

Didn't know there are people who don't masturbate!

Posted by Human being - 04 Jan 2022 22:00

Hello Everyone!!!! I'm in my early 20s and single. My life has been an interesting journey of growth and dreams, anxiety and *bitachon*, and finally, sadness and hope.

My father is emotionally weak and socially awkward. He was never and is still not someone in my life I can turn to or connect to in any meaningful way. On the contrary, I feel extremely uncomfortable sharing my emotions around him, because he feels so uncomfortable himself with emotions and reacts in such anti social ways to emotional expression that it makes me feel really really dumb expressing emotions around him.

My mother was not someone I could turn to when I was younger either. She was an angry, verbally abusive, and a scary enemy. Every morning I walked on ice waiting to be berated and screamed at for doing nothing. For simply being me, because my mother was angry and needed someone to blame. She would scream at me for anything as long as she was in a bad mood. I never knew what her mood would be. She sent me to school in sloppy and nerdy clothing. And because I showered once a week, I came to school smelly at times.

I grew up with such guilt. That *I'm* the reason my mother is so sad and angry and *I'm* the reason my father is so depressed. I'm a nerd and an inherent awkward weirdo.

Because of this, I was a prime target for bullying, because I was a depressed, down and sloppy kid. I felt like the worlds biggest failure.

I was bullied for 6 years in elementary school from primary to 6th getting tackled, beaten up and verbally abused every day.

The fun didn't end there. My rebbi in primary physically abused me as well, giving my cheek a hard twist and then lifting me up from my twisted cheek because I did the grave sin..... of not lending someone my marker, from my new package of markers that my mother got me.

I became an anxious wreck. I sat in my primary desk biting my nails out of anxious desperation until they bled. I didn't have anyone to turn to because I couldn't rely on my mother who was a dangerous figure in her own right. I couldn't rely on my father either

because I knew he didn't know what in the world to do with himself to be a father. He is insecure, unsure, and so feeble. Nothing to lean on in times of stress. 1+1 (insecure, unsure, not confident and feeble + extremely uncomfortable/weird with emotional expression) = I didn't have a father. I had one physically, but that did nothing for me emotionally. On the contrary, not having had a father at all, would have at least took away my self blame and garnered sympathy.

Then came puberty.

ouch!

I wasn't given a "bar mitva shmuezz" (IE sexual education.) Instead, my father hired a rebbi to tell me "If you fall down then get back up again"

(A 45 minute car ride that gave me no information about what I was supposed to feel bad about and get back up from). The first time I had a wet dream I thought I was dying. It was really traumatic. I thought something was seriously wrong with me. I started doing my "research" to figure what was going on

Warning: Spoiler!

and began realizing that theirs "this thing" that married people do and the stuff coming out of me probably has something to do with "that". I then started feeling a lot of sexual curiosity and began exploring with my younger siblings. I had a lot (like ALOT) of sexual experiences when I was 11 and 12 with my younger sister. I sexually abused another sister [and brother] although

at that time I had no clue what that even was.

All I knew, was that I was bad. Like really really bad. Like bad enough that I thought if my father would find out he would throw me on the street. Or my mother would beat the hell out of me.

I thought a gruesome death was coming to me from shamayim because I was such a vile human being. As I got older and I started to come to a realization of what I had done to/with my sisters and brother I began to feel worse and worse and worse. ~~I thought~~. never mind, *I knew*, I was the worst person in the world.

I distanced myself from yishivishness in order to mentally ~~distant~~ (disassociate) myself from my past. Although I was still shark and very Frum. I started learning missilas yesharim every day, whom I used as an imaginary father figure for the next few years.

Then started my next challenge. My father was now lost. He had a son that was no longer yishivish and he didn't have any clue how to be a father to this new kid. The new identity I had created had caused me to practically lose my father, even physically. (he would never touch me, hug me, kiss me, pat my back. nothing. For the next 6 years (all my teenage years) the relationship with my father consisted of 1 phone call a week if he was lucky with a quick "how's everything" "fine" "good Shabbos"

I didn't have a father or mother to turn to at all. This continued through my teenage years. I had packages of guilt and shame sitting in me with no one to tell me I'm a good person. I continued hiding my terrible secret that I'm really the worst human around)

I remember the first time I masturbated. I knew I had now done the worst thing known to mankind. I was over. I didn't have Hashem to turn to either now. Slowly this turned to porn and it metamorphized into my way of finding safety and comfort from my anxiety.

?In summary, I had 0 secure attachments to turn to for safety and emotional regulation. I was just abandoned. I lived in a house with a bunch of people whom others called my parents and siblings, but to me they were strangers invading my space.

Fast forward to today. Baruch Hashem I've found a rebbi that finds me valuable enough to sit with me in my pain and be the first person i can come to for safety.. (My rebbi has stood by myside throughout although I'm always scared I'm going to lose him when he finds out all i has inside)TYH!

My mother Bh has improved tremendously and is someone who i can get some (albeit very limited) safety. Bh she is no longer scary. TYH!

?I have been in therapy and regained control of my life and I've taken many steps towards moving on. TYH!!

?The challenges are still so real and painful. I've developed a disassociated mind that has 2 states. 1) When i over-feel. I feel like a scared bullied traumatized little 5 yr old and I'm so terrified of being alive because i have no attachments (older protective people) to turn too. 2)when i under-feel. When ever I'm not committed to people, my brain takes the easier route to avoid the fear and terror of living without attachment. It sends my 5 yr old away to the recesses of my mind, where I no longer perceive it as "me" anymore. It makes life confusing and disorienting. It makes me feel so much shame because I have a really hard time explaining to people what is going on with me. Both my underfeeling state and my overfeeling state appreciate different friends. Different activities. Many friends wonder why I haven't called them in so long and then all the sudden want to chill with them every day. I feel like I cant get married because one part of me wants to be less Frum, is outgoing and confident while another one is more yishivish, quiet and a scared little boy. (I DO NOT HAVE DID!! [dissociative identity disorder] my parts know each other and I don't get amnesia)

I suffer emotional flashbacks and sometimes randomly want to cry and be my chavrusas little baby. I want my physiatrist to be my mother and a youtuber to be my older sister.

Porn was a huge safety for me. My younger parts crave emotional intimacy from a mother figure. One can imagine how to a broken brain, porn is the safest thing around. People being intimate and open in a non judgy way. For the younger parts of me porn = safety. For my older parts who are less yishivish and don't have parents, porn is the same thing. a safe place to get away from the scary concept of being totally disconnected.

My father still gives me no affection, attention, or time. He simply doesn't know how to. To give you an example of what it means to have a father with no social skills, I'm going to give you one example. He one time told me "I never believed you would become anything". He didn't even do

it out of anger or hate. He simply didn't 'chop' how hurtful that is for a son to hear that from his own father. Its not even his fault. He simply doesn't know better. He himself wishes he knew better.

?There's a part of me (**more yishivish younger part**) that hates hates hates HATES anything yishivish because it triggers me to back when I was a yishivish and frightened little boy, biting my nails off with anxiety. in my 'Inner Childs' mind **Yishivish=petrified, and in extreme danger with no one to turn to.**

This part of me is literally allergic to learning , davening, yishivish singing, Shabbos, yom tov, many mitzvos etc. etc. etc.

In addition to the part above that is allergic to anything yishivish, there's another part of me (**less yishivish older part**) that really dislikes everything my father enjoys. This part feels that the things my father spends time with and enjoys are the things that stole his love for me. He loves his things instead of loving me. This makes me hate hate hate anything yishivish as it reminds me "I'm not worthy of a fathers love" "I'm worthless". "I'm useless".

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Baruch Hashem I've never turned to any illegal substances and I don't even have a smartphone. But I'm living in a weird world. One part of me is a "shtark" guy In a shtark Yeshiva that lives by the missilas yesharim and wears a hat and jacket. That keeps and is happy keeping all the mitzvos and wants to learn 3 sedorim a day. But another part of me hates all of it and it triggers me to feel useless and worthless. This trigger is really intense and triggers an extreme hatred of anything that reminds that part of my father. (IE Anything yishivish.) Shabbos is hell first seder is hell davening is hell. I do all of them but their hell for one part and regular life for another.

I'm growing and I love Hashem and I'm slowly learning to cope. I will beezras hashem get married (my different parts are compatible).

I will be able to understand others and hopefully heal one day. I'm already healing to a significant degree and I'm feeling more and more like a single person. Anyone who read till now is a huge tzaddik. Btw even though a lot of pain is expressed here, I'm bh happy and ready to uplift myself and others!

I have my work cut out for me! 90 days here I come. Whether I fall or not it will always be my goal.

?Any chizuk or people that have had similar experiences that want to share is appreciated!

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Re: Didn't know there are people who don't masturbate!
Posted by Teshuvahguy - 12 Oct 2022 17:34

Thank you, JacktheJew. What is the Relief Organization and how do I find them? I tried to look them up online but did not see anything that looks like what you are suggesting.

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Re: Didn't know there are people who don't masturbate!
Posted by Teshuvahguy - 12 Oct 2022 17:37

@jackthejew, is this the organization you meant?

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Re: Didn't know there are people who don't masturbate!
Posted by Captain - 12 Oct 2022 18:39

[Teshuvahguy wrote on 12 Oct 2022 14:45:](#)

I read that there is no Teshuvah for certain acts so not even sure if I am forgiven even 15 years after stopping the behavior)

What you read is based on kabbalistic ideas, but the Gemara and Rishonim clearly argue and hold that a person can do teshuva for any sin. And as is well known, whenever such an argument exists the halacha is like the Gemara and Rishonim. So it's possible to do teshuva for

any sin and Hashem will surely accept it.

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Re: Didn't know there are people who don't masturbate!

Posted by Vehkam - 12 Oct 2022 19:00

[Teshuvahguy wrote on 12 Oct 2022 17:34:](#)

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www.reliefhelp.org/request-a-referral/

OR 718-431-9501

You can trust them. Sometimes it takes a while to get an appointment with the right therapist.

Please don't focus on what you did in the past. I have done plenty worse than you and i was still able to climb out of it. Your job now is to focus on the present and future. While i understand that you feel distant from hashem, i can assure you that hashem's love for his children is unconditional. Feel free to email me anytime.

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Re: Didn't know there are people who don't masturbate!

Posted by Teshuvahguy - 12 Oct 2022 19:02

Thank you all. Sorry for sounding whiny. It's just a rough couple of days!

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Re: Didn't know there are people who don't masturbate!

Posted by Vehkam - 12 Oct 2022 19:30

[Teshuvahguy wrote on 12 Oct 2022 19:02:](#)

Thank you all. Sorry for sounding whiny. It's just a rough couple of days!

everyone needs a shoulder to cry/lean on once in a while. Please don't be sorry.

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Re: Didn't know there are people who don't masturbate!

Posted by committed_togrowth - 12 Oct 2022 19:38

[Teshuvahguy wrote on 12 Oct 2022 19:02:](#)

Thank you all. Sorry for sounding whiny. It's just a rough couple of days!

I am in awe of the lifestyle change you have made/are working on. Such strength!

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Re: Didn't know there are people who don't masturbate!

Posted by Teshuvahguy - 12 Oct 2022 21:33

Thanks. At the age of 14 I was groomed by a 33-year-old man and had my first gay (or any) sex. I blame myself because I was attracted to him; I was not forced — but I was just a kid. Still, I blamed myself for wanting it.

That set in motion literally 40 years of virtually daily compulsive gay encounters, sometimes several in a day. I was so compulsive that I couldn't work until I satisfied the need. I would just leave my office.

Though raised in a non-religious home, Hashem watched over me and protected me through the AIDS epidemic which didn't stop me but the fear made me much more careful about what I did, so I never got infected. But I was always traumatized and terrified.

In those days, I wanted desperately to stop but I couldn't. I would mark on a paper calendar each day I could go without (kind of a pre-GYE 90 day calendar, but this was before the internet) but it never lasted more than a couple of days. Much of this while married. I felt so guilty and horrible and wanted to stop but it was impossible. It's a miracle I am alive.

After 40 years of that madness, when I was at my lowest point...divorced, at odds with my kids, that a dear friend asked me to go to a Chabad and talk to the rabbi. For some reason I was willing to do that (to please my friend—I was sure it was a waste of time) and literally a miracle occurred. I listened to the Rabbi tell me some hard truths about what I needed to do and what I needed to stop doing if I wanted him to try to help me. The first miracle is that I allowed him to be very frank with me and didn't tell him off. The second miracle is that from that moment, I put on tzitzis and a kippah and never acted out with a man again. That was 15 years ago. So I know the impossible is possible. I have done it. I stopped actually having sex with men.

But the urge to watch porn and masturbate I have not been able to completely control. I can for varying periods of time, but then something happens —stress or sadness/depression and I slip. I used to be afraid to give up having sex with guys thinking I could not live without it. I did give that up and found that I CAN live without it. So why is it so hard to cross this finish line regarding porn and masturbation? Same feeling exists as though I could not live the rest of my life without it. But I know that is untrue. I've proven it. So why am I falling?

I hope this painful story gives hope to others. I am still attracted to men but at least I am not committing the aveiras associated with having sex with them. Now I need to do more to control my P and M.

Thank you all for being here on GYE. Without you we are all alone.

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Re: Didn't know there are people who don't masturbate!
Posted by committed_togrowth - 12 Oct 2022 23:19

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Thank you all for being here on GYE. Without you we are all alone.

A really remarkable story. I would recommend starting your own thread so you can consolidate your story in one place and people know where to address posts to you.

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Re: Didn't know there are people who don't masturbate!
Posted by Human being - 13 Oct 2022 18:21

Yes! we definitely want to cheer you on! You are so wonderful for reaching out and sharing your story. You are such a Tzadik. LEGIT! Its unbelievable that you would be willing to say "I'm growing no matter what" You are so valuable. YOU ARE NOT HOPELESS! THAT IS THE VOICE OF THE YETZER HARA!!! And yes, there is no such thing as "I cant do teshuva" Why? Because teshuva means returning. YOU ALREADY DID start returning! You came to GYE to return to purity and Hashem. Unbelievable. Pat yourself on the back from picking yourself up from such pain. really inspiring.

P.S- Almost every single person that got molested feels like they were somehow at fault. You were 14! 14 yr old's don't have the resolve to say no to people twice their age and double their size! Its not your responsibility to take away desires Hashem gave you! It **IS** a 33 yr old's responsibility to not **ACT** on his desires. This was not your fault my friend!!!! It was 100 PERCENT his fault his responsibility and his shame. Im sorry such a wreck of a person took advantage of you like that.

We love you, your a beautiful person, welcome aboard! I cant wait to see your thread.

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Re: Didn't know there are people who don't masturbate!
Posted by Human being - 28 Oct 2022 20:57

Baruch Hashem the journey continues. I hope I'm not making anyone feel down by expressing all my pain. It just helps me heal and avoid porn. Thank you everyone for your support! And for all the private email conversations. you guys are such real people. So thanks.) (vehamayvin yavin) i have a lot more feeling to share after Shabbos. I'm getting so much self awareness of all my pain and baruch hashem have not masturbated in 9 weeks! (or watched porn for that matter.)

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Re: Didn't know there are people who don't masturbate!
Posted by Teshuvahguy - 28 Oct 2022 21:08
(even to the person I'm not allowed to respond to! (

[Human being wrote on 28 Oct 2022 20:57:](#)

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9 weeks is amazing. You are in inspiration...not someone making me feel down. To me, you can always share. No judgement, ever. Have a beautiful Shabbos!

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Re: Didn't know there are people who don't masturbate!
Posted by Human being - 31 Oct 2022 01:14

So a lot has changed in the past week. I shared all my pain with my parents. I told my father about my sexual exploration with my sister when I was younger. I told them how angry i am at them for emotionally neglecting me and judging me. I shared with them that i struggle with porn. Something i never imagined I would one day do. THANK YOU HASHEM!!!! Btw we all have patterns of thought in our ?minds about how people will respond when we share things with them that are vulnerable and embarrassing. I've yet to find out EVEN once that the way people responded was the way i had imagined. #GoAheadAndShare. If people cant take it their fault. Get angry at them for being judgmental.

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Re: Didn't know there are people who don't masturbate!

Posted by chancy - 01 Nov 2022 20:06

I will give you a few guiding steps if you follow them, i promise you, you will start to feel better and you will start heading in the right direction

1. Forget about everything you have done in the past, especially before becoming frum. You didnt know anything back then about Kedusha, so how can you be blamed for that? The fact that you have become frum is the a bigger feat then most of us have ever done! So forget about it!

2. Stop feeling bad about your SSA, face the fact that you were assaulted as a teen and that might have caused you to become SSA or not. Nobody will ever know if that caused it. Either way, its irrelevant now, whats important now is that you accept it, Yes, you are attracted to guys, Yes, you did lots of stuff and you cant undo them, yes, you still have lots of urges, but NO, you DONT want to keep doing that obvisouly, only 1 part of your brain is still looking for that! you are actively looking to stop so you KNOW that YOU as a person DOES NOT want to do that!

3. I highly recommend you to go to therapy to a frum therapist, there are so many good ones now.

4. If you cant/not ready/dont want to go yet, please work thru the F2F program, do it slowly and digest the information there. You will start to see your addiction and issues from a different angle.

5. please stay with us, we need fighters like you to keep us going.

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