

From two identities to True self

Posted by true_self - 28 May 2023 23:02

Hi everyone this is my **very first time** writing about myself on the forum.

I have now been posting on the forum for a while, and now I took my time to open my very own thread and tell my story.

Thanks to all my friends here who are constantly helping me, giving me inspiration, aspiration, motivation, positivity and ambition.

Special thanks to **Eerie**, **HMM** & **Cordnoy** (and acharon acharon chaviv my **wife**).

MY STORY - LIVING WITH TWO IDENTITIES UNTIL REVEALING MY TRUE SELF.

I grew up in a chassidish community & had a pretty regular childhood.

I was first exposed to inappropriate sexual behavior that took place between my close friends back in school when I was around 9 years old, but I was not physically involved (for the most of it) & have never been attracted to guys sexually.

In yeshiva ketana at the age of 14 a friend exposed me to a lot of adult information about sex masturbation etc. basically like many of us, my first exposure to this topic was not in the way it should have been.

Ever since then I started masturbating from time to time just for the pleasure it gave me, only after a while did I discover that it's a great sin (a friend also told me).

I wanted to stop masturbating so hard but unfortunately it was not going, every time after I masturbated I promised to myself that it's the last time. I used to count how many times I masturbated but eventually I lost track.

In those days my main triggers (this is what I remember now) where catalogues, magazines etc. (anything with lust images) and on the streets, (at some stage I can remember gazing at the same model in a catalogue repeatedly while m* I literally felt deeply connected with her, those images still come up in my mind with all the details from time to time).

As time passed & I kept on falling again & again, I started to realize that It's a serious struggle that won't disappear overnight, little did I know of what awaits...

As time went on I got on to the internet and browsed inappropriate images, it then continued to

videos and inappropriate sites and platforms. I felt like slowly being dragged into more & more of this unwanted behavior, and I did not have the tools to get out of it, I was trapped.

Almost 2 years ago at the age of 18 I was first exposed to real porn. At first it was a huge shock for my brain but later on I became more & more accustomed to it & eventually stayed up till very late at night to watch porn & masturbate.

Not long after that I b"h got engaged, 5 month later I got married besha tova, between my engagement & my wedding I almost didn't watch any porn, that made me believe that I can solve it by myself, after all this was the biggest secret in my life & I was not yet ready to open up to someone else about it.

The first few month after I got married I was completely clean from P&M & I thought that I've achieved true freedom; but very soon as the stressers came along the way I discovered that I was still imprisoned, It was very hard for me to face the fact that even after having an awesome marriage with such a wonderful wife I'm still watching this garbage...

It was already from right after my engagement that I started having challenging thoughts about sharing my struggle with my wife in the future; however I still couldn't imagine myself sharing it.

Today I'm married for almost a year. I did not have a typical shana rishona, (more details in the future beH) we had many challenging experiences together which made us grow stronger & better.

One night (19 mar 23) it was after 2 very tough weeks for me with a lot of stress, & I have been heavily engaging in porn & masturbation to a point that it occupied my head completely, I wasn't focused during the day.

My wife has a really strong intuition & she sensed that something is wrong with me, she had nudged me several times in the past to tell her what bothers me but I always got away with all sorts of explanations that it's nothing major, however at that point I felt that I can no longer hide it from her, I could no longer keep it a secret. The pain of living a life with two identities was already unbearable, I felt like an hypocrite & that I'm betraying my wife.

I did the unbelievable and shared it with my wife, to my surprise (or not quite, i did know her quite well by then) she was very accepting understanding emphasizing and comforting, It was a tremendously awesome experience, I sobbed myself out until I was dry from tears, and so did she (and yes I do recognize that I have tons of what to be grateful for to hashem for such a wife, and I am).

Previously I felt that I'm living a double life with two identities & if anyone would discover my dark side I would be done... forever, no respect, no love, no empathy... from here and on it all changed.

I find it that opening up to another person, and to even a anonymous community like GYE, and realizing that I'm not crazy or any different then my friends in real life, but actually a normal

human being like everyone, where the first and most essential steps of my recovery.

I'm not a hypocrite, I'm a beautiful and wonderful person that does many good things, and also struggles with the struggles of this generation (shoutout to Eerie).

I'm privileged to be part of a battalion of soldiers on the frontlines of the toughest battles against the enemy.

I look at my struggles and see the great opportunities that are hidden within them, and I reflect on how they have shaped me and made me who I am today.

I did not yet reach freedom but I did reach the path leading to freedom!

With the support of all my special friends out here I do it day by day.

I'm no longer alone.

I hope that some people can learn and gather strength from my story

More to come beH...

True self.

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Re: From two identities to True self
Posted by redfaced - 26 Jun 2023 14:48

[cordnoy wrote on 26 Jun 2023 13:58:](#)

Thanks for reading and understanding, comments and feedback of all kind are welcome!!!

[true self wrote on 26 Jun 2023 13:12:](#)

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In Reality - **Sex** is a means, **Love** is the goal.

Taking **off** our VR glasses and getting back to reality, takes 10x the time & effort than putting them **on**.

Perhaps we should spend some time on "Sex is a means." Is it? 'Means' to what? Maybe sex just is; why make it more than it might really be?

Who says that it just is ? Its there for a reason besides procreation. I have a hard time believing that anyone disagrees with that , just that in some instances in an unhealthy relationship things need to be done differently. But in a healthy relationship its certainly more than just a "is".

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Someone wrote recently that Cordnoy writes thin's that at times border or surpass the extreme; this is probably true. Nobody needs to agree with me, and if you disagree, please say so. Am I always gentle? No, and I am sorry for that. I am pleased that I have been postin' much more the past week, and as far as I know, I didn't tick anyone off yet. I will continue to promote open conversation.

One final point. Yesterday, someone posted about some activities he has engaged in, and it seemed like some of the stuff were probably illegal and morally off the charts. He ended off, "Am I a monster?" Several people responded with welcomin' posts, as did I, and then I told him that he's probably a monster, or close to it. Perhaps there are some people who don't see the truth and that's sad, but for the people who do see the truth, please don't be bashful. Child molesters are monsters (and they and their victims can be helped - I don't know if the abuser can be cured, but he can be helped).

Godspeed to all

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Re: From two identities to True self

Posted by Eerie - 27 Jun 2023 02:18

My dear friend, Emeser Mentch, there's a lot of truth in what Cordnoy is pointing out here. Yes, there are things that intimacy brings out in us, but there's also the simplicity of it that as people who are married and love each other this is one dimension of your relationship. One of the

things you do to express your love.

Keep trucking, my holy friend! You are amazing that you stopped while you still could! Keep it up!

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Re: From two identities to True self
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Yeah it's only one dimension out of many other, existing in a loving relationship, but I don't think that it can be compared to taking a walk etc., Have You ever heard of a woman getting prepared 7 days, Going to mikvah.... before going out for a walk? The point is, that I believe that Sex is something more than anything else in the relationship, And that's why we have this whole preparations and breaks going on.

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Spending 1/2 extra hours of My time with her, is "???? ?? ????".

This shows Me that it's not the actual act itself, It's the meaning behind the act, That
Thanks For giving me a jewish name
She appreciates.

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Posted by Heeling - 27 Jun 2023 14:29

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You got it bro!!

Doing an extraordinary job!

Keep it up!

=====

Re: From two identities to True self
Posted by chaimoigen - 27 Jun 2023 14:36

The Mitzva is "Onah". The word translates as "designated time". When this tool is used properly, as the Manufacturer intended, it's the sweetest quality time imaginable. Clearly, it's about building a relationship. Of course, building a relationship is done by deep meaningful acts and also small daily acts. Fun acts and also serious acts. Intimacy can take different forms at different times and express itself differently for different people in differing kinds of relationships. And fun builds a relationship, too. As does giving, consideration, and a lot of other stuff!

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You just reminded me that I wanted to write about the idea of "onah" but forgot.

Its called "?????" = **Her** time, It's all about Her, It's about 'Giving' not 'Taking', "Loving is giving, and giving is love"

Thanks Chaim for always throwing in some torah concepts.

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Posted by cordnoy - 27 Jun 2023 21:18

[true_self wrote on 27 Jun 2023 17:39:](#)

[cordnoy wrote on 27 Jun 2023 16:48:](#)

[true_self wrote on 27 Jun 2023 14:13:](#)

[chaimoigen wrote on 27 Jun 2023 12:59:](#)

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