

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**, **HHM** & **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 - 29 Sep 2023 12:37

It looks like i actually can't do it. I fell again yesterday and today, My wife doesn't yet know and I still don't know how I'm going to tell her. Nor did I have the strength to tell my accountability partner when he called me today. There seems to be no end to this struggle, I would like to give up but because I'm married I can't afford it, life won't be easier if i just give up. I find it that especially in this time of the year I fall even more... also when I feel confident that I will stay clean forever and that the urges have kind of left me, it backfires within the coming few days. In this case I believe that the erev yom tov stress etc. and all other stress, plus that I found a way to once again view inappropriate stuff, has caused me to fall. I would push of yom tov with a few days if I could of.

Hoping to get over this very soon and dust off once again and hopefully forever.

Wishing you all a wholesome simchas yom tov!!!

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Re: From two identities to True self
Posted by Heeling - 29 Sep 2023 12:53

Ouch!

Why would you tell her about your fall?

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Re: From two identities to True self
Posted by cordnoy - 29 Sep 2023 13:06

[true_self wrote on 29 Sep 2023 12:37:](#)

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Sorry to hear.

Posts like this are usually an indicator that real recovery steps are necessary.

Godspeed in figurin' that out what those actions may be.

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Re: From two identities to True self
Posted by true_self - 01 Oct 2023 11:27

[Heeling wrote on 29 Sep 2023 12:53:](#)

Ouch!

Why would you tell her about your fall?

I told her already, and she actually asked me what's going on so there was no way for me to hide it anyway, and i knew this is going to happen as this is always what ends up to happen, the one time that I did try to hide it, it ended up very badly... so I learnt from my mistake by now, This might not be the right thing for everyone to do, but for me this is what works best.

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Re: From two identities to True self
Posted by true_self - 01 Oct 2023 11:36

[cordnoy wrote on 29 Sep 2023 13:06:](#)

[true_self wrote on 29 Sep 2023 12:37:](#)

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Thank god I've noticed the indicator already and took actions for recovery.

I also got rid of the device that caused me to fall now and almost all previous times.

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Re: From two identities to True self
Posted by frank.lee - 01 Oct 2023 21:12

Sorry about what you're going through. I've been there for many years. Keeping on falling, thinking and believing that is who I am, that I will always be falling. BH today I am a different

person. You will get there too.

Have you spoken to HHM?

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Re: From two identities to True self
Posted by cordnoy - 02 Oct 2023 01:14

[true_self wrote on 01 Oct 2023 11:36:](#)

[cordnoy wrote on 29 Sep 2023 13:06:](#)

[true_self wrote on 29 Sep 2023 12:37:](#)

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Nice.

Care to share please the recovery actions taken?

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Re: From two identities to True self
Posted by eerie - 02 Oct 2023 06:08

[true_self wrote on 29 Sep 2023 12:37:](#)

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My dear friend, we are here for you. Your steps for recovery are important, they are necessary, and beH you will see the results of your efforts. And we are here to stand at your side in whatever way we can, to cheer you on and to celebrate beH as you extricate yourself from these things. Keep trucking and keep us posted!

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Re: From two identities to True self
Posted by true_self - 03 Oct 2023 16:50

[cordnoy wrote on 02 Oct 2023 01:14:](#)

[true_self wrote on 01 Oct 2023 11:36:](#)

[cordnoy wrote on 29 Sep 2023 13:06:](#)

[true_self wrote on 29 Sep 2023 12:37:](#)

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Nice.

Care to share please the recovery actions taken?

Seeking professional help.

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Re: From two identities to True self
Posted by true_self - 12 Oct 2023 20:03

Day 12 - Some waves, pretty calm sailing right now, looking forward for calmer days here israel.

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Re: From two identities to True self
Posted by Healing - 12 Oct 2023 20:39

Nice!

Your smooth sailing helps the fighter jet complete its mission successfully. Remember we are at the frontlines of the battle. As a soldier We gotta be laser focused and on target. No chillin' until the enemy is destroyed.

Keep it up,

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Re: From two identities to True self

Posted by true_self - 15 Oct 2023 17:51

Day 15 - Still sailing smoothly bh.

I've ordered a clicker on amazon and it will beH arrive in the coming weeks, But I can count a few major victories in the past few days, everytime I looked away I was mispalel to Hashem to protect our soldiers at the frontlines and that all those kept in captivity should return home safely.

There's a frum woman that (lately) lives in a building next to me and I pass her here and there quite often, It's very tempting for me to look at her and I was nichshal multiple times but I also managed to look away several times, today I passed her and didn't even take a second look, for me this is a huge victory!!! one step at a time.

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Re: From two identities to True self

Posted by true_self - 16 Oct 2023 19:41

Day 16 - Pretty relaxed and started the winter zman with new koches!

Today I went out with my wife for brunch, on the way and in the eatery there were many women that caught eyes attention, But the majority of times I had the strength to restrain myself from taking a second look, Plus I was focused most of the time not to stam look around where I didn't need to. BRAVO!!!! Another victorious day!!!

The small doses of powerful chizuk from the vayimean clips boost in some extra energy to fight and seize those moments of temptation.

Preparing myself for tougher days as my wife's period is getting close, Smart work ahead!

All the best!

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Re: From two identities to True self

Posted by true_self - 17 Oct 2023 22:05

Day 17 - Waves are slightly rising - Many victories to be proud of - Hectic day - Hope to do better tomorrow.

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