

It's all in the name

Posted by eerie - 24 Nov 2022 19:25

Hi there all my anonymous friends!

I am on here for a while, most of the time just to sign in and update where I'm holding, but from time to time I do read around some posts on the forums, and I am really at a loss of words when I try to describe what I think about all of you. I'm simply awed into silence. You guys are all amazing, fighting the terrible urges, sometimes in such difficult circumstances, from complicated pasts, I stand humbled. I am so proud to at least be part of the same nation, even if I don't come close. Keep up the fight and may Hashem be with all of you and may you feel his closeness.

And now, Hi! I gave myself the name eerie because that's what I think about my situation. I am blissfully married to a really special person,(which, I learned from the posts on this site, is not to be taken for granted. It's something that so many of my dear friends here struggle with, their addictions creating issues in their marriage and the problems in their marriage further exacerbating their addictions) and we have a few wonderful kids. I really cannot imagine a better marriage, we respect each other, love each other, communicate beautifully, and my intimate life is wonderful. I believe my wife would say the same. I am a seriously respected member of my community, I am in a position of chinuch (and I think I do a pretty good job:)), so why oh why on earth am I here? What would the people think if they knew? Would I still have a wife? Would they let me talk to my kids? At that point would I even care about my job or my life's mission? I BH had a wonderful upbringing, loving and caring parents who are very proud of their "successful kli kodesh" son. What would they think if they knew? These thoughts were on my mind as I created my account and the feeling I had was "This is eerie. A mechanech. A talmid chacham. Sought after maggid shiur. This is totally eerie." So there you have it. It's all in the name.

A little about me. I think many of you would disagree but I don't think I'm addicted to P&M. I have normal urges like all healthy people. I have no smartphone (if you would only hear me speak about the downfalls), no computer at home. So where and when do/did I fall? I called a talk line by mistake, I was trying to reach a company. I was horrified. I hung up and told my wife about it. But, of course, my curiosity plus urge got me to call. This was probably 10+ years ago, called maybe 10 times total. Can't remember the last time I did that. Then my wife got a smartphone, and we blocked the browser entirely through parental controls, with each of us having half the code. Of course, when I was down I tried a few times and of course I figured out her half. Here and there I would go on really bad sites. Not long thereafter we got rid of that phone. That was also 10+ years ago/ But every once in a while I fall. I once found that one computer in the Yeshiva (!!!!) where I work had no filter. You read that right.. No filter, in the yeshiva computer! I would estimate that once in 2-3 months I went on really bad stuff there. One day I just realized that I need accountability, so I came to GYE. I know I have to answer to someone, I'm going to write it if I fall, and that helps me.

Now you might wonder, what am I writing this for? I am writing it first of all because I feel a kinship and I feel like it's "therapeutic" to tell my story someplace. Because even the people that I really trust, I can't tell them any of this. I sometimes wish there was an anonymous phone line where I could call and tell a Rav what I struggle with, to get it out of my system. When I was

bachur I was really close to my rebbeim, and I shared with them even my deepest secrets and struggles, I would tell my Rebbe if I M'd. BH I didn't struggle with that much, but I did do it a few times in my bachurishe years, and my rebbe knew/knows about it. Maybe I'm weird that I shared that with my rebbe, but that's me. If I felt an attraction to a bachur I told him, and he understood me, always helped me, never judged me. There's no question that having such a person in my life changed me in unimaginable ways. Alas, I don't think I'll ever have the nerve to go to anyone and discuss my normal struggles and mistakes at this point. What would a rav or even my rebbe, whom I am still very close to 20+ years later, think if a person in my position came and said "I struggle with this. Once in a while I can fall into watching P." I can't do that, so I'm saying it here. I'm a healthy person with normal urges and desires and it can happen that I fall sometimes. I try to avoid unfiltered machines, when I'm at my parents' house I don't touch their devices, I told them to never let my kids touch their things and I warn my children to stay away, not even to look at Grandma's phone. But I know that every once in a while I'll find a device, and my urges, desires and curiosity (yes, I am still curious as to what some tags on some sites are supposed to mean. Curiosity is powerful.) can get the better of me. I joined GYE so I have to give an accounting, and I even had a fall since I joined, which I reported. I have a life's story, like everyone else, and here I shared some. Maybe some more another time.

But another reason I write this is because I look at what other people have written here, and I realize how small I am. I, the guy who sits up front at dinners, the guy whom you may have even heard at a dinner or some other place, I look at you in awe. Because I am not torn to shreds like some of you are, I have a happy marriage, and so many of you are working so hard to just keep the pieces in place. You are brutally honest with yourselves, and in spite of being in places I have only read about, doing things out there....in spite of that you are here, trying mightily to get only closer to Hashem, to be good, to be clean. I also struggle, but nowhere nearly as much as most of the people here. And I wish I could shake your hand and tell you how proud I am of you. I am so proud, and I know that I can't imagine how proud Hashem is. Keep it up!!! In this world I'm at the head table at the dinner, but believe me, at the se'udas livyason you guys will be up there, I hope I'll at least be in the crowd!

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Re: It's all in the name

Posted by Hashem Help Me - 02 Dec 2022 18:02

Any bochur who was exposed to pornography should receive a sound sex education. He needs to know that what he saw online is not a representation of real life. He needs to know what really happens - both physically and emotionally. He should be allowed to ask any questions he has. It is scary how guys are toxically brainwashed for years with no education to undo the damage. He needs to know that sex is a celebration of intimacy - it is the peak of a process. It is not a selfish act in a vacuum. He needs to know that yes, there is enormous pleasure, but not the selfish, completely physical pleasure he was led to believe he will have. He needs to know that his "job" is to give, and by giving he will receive a lot more than he can ever imagine. He needs to know that porn stars are paid enormous amounts of money to do things one would not naturally enjoy doing. He needs to know that the women are paid to smile while engaging in

grotesque and sometimes painful acts. He needs to know that his future wife will not want to do 90% of what he sees on the screen, and there is nothing wrong for her lack of willingness to do these things. Before checking out in sfurim if his fantasy that he has been envisioning (and masturbating to) for years is mutar al pi halacha, he must first check if his wife would even enjoy that fantasy act. By providing this education, 1- many future marriages will iyh be saved - even better - they will start out from day 1 in a fulfilling, healthy, enjoyable, and appropriate manner, 2- many bochorim will iyh calm down from their anxieties (my parents and Rosh yeshiva actually do what i see online?!), 3- many guys will recognize the danger and stop poisoning their minds with pornography, and 4- most of those many guys will iyh stop masturbating as well.

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Re: It's all in the name

Posted by Eerie - 02 Dec 2022 19:31

Hi friends and family, dear brothers at GYE! In yesterday's post I wrote that it's a week since I posted my first post. (Reb Geshmak, I'm still waiting for the hartzige mazal tov!) Well, today marks an even more monumental day. It marks a week since I spoke to someone. It was half an hour to shabbos, to be exact,(don't mind my manners) but he answered the call. I wrote it before, but I can't begin to describe the difference between writing about my life, having people read, comment, share chizuk, and talking to someone live. Someone who can listen, hear my cry, pat me on the back, tell me that I'm normal, that Hashem loves me, that I'll be ok. Someone who gets me, who understands where I am coming from, understands what makes me tick. Someone that can direct me, give me a plan, help me strategize, and perhaps above all someone who make me feel comfortable enough, so not judged, that I feel I can call and tell him anything, even if I fall (Hashem, please help that I never need to make that call). Writing about it got it off my heart; I now realize that the terrible feeling of keeping my secret from the world was just choking me. But when we speak to people, they hear the nuances, they can pick up on the issues. Speaking is to be really connecting. To open up your soul and have somebody see your innermost essence. It was totally transformative. There are so many good tools here, including the forum which allows us to express what's inside, which so many of us are just plotzing to do, but I would venture to say that nothing comes close to speaking to someone. Do I still find it uncomfortable to talk about the most personal part of my life, the most private things that only Hashem knows? Of course! It is very uncomfortable and hard. And every phone call hurts, no question. But it is so amazing! It's so helpful, I really can't describe it to someone who hasn't done it. Of course, we have to be wise and choose carefully who we tell what to, as we must protect ourselves and our families. But if we find that person that can understand our souls it can save us, to talk, to open up all the rusted boxes we have hiding inside and get rid of what's in them. For me it changed everything. Maybe it's your ticket to freedom.

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Re: It's all in the name

Posted by Emes-a-Yid - 02 Dec 2022 21:04

[Human being wrote on 02 Dec 2022 07:25:](#)

[Emes-a-Yid wrote on 01 Dec 2022 13:52:](#)

[Eerie wrote on 30 Nov 2022 22:19:](#)

But **some of the things mentioned are really only for married guys**. Please.

I understand it totally I believe, although I am still a bochur, I have heard this very recently, it is sad that we have been so influenced by the world of money that decided to do such a thing. Anyways back to your point, I think it can be very beneficial if bochurim do hear about this, specifically refering to the ones that have seen way to much for way too long, because I personally feel that I don't know if I would automatically be 100% on page a day of a chusen talk this may need to be said before hand. But to my dismay there are lots of rebbeim that would disagree, because it may affect a bochur now just hearing about ti and may think on it etc. So I don't know if someone can help cluur my mind a bit, I don't think it should just be a secret to Baal Baatim/avreichim people, I think also bochurim that have been exposed.

What does the oilam feel?

I agree with you. I think its critical for a bachur who has already been exposed to constant porn and masturbation to start reprograming his brain now when hes single, to hear about what real sex and intimacy are about in real life. Getting a few chosson shmuezzes from a rebbe who A)-May be someone we don't feel safe opening up to about our porn challenges and B)-May or may not really perceive the way porn affects the brain---will not do the trick.

I personally did not want to "learn on the job". I thought that would be a terrible experience. Reprogramming our brain *takes time*. Reprograming doesn't come with knowledge of what's right and what's wrong. That's where it starts, but that's not where it ends. *It takes time*. I think its very beneficial for bachurim to have a goal they feel they can reach in time for marriage of really feeling that what we see in porn is actually not reality. Because no matter how many times you tell me and I cognitively understand that what I see in porn is not real life, I still *feel* like its real life. And to take away that feeling and reprogram my brain, *it takes time*.

I personally bought a book on Jewish sex (*not necessarily recommended- it can be triggering. Better to hear it here on gye with all of our chashuve role models.*) and read up a lot about it. It has helped me set a goal for marriage of being in a place where I really feel that real sex is real and porn is crap and totally not real life. And that woman connect mainly to the emotional intimacy of sex and not the physical aspect of sex like men and like in porn. --And bh I'm already far along the path and I'm 10 times ahead of other unfortunate singles who will have to wake up to a very disturbing surprise, not to mention their kallahs, who will be traumatized by not understanding why in the world this new chosson of theirs wants them to do things they find strange, awkward, scary, and hurtful. A hurtful and traumatizing chosson night 1 of marriage doesn't sound like a good recipe for success to me. It will be so damaging. No one should ever start a marriage like that.

I am not saying bacherim should know the ins and outs/triggering details of healthy sex. Therefore I'm not saying we should know what is assur and muttur in sex. We don't need to know that. All the details of sex is not what I'm talking about here. I'm talking about the authentic bonding experience that is sex. The authentic experience vs the acting in porn. The most intimate part of *our relationship* with our wives. The more we hear from people like our chashuve friend Eerie, how scammed they were and how surprised they were and how they wish they would've known earlier, the more we---bachurim that have been exposed and only have had false and fake exposure to sex--- can internalize and reprogram our brain, about what authentic sex is. Going into marriage to start reprograming my brain I think is a terrible idea. For me. For my wife. For my shalom bayis.

I think Gye is the exact place that we should be reprogramming our brain as apposed to other sources. So please continue posting about the truth of Jewish intimacy and your intimacy truths. bachurim please reach out to all the great role models we have here on Gye. Ask them if woman enjoy the sex portrayed in porn. Ask them what your wife will think of you if she doesn't enjoy porn-type-sex and you tell her "But you enjoy this, i know you do". Ask them how your wife will react to feeling like you are using her if she doesn't enjoy porn type-sex Go ahead and ask. Its about time.

And please don't think "my wife will like it" maybe she will maybe she wont. You cant decide for her what she enjoys. The same way she cant tell you you like eating whole wheat bread. You may like whole wheat bread, but that's for you to decide, not her.

Love ya'll either way!! BTW- no judgment here to any girl who enjoys sex in ways the average "yishivish girl" doesn't. I'm not here for judgment. I'm talking about girls who don't enjoy porn-type-sex and find it hurtful, strange, awkward and scary. No judgment to anyone else here. I love you too!

everytime i see ur comment i feel like uve added more and more lol

will read ah=fter shabbps gut shabbps

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Re: It's all in the name

Posted by Eerie - 02 Dec 2022 21:26

Dear Human Being, I hear you loud and clear. You make very good points, and you express yourself very clearly. And you are absolutely right! There is no way for bachurim to know what the real thing is unless they learn. That's why I shared what I did, by the way. I never, ever talk to people about my intimate life, but in this forum, I feel like this is the place to record my journey, to let people know my discoveries in real time, I feel it's justified to share some things that can let everybody know how stupid I feel, so that they can hopefully learn something from my mistakes. I will add that I did not fall into this garbage until I was married for a few years, so I started married life according to the way I was taught by my chosson rebbe. Only a few years later I started ingesting this trash. If in my marriage, which started out very holy and torah'dig, still the filth crept in through my watching this stuff later, how much more so will it define the marriage of someone who knows nothing else? I am not a chosson rebbe (thanks for the vote of confidence, gesmak!) and I can't teach anyone what is the right way in marriage. I definitely can't rewire the brains of others. But I can share a little so that you can have an idea of the garbage we've been sold. I will continue to share b'ezras Hashem, here I'll only write things that I think every bachur can read, but I'll let you know here if I post anything on the BB forum. I hope I'm doing the right thing by sharing, but I really feel that the lessons are worth sharing. So here's the next small lesson. I don't want to trigger and be explicit, so I'll just say it like this. I will tell you that for a long time there was something that I fantasized about, I hoped one day to do it. I didn't ever ask my wife but I once shmoozed about the concept, and she was so disgusted and horrified by the idea, I would never think of asking. Gone it was. But in the things I've seen it's glorified, it's sold as common fare. Now I know that it's only because it gives the men control, power, whatever. But it's sick that it's something most of us have seen there, if we would only know that it's not natural for a women to enjoy it, There's a reason the Torah uses the word ????? when refering to it. I later learned how painful that is for most women. Yes, you are right HB, everyone of us will have to sit down and find out what our wives enjoy, but until then you can be pretty sure that she won't enjoy what you've seen there. We have to rewire our brains. Plain and simple.

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Re: It's all in the name

Posted by Geshmak! - 04 Dec 2022 01:28

[Eerie wrote on 02 Dec 2022 19:31:](#)

Hi friends and family, dear brothers at GYE! In yesterday's post I wrote that it's a week since I posted my first post. (Reb Geshmak, I'm still waiting for the hartzige mazal tov!) Well, today marks an even more monumental day. It marks a week since I spoke to someone. It was half an hour to shabbos, to be exact, (don't mind my manners) but he answered the call. I wrote it before, but I can't begin to describe the difference between writing about my life, having people read, comment, share chizuk, and talking to someone live. Someone who can listen, hear my cry, pat me on the back, tell me that I'm normal, that Hashem loves me, that I'll be ok. Someone who gets me, who understands where I am coming from, understands what makes me tick. Someone that can direct me, give me a plan, help me strategize, and perhaps above all someone who make me feel comfortable enough, so not judged, that I feel I can call and tell him anything, even if I fall (Hashem, please help that I never need to make that call). Writing about it got it off my heart; I now realize that the terrible feeling of keeping my secret from the world was just choking me. But when we speak to people, they hear the nuances, they can pick up on the issues. Speaking is to be really connecting. To open up your soul and have somebody see your innermost essence. It was totally transformative. There are so many good tools here, including the forum which allows us to express what's inside, which so many of us are just plotting to do, but I would venture to say that nothing comes close to speaking to someone. Do I still find it uncomfortable to talk about the most personal part of my life, the most private things that only Hashem knows? Of course! It is very uncomfortable and hard. And every phone call hurts, no question. But it is so amazing! It's so helpful, I really can't describe it to someone who hasn't done it. Of course, we have to be wise and choose carefully who we tell what to, as we must protect ourselves and our families. But if we find that person that can understand our souls it can save us, to talk, to open up all the rusted boxes we have hiding inside and get rid of what's in them. For me it changed everything. Maybe it's your ticket to freedom.

Wow! That was a week of inspiration!! Thank you!! And here's my big ??? ???!!

please many many more weeks of your uplifting post!!

Btw check out my post (I put a link under) abt me not posting to much more(for now at least)... but thx for asking for a mazel tov, it shows you like my reply and it makes me feel good, take care! Gut vuch!

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Re: It's all in the name

Posted by Eerie - 04 Dec 2022 05:04

[Hashem Help Me wrote on 02 Dec 2022 18:02:](#)

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Thank you HHM for your clear and definitive weigh in on this issue. If there are bochurim reading this and they feel like following your recommendation for a "sound sex education", can you post some leads or sources for them to turn to, or people to reach out to, to find out where to receive the education that will give them a healthy, normal, correct perspective on what sex will mean to him when he B'ezras Hashem gets married? And what about someone who IS married, as myself, and are minds have been poisoned, how can we detox? Obviously having a honest and open discussion with our wives would help a lot, but is that it? Should we be learning something that can straighten out our sickened minds? If yes, what is that?

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Re: It's all in the name

Posted by Human being - 04 Dec 2022 05:31

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Here are some sources, a person by the name of Eerie. A person by the name of HHM a person by the name of#gye

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Re: It's all in the name

Posted by jackthejew - 04 Dec 2022 08:05

[Eerie wrote on 02 Dec 2022 21:26:](#)

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Warning: Spoiler!

Slight trigger warning

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Re: It's all in the name

Posted by Hashem Help Me - 04 Dec 2022 15:13

[Eerie wrote on 04 Dec 2022 05:04:](#)

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Best approach: A face-to-face conversation with an appropriate person - chosson rebbi, rav, GYE aproved individual, etc.

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Re: It's all in the name

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Re: It's all in the name

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what is detoxing and sound education

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Re: It's all in the name

Posted by Eerie - 04 Dec 2022 19:00

Hi Emes-a-yid! If I understand your question correctly, you are asking for definitions. A sound education means a well-rounded education that gives the person a very clear and comprehensive idea of the material he is learning. To 'detox' means to get rid of the toxic or poisonous things that have taken hold. In this case, a sound education would give a clear understanding of what married life is which would detox the mind of those who have been exposed to the toxic, poisonous, false portrayal of what it means to have relations with a women.

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Re: It's all in the name

Posted by Hashem Help Me - 04 Dec 2022 20:50

But there are many people out there that I'm sure understand the need to detox their minds but find talking to someone, especially face to face, way too scary too even contemplate, is their only hope to just get over their inhibitions and open up to speak to someone? Maybe GYE could provide some recordings appropriate for bochurim, but there is a drawback - the guy can't ask any questions.

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Re: It's all in the name

Posted by Eerie - 04 Dec 2022 21:21

Hi there, all my holy brothers on GYE! In the last few days a few people reached out to share words of chizuk. I thank you so much, it means so much that you took the time to notice and to comment, it helps me continue fighting and growing. We all have to know that every word of chizuk is so appreciated! Everybody could use a compliment, nobody gets sick of chizuk. And especially here at GYE, where the YH tries with all his might to convince all of us that we are losers, we messed up, that we are not deserving of Hashem's love. One of the most powerful things that shook me up was the first few responses to my first post, in which you guys wrote

that you couldn't understand why I wouldn't respect myself. But I knew why. I'm a terrible person, am I not? But then I read your messages again and again, and it started sinking in. Especially the words from my dear friend yud909, who challenged me to change my whole perspective. To paraphrase what he told me, the YH got me to see myself solely through the lens of this struggle, through my failures in this area. And Yud909 destroyed my belief of so many years. He got to me realize that first of all we have to look at ourselves through the wide lens, look at all the things we do right. Don't we have so many good things about us, be it learning Torah (remember, Torah is so powerful!), doing mitzvos, treating people with respect and dignity, there are so many wonderful qualities that we each have outside of our struggles in this area. And even in this area, are we not fighting? Don't you think Hashem is proud of His children, the ones who have stumbled, fallen, gotten bruised, and get up, shake off the dust and push onward? Don't you think Hashem is so proud of the guy who's trying so hard to get at least one day past his last streak? Don't you think He's so proud of the guy who signs up and is killing himself to get to day 1? If you were a father and you saw your child trying so hard, wouldn't you be proud? Hashem's love for us is endless and limitless, and even though I'm not in shomayim I'm willing to bet my bottom dollar that Hashem is sitting up there and kvelling from all of us, all the people on GYE, and He calls His malachim to see how special His children are. We have to get used to the idea of patting ourselves on the back! We have to be proud of our accomplishments! I think some people mistake that for ga'ava, but not being proud of your accomplishments is plain stupid. ga'ava means being haughty, feeling and expressing that you're better than someone else. Celebrating your accomplishments is one of the most powerful things we can do to fight the YH. Like one wise man once said "shmatas watch porn", so the YH does whatever he can to convince us that we are shmatas. we have to see the beautiful things we've done, the wonderful person within us, and one of the best ways to get there is by getting a compliment. Of course we should work on believing in ourselves, but when we share encouraging words we have given our friends a powerful tool. Nobody is above encouragement. So keep the good words coming, and share them with as many people as you can! Your words can have an amazing impact!

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