

TAKING OFF MY MASK

Posted by No Mask - 30 Sep 2021 22:24

Hi everyone.

I'm here for a few months but I didn't post about myself, and I decided to take that step. I still remember the first time when i emailed GYE I was trembling it was the first time I told someone my secret.

I am in my thirty's and I am struggling from about age 10 and never told a person I just suffered in silence.

When I was a kid one day I was going home from school and there was a CD playing on the bus of a kid singing and I got all funny type of thoughts and feelings and since then i had cravings to be together with someone physical and I would have a friend that I would have my hands on his shoulder and it was I my mind all day and night. But I felt stupid bad but I didn't know what to make of it.

i remember when I was 13 I learned reishis chachmah and went crazy and came in to a shul in Brooklyn where I lived at that time and the rov came over to me if I'm ok because I look like I'm fainting.

Then I went to mesivtah and I started working on myself good days good hours bad days.. and so on.

And at about age 15 it changed to girls.

b"H I never watched porn but I did try to look at pictures and love videos and mainly on the street and fantasizing..

And I just went crazy. I was a very good boy a masmid lamden i was considered from the top boys but I felt like I have this big mask.

I had a chart that I filled in if I masturbated if i careful with my eyes, and I had knosos I had to pay, I always left over one thing from super and lunch to show my self that I don't have to give in to my temptation, cried and davend etc. And it didn't help much I used to try at least half my day should be good Rov. And I am not going to bore with the rest I'm sure a lot of you guys can finish the rest. (Which I didn't know at that time)

but the hardest thing was my MASK and that I knew i will never come out of hell.

I had very judgmental parents which didn't make it any easier. And I never felt comfortable in there presence because it should not leak out to them

I wanted to end my life because I felt I'm doing more damage then good.

The rest to continue

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Re: TAKING OFF MY MASK

Posted by No Mask - 26 Jul 2022 03:54

DAY 6#. Friday July 22

B"H GOOD

(Day 44)

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Re: TAKING OFF MY MASK

Posted by No Mask - 26 Jul 2022 03:56

DAY 7#. ??? ??? July 23

B"H VERY GOOD

(Day 45)

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Re: TAKING OFF MY MASK

Posted by No Mask - 26 Jul 2022 04:07

I'll be honest, I feel stupid posting everyday just how it was, I feel I should use private diary, it's very boring every day the same thing, no rushing emotions, no new ideas or wisdom, etc.

But something in me tells me to keep it up, it keeps me in check

Another reason that posting is good for me, because sometimes I don't feel like I'm doing well meaning I don't feel the enthusiasm, but seeing clearly on paper that I watched my eyes, keeps me in place that I'm doing great.

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Re: TAKING OFF MY MASK

Posted by Sapy - 26 Jul 2022 04:42

Keep on posting.... dont hesitate.

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Re: TAKING OFF MY MASK

Posted by No Mask - 08 Aug 2022 04:27

I'm doing another week of guarding my eyes

Day 1# Sunday ?' ??

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 09 Aug 2022 05:37

Day 2# Monday ?" ? ?

Today was a little tricky; I didn't watch my eyes on the street.

I didn't full,

[Definition of a fall to me, is needing something from 'that' aisle that [accidentally] this women is there, and [accidentally] I forgot something from the next aisle.... , or specially going to a store place etc. in order to get some views, or looking around in order to see]

But I did have an interest in women who I passed. But didn't gaze or stare, but did give a glimpse.

So BL"N tomorrow will be a better day, will be mindful.

P.S. To be honest I didn't know I have so many guys following me, [I just saw how many thank you's I got yesterday] I would have been more careful not to have to confess to such a big audience.

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Re: TAKING OFF MY MASK

Posted by AlexEliezer - 09 Aug 2022 17:14

Guarding my eyes in the summertime is murder.

It is also very liberating.

This is a great thread because it illustrates the importance of taking it one day at a time.

And sometimes one nisayon at a time.

Keep on, my friend!

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Re: TAKING OFF MY MASK

Posted by No Mask - 10 Aug 2022 04:17

Day 3# Tuesday ?" ? ?

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 11 Aug 2022 04:00

Day 4# Wednesday ?" ? ?

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 12 Aug 2022 15:53

Day 5# Thursday ?" ? ?

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by willdo - 12 Aug 2022 16:49

KEEP IT UP

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Re: TAKING OFF MY MASK

Posted by No Mask - 14 Aug 2022 16:29

Day 6# Friday ?" ? ?

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 14 Aug 2022 16:32

Day 7# ??? ?? ??? ????

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 15 Aug 2022 20:07

I wanna do another week of guarding my eyes

Day 1# Sunday ??? ??

B"H VERY GOOD

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