

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 likes 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 bachurische 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 Markz - 29 Nov 2022 06:12

[Gevura Shebyesod wrote on 28 Nov 2022 21:43:](#)

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Pesachim 113

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Re: It's all in the name
Posted by Eerie - 29 Nov 2022 06:56

Excuse my blatant ignorance Markz, what is that supposed to mean?

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Re: It's all in the name
Posted by jackthejew - 29 Nov 2022 08:13

[Eerie wrote on 29 Nov 2022 00:09:](#)

Hi Teshuvaguy,

I did not intend in any way to say that I am actually afraid that someone might give away my identity

In my own experience, much of the damage to my life, learning, and relationships was from the secrecy and the need to maintain the double life. In the beginning of my journey on GYE, someone accidentally discovering my secret would have been catastrophic. Now, B"H, thanks to the work done on the forum, in in-person and phone meetings, and in therapy, I am pretty fine with that possibility. That doesn't mean I go around announcing it. No constructive purpose for anyone in that. But the fear is much less. And that is the best part for me long-term.

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Re: It's all in the name
Posted by Eerie - 29 Nov 2022 08:38

Hi Jackthejew! Thanks for all the chizuk and the input. I totally agree that the relief of getting it out was tremendous for me, and even what's uncomfortable is all worth it. And while it wouldn't bother me if I met you and you realized it was me, there was something about spilling out my kishkes that really made me feel lchy. It could be it was just my gaava, but it was yucky that I gave all the details of all I've done wrong to a live person. As none judgemental as I hope that person to be, a human being is still only a human being. But BH we are past that! Pray for me at the western wall, my friend!

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Re: It's all in the name
Posted by jackthejew - 29 Nov 2022 08:53

[Eerie wrote on 29 Nov 2022 08:38:](#)

Hi Jackthejew! Thanks for all the chizuk and the input. I totally agree that the relief of getting it out was tremendous for me, and even what's uncomfortable is all worth it. And while it wouldn't bother me if I met you and you realized it was me, there was something about spilling out my kishkes that really made me feel lchy. It could be it was just my gaava, but it was yucky that I gave all the details of all I've done wrong to a live person. As none judgemental as I hope that person to be, a human being is still only a human being. But BH we are past that! Pray for me at the western wall, my friend!

While it feels nasty in the moment to tell all to someone else, the relief of beginning recovery is definitely substantial. In the long-term though, I've found even more positive emotion than that when the realization hit that I no longer cared about it with the full heaviness and that the impact it once had on my life was going away. One big moment for me was actually reading the first Siman in Mishnah Berurah of Shivisi Hashem L'negdi Tomid and realizing how I'd led my life exactly as if I'd replaced Hashem with Porn R"L. Evaluating every action, every thought, every word. Will someone catch me this way, that way, or the other way. The "end of the road" constantly played itself out in my imagination. I imagined the feeling of being made to "Give Din V'cheshbon", not to Beis Din Shel Maaloh and Hashem, but to my parents, Rabbeim, Friends, and the whole world who would surely judge me and denounce me for the Rasha I was. I'd be thrown out of Yeshiva, my community, and my circle of friends. I'd never get a Shidduch. I might be put in Cherem. And on and on and on... It's no wonder that walking around with THAT on my head for years will do some damage in many areas. Therefore, the relief cannot be overstated of getting to a point where I am not just relieved that I'm not being judged, but realizing I don't care much if others judge me in this area, since I know I'm doing what I can Al Pi Da'as Toirah.

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Re: It's all in the name

Posted by Hashem Help Me - 29 Nov 2022 12:37

[Teshuvahguy wrote on 28 Nov 2022 18:58:](#)

@eerie, it may feel yucky to have put it out there to someone on the phone...totally understandable. But I wouldn't worry. No one you are likely to have spoken to on the site is likely to betray your trust. I have seen no evidence that anyone who is on GYE has any malevolent intentions. We are here to help and support each other.

Unfortunately, on rare occassion there have been people on GYE forums who "had issues". It is not advisable to reveal any identifying info to anyone until you feel confident that that individual is sincere, or you were given his number by the GYE administrative staff. One must be careful. Of course when the moderators realize that one has questionable intentions, they get involved, but that sometimes takes time to happen.

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Re: It's all in the name

Posted by Geshmak! - 29 Nov 2022 17:51

[Markz wrote on 29 Nov 2022 06:12:](#)

[Gevura Shebyesod wrote on 28 Nov 2022 21:43:](#)

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Pesachim 113

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What?!?!?

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Re: It's all in the name
Posted by chancy - 29 Nov 2022 18:17

WHAT?

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Re: It's all in the name
Posted by Eerie - 29 Nov 2022 18:30

Hi there my dear friends! I'm still just starting on this journey towards helping myself, BH had a few DMCs with HHM, (In my phone I saved his number as HHH, Hashem Help HIM, because I need him to be there for me!) and I don't know how long you have all been on this journey and whether you've had similar experiences, but I'd like share some of mine. These days I'm very emotional, (I'm generally an emotional person, and I sometimes wish my mind would dictate my actions more). But something happened that surprised me. It's something that made me feel like I can really get past all this. I hope I won't be upsetting anyone by sharing, but this morning I really cried. I have been having these issues for years, BH I didn't do anything terrible in my Yeshiva years, but like all humans I've had sexual desires. I would look up every gemara (my parents' home is pretty clean) I could find about it, checking up the artscroll, (then having to check everything in a dictionary! Where do they pick up all those words?), and I read some bad things, although nothing on the P level. But at the end of the day I looked at myself as a bad guy for wanting these things, for looking at women, for reading things I shouldn't have. When I started reading really terrible things, and then watching P, I would always cry later, I would beg Hashem to be moichel me, I would promise that it won't happen again...and it happened again. And again. And again. I can't tell you when, but at a certain point I had an emotional disconnect, on some level I just accepted that this was me, and that's that. I have asked Hashem to be moichel, I have klapped s'lach lanu, I even told Hashem that it wouldn't happen again. But I have not cried about it for years, I had almost zero emotion in it (HHM, if you are reading this I'm sure you will have a hard time believing me, but it's true). I wrote earlier about my RH and YK the past few years, they were dry. I tried, but my emotions were locked away. I'm no psychologist but I would guess it was just old fashioned Yi'ush. Plain and simple yi'ush. I gave up on ever getting out. So to deal with it I just disconnected. And then I posted here. I spoke to HHM, a person I cannot thank enough and I wish I would have met a long long time ago. And I see hope. I see light, I see that I really can stop these things, I really can stop acting out, I see myself as able to get out of this filth, I see myself as able to one day post that I'm up to day 10000. And the dam burst. I cried like I have not cried about this in a long time. It felt so good to

GYE - Guard Your Eyes

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feel myself. I felt alive. Because I am alive. I can do this, I can fight, I can stay clean, I can make Hashem proud, I can make my wife proud, I can make my parents proud, and yes, I can even make myself proud. Yes, I can look in the mirror and be proud. Because I'm here for the long haul. Dearest friends, my dear dear brothers, I so happy to join you all in the land of the living!

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Re: It's all in the name

Posted by Geshmak! - 29 Nov 2022 18:49

I not only love what you write I LOVE the way you write!!!!!!

So clear and soo geshmak (like if I would want to write what u post above it wouldn't come out half as clear) keep these beautiful post coming please,I (better said-we) love them!

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Re: It's all in the name

Posted by chancy - 29 Nov 2022 18:57

I loved your post! and its 100% correct.

Most of us never imagined that we will be able to get out and we did! We are all still human and have ups and downs. But lots and lots of people have gotten MUCH better and MUCH MUCH further where they thought possible! So come on up on the ladder and hold on as you make your way up.

Here in the treehouse its not all laughs and giggles but its a heck more fun of being down in the mud and giving up.

Another point, i think that a lot of people here are also emotional people. Not everyone, but a lot of people who get sucked into this stuff are very loving and caring and sensual and emotional this is why this creeps in so deeply for us because we wanna connect on some level to other people. Im also very emotional. I cry a lot. I refuse to shut it down i never want to despair. Keep on lettngs out your emotions, its very healthy.

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Re: It's all in the name

Posted by Geshmak! - 29 Nov 2022 19:14

I actually feel so stupid typing my half English no grammar post in front of theses two fancy perfect amazing writers! You guys both write beautifully!

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Re: It's all in the name
Posted by Eerie - 29 Nov 2022 20:03

joke: but please don't tell the New York times that chasdim can't write

Hey chancy, I couldn't say it better. I am a very emotional person, like I cry when when my kids do something special, and they get all confused. I have to explain that I'm not crying because it hurts, just because I'm emotional. By now my kids know that it doesn't take much to get me to cry. When I say stories to kids I can cry with the protagonist! So I feel like I really get what you wrote. I love my kids to pieces. It's just we gotta keep these emotions from getting us in trouble. And no, don't ever shut it down, you and I and all the amazing fighters here will make it, we are making Hashem proud because we are fighting, and he loves us for it. We will bring Moshiach, no doubt. I have to say, after being on here for just a few days I'm trying to figure out why Moshiach isn't here yet....

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Re: It's all in the name
Posted by Eerie - 29 Nov 2022 20:11

Dear Geshmak! Just post, talk to us. We don't work for the Websters, you know.

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My friend, keep it up and keep giving us chizuk! (And don't mention the filthy NYT)

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