

## 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 - 15 Jun 2023 05:32

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I wanna keep my eyes and mind clear for the next couple of days, not looking around in office grocery, and avoiding triggering situations

So why am I writing it here, I'm not sure

I guess I wanna share it with someone,

and you guys are the only people in the world I could share this with

looking forward

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Re: TAKING OFF MY MASK

Posted by richtig - 15 Jun 2023 13:45

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I tried accountability, to have to report how my day was, but I see it doesn't help me, because when I use force the opposite happens, I need to feel not interested in looking.

Yes, I relate to that

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Re: TAKING OFF MY MASK

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Posted by No Mask - 08 Aug 2023 18:53

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1. I see people from GYE meeting each other, and calling each other
  - I wish would have the courage to do so
  - Why am I so afraid to reveal who I am, why am I not ready to stop living with a mask. I understand its not easy and I'm afraid of judgment, but its people like me. But I think if they would only know its me.
  - Does that mean that I'm still judging myself , so I think I'm gonna be judged, does that mean I still didn't accept myself, so I'm afraid others won't accept me.
2. So this shows me I still have work to do, or I should just take the courage and break it through

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Re: TAKING OFF MY MASK

Posted by redfaced - 08 Aug 2023 22:23

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I can't tell you your specific reason for holding back.

But I can say that once you stop holding back you'll thanks yourself (and kick yourself that you should have done it earlier).

The people here really care - theres nothing like getting a text at a "random time " hey howya doing

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Re: TAKING OFF MY MASK

Posted by redfaced - 08 Aug 2023 23:01

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[No Mask wrote on 08 Aug 2023 18:53:](#)

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Re: TAKING OFF MY MASK

Posted by chaimoigen - 10 Aug 2023 11:08

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[redfaced wrote on 08 Aug 2023 23:01:](#)

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I wholeheartedly agree. The connections created here give so much Koach.

Even though my wife keeps asking-telling **telling me "strongly"** to stop texting (back) while

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Re: TAKING OFF MY MASK

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Posted by redfaced - 10 Aug 2023 12:09

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[chaimoigen wrote on 10 Aug 2023 11:08:](#)

[redfaced wrote on 08 Aug 2023 23:01:](#)

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Even though my wife keeps ~~asking-telling~~ **telling me "strongly"** to stop texting (back) while

driving...

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SORRY !!

Re: TAKING OFF MY MASK

Posted by No Mask - 08 Sep 2023 17:38

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I don't feel I'm doing well

I'm not masturbating

I'm not watching porn

But I do look on the street....

When I'm in the grocery, I do find myself in the aisle, something I didn't do for a long time

It means much too much to me to see a nice women etc.

You know when a computer thinks, there is this turning ring, I feel by me lately my brain is doing that to find lust in everything, going to a store, going to doctor etc. the computer [brain] processing it with lust

I need to get to refocus

Practice

1. Urge surfing
2. Mindfulness
3. ACT

Because just fighting doesn't help, it actually makes it worse

So I need to find a way that it doesn't have a grip on me, not that I'm fighting the grip it has on me

So what am I doing L'maseh

Life is so busy or distracting and it doesn't happen to have time to practice the above

Maybe a partner would be a great idea, so it keeps me in check, and it takes me out from the isolation

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Re: TAKING OFF MY MASK

Posted by cordnoy - 10 Sep 2023 02:22

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Why do you think you're not doin' well? Because you saw a nice woman or two and enjoyed the sights? So what? She is God's creation! Enjoy, move on and feel good!

Godspeed

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Re: TAKING OFF MY MASK

Posted by bright - 10 Sep 2023 02:47

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You have accomplished so much! It would be a crime to not be *makir* that! Having lustful thoughts is not a sin. Its the acting on them that is.

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Re: TAKING OFF MY MASK

Posted by chaimoigen - 10 Sep 2023 23:32

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To echo the words of my worthy colleagues, and perhaps add a twist:

The Nesivos Shalom write the "Lo Sasuru" etc translates as **do not EXPLORE forbidden thoughts and sights.**

The fact that lustful thoughts arise within you, and that you are desirous of woman in your environment merely means that you are human.

It's how you **deal with** these thoughts and desires that define you. And yes, part of being human is that most people will slip up a bit in "innocuous" Shemiras Haenayim. It has also been noted countless times on the forums that one often becomes more sensitive to sights in the street after getting clean.

I don't know that I have much to tell you - your streak is much longer than mine, and you know

what you know, probably better than I do.

But, in the spirit of admiring friendship - I don't think you should stress or obsess over the "grip" that lust has got over you. You seem to have accomplished much, and obsessing usually have negative results.

Here's a tool that works for me. Say: "I **notice** that I'm noticing more in the streets" or "I **notice** that I've been having more lustful thoughts lately". It's a subtle trick that help separate the "I" who is noticing from that which is being noticed. I then find it easier to notice, and move on.

I'm told that his grip weakens with time and space. Let it be so..

A Gut Gebentched Yohr.

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Re: TAKING OFF MY MASK

Posted by chancy - 11 Sep 2023 18:37

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Dear No Mask,

You are not doing well, you are doing freaking fantastically crazy ecstaticitly GREAT!!!

You were able to kick a few serious addictions that lots of people are unable to do! So dance in the streets~!!!

Now, your desires are plain human and have been since after Adam sinned, nothing wrong.

I do understand the feeling, where you can go day on end with lust on everything, trying to find something that does NOT trigger you but finding out in your horror that EVERYTHING is a trigger! Yep that is painful.... I have it sometimes as well.

2 things to understand.

1. That is the price we pay for moving away from actual shmutz. that when your YH wants you to sin again, he has to throw the book at you, its that simple! I know for a fact that since ive stopped P and M i find many many more things arousing then i did when i was doing P and M. In the beginning, it was pissed! WTH? what now? but i realized that instead of fighting it, ill accept it. I know now that just as its possible to stop watching P and doing M, its possible not to get dragged down and into the plain innocuous sights in front of our eyes. You just have to reframe your mind.

2. People like you are the greatest thing Hashem has in this lowly earth! Look what the holy Rambam says that the bigger a person is the bigger his challenges are! I once posted a Yismach Moshe who writes that he had a dream and was told from Heaven that a person that does tshuva and still has a burning desire to return to his old ways and fights that desire, is a full fledged Bal Tshuva! he doesnt need any 'sigufim' or any other purifications! by fighting his YH he is clansing himself!!!

A Git Gebencht Zisse Yur far Alle Yiden!

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Re: TAKING OFF MY MASK

Posted by Hashem Help Me - 11 Sep 2023 20:27

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Well said Cordnoy, well said Bright, well said Chaimoigen, well said Chancy. All different points and all true. I hope R' No Mask will hear it all and continue growing!

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Re: TAKING OFF MY MASK

Posted by frank.lee - 11 Sep 2023 22:21

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I'm sending you a pm, an idea how to get around this...

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