

From two identities to True self

Posted by true\_self - 28 May 2023 23:02

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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 chaimoigen - 11 Jul 2023 04:38

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Actually, In the beginning of ??? ???? ??? it's Mevuar Lihalacha according to the Mechabeir that today we do not have the Halacha of Tevilla Bizmana Mitzva, (because of Ray Zeira). So Thanks for reading and understanding, comments and feedback of all kind are welcome!!! the Halacha that one must not skip the Mikva today only applies to married women, and the Chiyuv is for ????? ????? ???? ?????? ?????

HOWEVER- the Poskim there (??' ??? ?" ?' ?????) write that even in cases where actual relations would not be possible, there is still a Mitzva to go to the Mikva because the husband can be intimate with his wife through other acts of Kurva. See also Siman 184 Sif 10- that the Mitzva of Onah can be fulfilled through Divrei Ritzui and other acts of intimacy, when actual

relations are not possible. This demonstrates, in my opinion, that the Mitzva of Onah is a Chiyuv to give one's wife the gift of "designated times" that are consecrated **just for her** ("Onasa")-times of special intimacy. Physical relations that are the ultimate vehicle for this intimacy are the full measure of this.

The Ramban speaks about this too, in his Iggeres.

[Tosfos in Kesubos 47b translates Onah as ????? ??? ????? ?? ????? ??? ????? ??????? ??????? ????? ??????? ??????;, not "time", but it doesn't change the concept, I think. Maybe according to Tosfos it includes a right to have her needs fulfilled.]

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Re: From two identities to True self  
Posted by shmira101 - 11 Jul 2023 06:16

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Tosafos in Yevamos (can't remember exact daf off hand) speaks about being mekayem Onah when going out of town while the wife is a nidah. Tosafos says that speaking with her and spending time is a kiyum D'Oraysa of his chiyuv

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Re: From two identities to True self  
Posted by bright - 11 Jul 2023 18:57

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It is talking about being fulfilling the obligation "*liphkod*" his wife before going on the road. Not necessarily the Deoraysa chiyuv of onah. Tosafos is end of 6th perek of yevamos i think 62b.

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Re: From two identities to True self  
Posted by hihello123 - 11 Jul 2023 20:37

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Awesome!

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Re: From two identities to True self  
Posted by true\_self - 23 Jul 2023 11:14

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Thanks everyone for the sources and insights

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Re: From two identities to True self  
Posted by chaimoigen - 23 Jul 2023 20:19

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Hey - True-self!! We missed you!!  
Nice to see that my thread generated some Torah discussion!!!

welcome back!! Hope you are well.

We need your insight and Gutzkeit here !!!

Stick around!!

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Re: From two identities to True self  
Posted by true\_self - 24 Jul 2023 12:07

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Thanks Chaim!

Welcome back to GYE is not the welcome back I was wishing for.... but welcome back to the great friends here like you is what I need!

In the past GYE became an addiction for me and that's why I left for 2 weeks, which than ended up being over 3 week due to vacation, I'm glad to share that the first 2 weeks were a complete different world for me, I was rarely on the internet (and when I did it was together with my wife) the results were unimaginable and most importantly I discovered that it is actually possible!!!

However the sad news is, that in the 3rd week if fell 3 days sequentially, I found a new loophole

on my phone.... I was planning on blocking internet connection on it but was pushing it off....

I'm going through tough days, but staying strong and not giving up. Hashem keeps on testing me, I guess he believes that I can do it! so I will.

All the best!

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Re: From two identities to True self  
Posted by Heeling - 24 Jul 2023 14:27

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Hey!

It certainly is a welcome back to GYE as you were absent from the site but not from our hearts, you never left our hearts.

I'm happy to hear that you are fighting addiction in any way it may be. Keep it up, keep fighting, the more we fight the better we become.

I'm sorry to hear about your falls, it is definitely sad and a letdown, but we can't let that get in the way. We got to focus on the good and continue with life. In your case focusing on the first two weeks over the third week.

It takes tremendous strength what you are doing, keep doing what you think is the right thing for you. keep fight, never give up, focus on the good. You'll succeed!

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Re: From two identities to True self  
Posted by chaimoigen - 25 Jul 2023 14:18

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[true self wrote on 24 Jul 2023 12:07:](#)

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All the best!

Thinking about you, my friend.

You know, I think it wouldn't be a stretch to apply to **internet use** that adage of Chazal "?????? ???, ?????? ???". Using internet less is incredibly liberating! When I had online access on my phone I felt it was a "ball and chain" I was carrying around, schlepping me down, chafing at my skin, exhausting me.

But - I feel that being on GYE each day is worth it. Going on even just for a check-in and to connect with friends is a game-changer. It's a way to keep focus and aligned with priorities, keep aware of vulnerabilities and strengths, all at the same time. I have been keeping a Kabla to go on the site only once per day, to keep my secret online life from getting out of hand. (I had )

Keep on moving forward!

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Re: From two identities to True self  
Posted by true\_self - 03 Aug 2023 16:59

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**Day 15** (again)

Many things are going on and one thing makes me forget about the previous one... (Don't have time to share the full story)

Here's a victory I had this week; My father in law went on vacation with his family for 2 weeks, my wife and me are taking over his job for him so that he can have a complete vacation, on Sunday I went to my his office to train for the job and see what needs to be done, I was there together with him and he showed me around how to arrange everything, he also showed me the Wifi password in case I need it. The next morning during davening I realized the danger of me being alone in the office with the possibility to connect my phone to the Wifi (which had caused me many falls previously and for now I still couldn't manage to filter it, I'm planning to filter it in 2 weeks and if I won't succeed I'll buy a new phone beH) I immediately took upon myself to rip \$100 even if I only connect my phone to the Wifi, BH it helped me to stay strong on Monday and later on I deleted the last app that I had that allowed me to reach the internet.

Currently I'm being challenged by Hashem to stay focused and not distract myself with any kind of distractions and be there for my wife while she is lying in bed and was just yesterday diagnosed with mono (cmv).

P.S. At this time just a year ago I was diagnosed with mono (ebv).

I thank Hashem that I have friends to speak to and who always have the right words to give me when I need it.

Who has time to think about inappropriate stuff while being busy 24/7 with taking care of a sick wife with a 11 week old (young) little baby??!! (well just a year ago it is what I would be doing in such a scenario, BH with the help of GYE, friends and all of you here I've become way stronger in the past few month)

Wishing my wife and everyone here All the best!!

True self

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Re: From two identities to True self  
Posted by Heeling - 03 Aug 2023 17:58

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Hey! Thanks for checking in. We really miss the times when you enlightened us with your amazing well written posts daily. I'm not saying that you should change anything what you feel works for you, but just letting you know that we (I) miss you dearly.

I'm really sorry to hear about all the hecticness and stress while your close relatives are chillin on vacation.

Its great to see your growth from last year, hope this will be a big factor in keeping you going. You're an extraordinary fighter that wins a lot of battles. Keep fighting, focus on the good. Stay positive (a taught one for me).

I ask Hashem to send your wife a refuah shleima. I hope you find a energy and strength to be the strong husband and father.

All the best,

Enjoy your little (and big) bundle.

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Re: From two identities to True self  
Posted by bright - 03 Aug 2023 20:48

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[true\\_self wrote on 03 Aug 2023 16:59:](#)

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Wishing my wife and everyone here All the best!!

True self

So inspiring how you took a seemingly bad situation and turned it into a good...

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Re: From two identities to True self

Posted by hashemlovesyou123 - 04 Aug 2023 01:52

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Welcome back!

I know I'm new to this thread but I just spent time reading through the entire thing and I am truly inspired! You have such Gevura to be able to take the steps to limit your access to inappropriate materials. It has inspired me to finally get a secure filter for my computer and take the steps to really make true progress on my journey. What has helped me in the self-control side of things is realizing that Hashem gives us nisyonos in order to allow us to achieve greatness. Hashem would not put us in this situation if He didn't know we had the kocho's to overcome our challenges and emerge better people! You just need to remain focused at all times and never let your guard down. By changing your mindset about this struggle you

can begin to see real changes in your ability to control yourself. Hatzlacha and stick around!  
Thank you for all the chizzuk and inspiration!

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Re: From two identities to True self  
Posted by chaimoigen - 04 Aug 2023 17:00

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In the Zchus of the efforts that you, my special Heilige friend, are investing for Kedusha and  
Tahara, may the Rebono Shel Olam send only Simcha and Bracha. Connecting to His bracha  
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Keep on trucking and climbing!

Git Shabbos

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(not Wifi