

## TAKING OFF MY MASK

Posted by No Mask - 30 Sep 2021 22:24

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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 - 17 Aug 2022 04:01

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Day 3# Tuesday ??? ??

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 17 Aug 2022 20:50

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HI

Today was a hard day, I took off from work a few days, and I wanted to spend them with my wife, one morning was nice, next day was busy with a simcha in the family, and today she said she is tired and went into bed for the whole morning, and I babysat the baby, until the kids came home from day camp.

I was very lonely, and could have been very upset, that this how my day off looks like., but I was just open to my feelings, and didn't try to suppress it, and lived with it.

And worked not to have any resentment against my wife,

In the past such a day was very dangerous.

I know I need to connect more with people and friends, and not to expect all my need for connection from my wife.

P.S. what would you have done you have nothing to do [I already learned a blat gemarah] how

would you connect with others.

Thank you

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Re: TAKING OFF MY MASK

Posted by Kavey - 17 Aug 2022 20:57

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No idea. I also need more social connections.

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Re: TAKING OFF MY MASK

Posted by chancy - 17 Aug 2022 21:27

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I think most of us suffer from too little friends or connections. I know i need more, but where do i start?....

Anyway, its very hard for me to be so bored, i go nuts. I would buy something to read or learn for a few hours, or do exercise. I cant just sit home and do nothing.

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Re: TAKING OFF MY MASK

Posted by chizuk613613 - 18 Aug 2022 01:35

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Staying home watching the kid/kids so the wife can get a good nap is great way to show you love her! I'm sure it meant a lot to her to have you being nose'ol with her. It's also part of your relationship together and coming closer. No need to feel was a waisted morning home.

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Re: TAKING OFF MY MASK

Posted by No Mask - 18 Aug 2022 16:22

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Day 4# Wednesday '?' ??

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 19 Aug 2022 04:27

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Day 5# Thursday '?'? ??

B"H GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 19 Aug 2022 04:45

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I B"H had a very good day today with my wife and family

Interestingly, guarding my eyes was better yesterday,

I think the reason is, when its hard I have to be mindful, but when I'm in a good frame of mind, I don't think about it, and not aware to be mindful.

Anyways never a good idea to obsess about it, you looked, didn't look, what did you see, was it bad. Who cares it's not so major, there is nothing there, I just have to try not to scratch when it itches, and notice the itch before I scratch.

Wishing You All A Happy Fun Weekend

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Re: TAKING OFF MY MASK

Posted by No Mask - 21 Aug 2022 17:02

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Day 6# Friday ?" ? ?

B"H VERY GOOD

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

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 22 Aug 2022 05:06

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I wanna do 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 - 23 Aug 2022 05:30

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Day 2# Monday ?" ? ?

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by No Mask - 24 Aug 2022 04:34

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Day 3# Tuesday ?" ? ?

B"H VERY GOOD

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Re: TAKING OFF MY MASK

Posted by ColinColin - 24 Aug 2022 21:29

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@No Mask

I would have learned, read, exercised, done something creative etc,

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Re: TAKING OFF MY MASK

Posted by No Mask - 25 Aug 2022 04:37

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Day 4# Wednesday ?" ? ?

B"H VERY GOOD

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