig., after a couple of bottles we started opening up to each other, and since this issue for me was fresh on my mind, after my revelation to my wife, I told my twin, who by now, for one reason or another, I knew had or was going through a similar challenge. I told him that I felt I was alone, and I'll never forget his reaction, he shouted while placing his index finger on his temple "YOUR'E MAD, DO YOU REALLY THINK THAT.....(my name) IS THE ONLY PERSON IN THE WORLD GOING THROUGH THIS CHALLENGE" it was such a great thing to hear! He told me to sign up with GYE and he gave me an excellent sefer to learn through. which brings me to the present.

That's a little about me, so Hi everyone I hope we can help each other.

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Re: introducing myself

Posted by cordnoy - 17 Oct 2017 17:51

Welcome

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Re: introducing myself

Posted by dms1234 - 17 Oct 2017 18:16

Welcome!!!!!!

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Re: introducing myself

Posted by lomed - 17 Oct 2017 19:16

Welcome to the club.

Hatzlacha on your journey to recovery. Keep it here. keep it determined to recover.

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Re: introducing myself

Posted by Hashem Help Me - 17 Oct 2017 20:18

Welcome. What a post! So honest and courageous. You will iyh break free with your resolve b'ezras Hashem

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Re: introducing myself

Posted by Hashem Help Me - 17 Oct 2017 20:21

muz, i tried to PM to you but the system has you listed as "gender female". Try to fix that (and
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Re: introducing myself

Posted by cordnoy - 17 Oct 2017 21:59

maybe that will help clear up the tights issue too
[Hashem Help Me wrote on 17 Oct 2017 20:21:](#)

muz, i tried to PM to you but the system has you listed as "gender female". Try to fix that (and
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maybe that will help clear up the tights issue too

It's a good joke, but as a fellow sufferer, it stings.

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Re: introducing myself

Posted by bgit - 17 Oct 2017 22:25

Thank you for sharing, that's really courageous of you. Out of curiosity, what sefer did your twin give you?

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Re: introducing myself

Posted by tzomah - 18 Oct 2017 09:20

welcome great first post i can relate to almost everything you are going thru incl. the tights as i have been there done that plus.....

u can email me would love to get to know you

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Re: introducing myself

Posted by gyemuz - 18 Oct 2017 10:54

??? ??? ???, ?????? ??????by ?????? ??? ?? ??????"?

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Re: introducing myself

Posted by gibbor120 - 18 Oct 2017 15:53

Welcome! WOW! What a first post! It is clear that you are determined to be honest and do whatever it takes. I can relate to a lot of what you wrote. You have taken a great first step. You are far from alone. Check out the handbook. Keep posting. Many have climbed out of the exact same hole that you are in.

Don't worry about the particular fetish. That is just a detail. Everyone has their fetishes. That is not the main issue. The main issue is the source of your need to masturbate. Acting out often is the result of a "living problem". Acting out is our "solution" albeit a bad one.

Check out Dr. Sorotzkins article on "The Psychological Factors of Acting Out." I have a link to his website in my signature. I think the article is also in the Ebooks section on this site.

NEVER EVER GIVE UP!

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Re: introducing myself

Posted by Phill Up - 19 Oct 2017 03:03

That was an amazing post- to be upright, honest, and bring what you did out into the open. You clearly have a strong desire to grow, as one can tell from your message. Hatzlacha Rabbah! The most amazing thing about this site is that there are so many others struggling with this issue as well and you realize that you can overcome it too, one day at a time. Don't be too difficult on yourself so long as you are making the effort for real progress. You will be directed to the appropriate resources. Feel free to check the site and take advantage.

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