

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 true_self - 06 Aug 2023 13:56

[chaimoigen wrote on 04 Aug 2023 17:00:](#)

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

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

Chaim, You are the best!!! You open up my eyes to see ????

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Hashem's brachos come through wireless (but he doesn't need wifi)

Re: From two identities to True self

Posted by true_self - 31 Aug 2023 22:13

20 Days clean Thank god

In the past few weeks me and my wife have been riding (and it's seems that we continue to) the most bizarre roller-coaster ever! One moment it seemed that everything is perfect, calm and safe, and suddenly it felt as if our relationship has reached its end (don't worry it only felt so but deep within i knew that divorce is not happening, but sometimes our emotions take us over so strongly that we feel as if it's reality).

Right now my wife is very weak and in bed almost the entire day and of course understandably not in the greatest mood, she also feels her emotions stronger than ever before, I can blame it on hormonal imbalance (due to birth control) but it won't help me solve the problems.

As her husband and a father to my baby, I need to make sure she eats and rests, feed my baby, make some laundries, shop, clean etc. and I'm left with almost no energy to just spent some quality time with my wife, so she of course feels alone....

Never mind that I have zero energy to keep my eyes on the ball, and it of course badly affects my attraction to her.

I know that comparison is my biggest enemy right now, but i'm struggling to gain sanity over it, my mind just keeps on rushing with unwanted thoughts that seem to be uncontrollable, Any tips would be appreciated.

I writing this in order to get these feelings of my heart and try to connect with some friends.

All the best

True self

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Re: From two identities to True self
Posted by redfaced - 31 Aug 2023 22:45

[true_self wrote on 31 Aug 2023 22:13:](#)

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All the best

True self

Sounds like you're going through a very hard time!

Also sounds like you're doing an absolute amazing job being dad mom and hubby.

I can totally empathize with you . Wife gets very sick when she's pregnant And i find myself in the exact same position .

Taking care of a sick wife , all the kids , the house , laundry , meals, carpools ect.

Exhausted.

Every day .

For a few months.

But there was a light at the tunnel , and the darker the tunnel the brighter the light .

Hold on buddy - youre doing great!

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Re: From two identities to True self

Posted by Eerie - 31 Aug 2023 23:17

[true_self wrote on 31 Aug 2023 22:13:](#)

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All the best

True self

My dear friend, I'm so sorry for your challenging time, be it for a happy reason. It is tough. Is cleaning help a possibility? Do you have family that can possibly help with some meals? Is babysitting an option? My friend, like you wrote, we are only able to stretch so thin. You are doing a great job taking care of your wife. Please, take care of yourself, too. Get help wherever possible. Accept offers! Now is not the time to be proud and tell people that you can do it alone

And, my hugs, my friend. I'm with you. We are all with you. It's vary hard. BeH your wife will get back to herself. Life will beH return to normal. And she will forever remember what you have done. And Hashem will too!

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Re: From two identities to True self
Posted by chaimoigen - 01 Sep 2023 16:56

[true_self wrote on 31 Aug 2023 22:13:](#)

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All the best

True self

You are true and good, my friend.

These are very difficult situations you describe. One tip I feel comfortable giving:

It's ok to have thoughts. They happen. Comfort yourself: Remind yourself that they are **just thoughts**. And move on and keep trucking. That's all.

The Nesivos Shalom writes that ?? **?????** ???? ????? means that this Issur is not to have thoughts. Having thoughts isnt a problem. Its **Dwelling On and exploring** the thoughts that are a problem. Don't go there, don't get too hung up them. Just keep going on.

Keep your chin up. You're a special guy. Your wife is lucky to have you.

And so are we!!

Gut Shabbos!

Menucha Visimcha!

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Re: From two identities to True self
Posted by cordnoy - 01 Sep 2023 17:07

[true self wrote on 31 Aug 2023 22:13:](#)

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All the best

True self

Intro (which may be longer than my actual post on the topic at hand): Mr. TrueSelf and I have a nice (perhaps special) relationship, so don't you all pile on and say that Mr. Cordnoy is an S.O.B. (you can if you want; I truly don't care - truthfully, it probably even makes me feel good, so go for it!), as the contrarian in me says as follows:

Mr. TrueSelf, welcome to the big leagues and marriage (baby - and all that comes with the bundle of joy, and all your extra travel); now, grow up and move the hell on!

Godspeed!

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Re: From two identities to True self
Posted by chaimoigen - 01 Sep 2023 17:20

[cordnoy wrote on 01 Sep 2023 17:07:](#)

Mr. TrueSelf and I have a nice (perhaps special) relationship, so don't you all pile on and say that Mr. Cordnoy is an S.O.B.

Godspeed!

The contrarian in me wishes to accentuate that Mr. Cordnoy, besides bein' a contrarian, is also a good friend who specializes in tough love. And a good pirate.

Godspeed!

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Re: From two identities to True self
Posted by redfaced - 01 Sep 2023 17:38

[cordnoy wrote on 01 Sep 2023 17:07:](#)

[true_self wrote on 31 Aug 2023 22:13:](#)

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Godspeed!

Would have been better grow the hell up up and move on!

One thing has nothing to do with the next. Growing up & moving on doesnt negate the need for Chizzuk,

He is in slightly more of a trying circumstance

Seems like hes doing a good job growing up & staying strong

But there aint nothing like a good kvetch to make someone feel better.

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Re: From two identities to True self
Posted by homerun20 - 01 Sep 2023 18:36

Thanks for sharing! We are all here for each other. We all are here because we struggle and sharing our struggles only helps us get better. Thanks you for sharing, because we each give each other Chizuk

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Re: From two identities to True self
Posted by chaimoigen - 03 Sep 2023 14:37

Hey my dear friend True Self - How are you doing?

Hope Shabbos was ok, maybe things looking up a little... We are thinking about you and having you in mind!

In Lidovid we say ??? ?? ?? ??? ????? ??? ????? ?? ??

This means that sometimes we need to be Michazeik ourselves in order **that we can keep on hoping**. Hope isn't to be taken for granted, but it's also a Bracha from Hashem that we can request. And he will answer.... ?? ??? ??? ????? ???...

Please keep in touch! Chin up!

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13 / 15

Yes, I know that it's extremely difficult and I might not succeed in looking away from tempting scenes the entire day or even just for several hours/minutes/seconds, nevertheless it's not an excuse not to start or to give up, because every single time I close my eyes and look away, it makes me a greater and better person/husband, it reduces my resentment and makes me feel more satisfied with myself and what I have (my dear wife), getting yet another step closer to my ultimate goal.

YES! It is possible for me to achieve greatness, to watch my eyes and not automatically be carried away by every thing that catches its attention. I can and am in control of my eyes, heart and mind, by filling them up with positive views, emotions and thoughts. I can be completely connected to my dear wife and be attracted only to her. I am capable of creating a wonderful relationship in which she can feel that the only woman in the world I'm interested in and really want to be with, look at, connect, enjoy and spend my entire life with is her!

-[A note written to myself that I should constantly review and practice].

P.S. My wife told me that she's not willing to go to mikvah as long as I engage emotionally with other women on the street, it makes her feel unloved and unhappy with herself.

I accept, understand and respect her feelings and don't blame her, and I hope to get help to be able to improve matters before it's too late.

All the best.

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Re: From two identities to True self
Posted by Heeling - 04 Sep 2023 23:31

Great last two posts!

Love every word. Keep it up! you are an inspiration, you are a wonderful husband and you will IYH

reach your ultimate goals (and so will I and everyone else here).

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Re: From two identities to True self

Posted by EccentricComposer - 05 Sep 2023 00:24

Wow, amazing posts, keep us posted!

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