

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 - 01 Nov 2023 23:44

Day 32 - Proud to be clean for 32 days, now finishing day 33, my longest streak ever was 33 hopefully I'll be breaking my record tomorrow.
Thanks for reading and understanding, comments and feedback of all kind are welcome!!!

Did a great job on supporting my wife when she needed me, I'm very proud of myself as this is something I'm working on for a while, it used to be very hard for me to be there with my wife when she feels down because of things I did in the past on present, my heart used to get locked not being able to handle the guilt, but beH I'm learning to deal with it in the right way.

?Thanks friends for your encouragement, in your merit i've managed to bring my relationship with my wife and Hashem to a completely different level! more, honesty, clarity and passion!

My wife is also very proud with me and it adds a lot of fuel to continue, she bH notices the small differences my effort makes as well.

7 month into my journey on GYE I did not imagine that it will be so tough with so many falls, but now I feel that I'm getting places and I realize that things don't change overnight even if you sob throughout the night, and things don't change simply through discovering tools, techniques or perspective, but through rewiring our brains, practicing and absorbing.

"i have nothing to offer but blood toil tears and sweat" - Winston Churchill

Hashem offers the sechar...

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Re: From two identities to True self
Posted by bright - 02 Nov 2023 04:11

Well said!

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Re: From two identities to True self
Posted by Healing - 02 Nov 2023 13:33

[true self wrote on 01 Nov 2023 22:32:](#)

@Healing, I Saved that one. Thanks.

@Redfaced, First line - please explain how exactly? 2nd line - Tznius style or stam?

@Chaimoigen, True, I do try my best to only look forward to the future, The struggle is more the day to day distractions on the street, and also a negative association with mikvah night since the last 3 out of 5 were awful one more then the other, and this time there's the pressure to make sure that it doesn't go wrong.

P.S. Spoke to HHM today and he gave me some really tough homework to do and perspective.

How do I calm my wife about her inner concerns of the previous experiences and the negative association and maybe even trauma it gave her?

By sticking to the plan you so beautifully made. Showing strength and consistency and above all determination to overcome our challenges is the best way we can undo our wrongdoings.

Woman/wives feel when we fail and they feel when we succeed.

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Re: From two identities to True self
Posted by redfaced - 02 Nov 2023 14:28

[true_self wrote on 01 Nov 2023 22:32:](#)

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@Redfaced, First line - please explain how exactly? 2nd line - Tznius style or stam?

Line 1 - The answer to line 2 should cover line 1

Line 2 - Black

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Re: From two identities to True self
Posted by eerie - 02 Nov 2023 16:38

My dear Real Friend, beautiful work! Keep it up! You will reap the rewards in this lifetime!

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Re: From two identities to True self
Posted by true_self - 03 Nov 2023 12:04

I don't have much time right now so I just wanted to let everyone know that bH everything went perfect and beyond any expectations, The greatest pleasure was to see my wifes eyes light up from all my effort I have done to take care of every single detail, and of course there was a huge lechaim for reaching 34 days clean.

Gut shabbos!

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Re: From two identities to True self
Posted by frank.lee - 04 Nov 2023 22:22

Awesome! I'm many times scared to put in the effort or ask for things, for fear of rejection.

Btw maybe acts of service is a strong love language for her, even during mutar times...
Day 34 - Broke my record!!!

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Re: From two identities to True self
Posted by true_self - 05 Nov 2023 21:04

Day 36 - Looking forward reaching 40 days before my birthday beH - Every year on my birthday I used to think about what's going to be with my future and when will I finally get rid of this disgusting struggle, but a year later I felt meyuyesh that I didn't manage to break free. However this year will be entirely different, I grew tons this year, I'm not alone anymore, I have my wife and friends with whom I can speak out my heart to, I managed to reach 36 days clean, I have a better understanding about this struggle, I have the strength to face it and not escape it, I acknowledge that I might struggle forever but that doesn't contradict my ability to break free and reach true freedom, and in fact it is a big part (if not everything) of my personal growth. Thank you GYE, Thank you my dear wife, Thank you all my wonderful friends who are always here for me, and Thank you Hashem for not giving up on me and showing me your love.

This morning on the way to shachris there was a few crazy tempting sights in front of me, I looked once and even twice but not a third time and that's my victory!

All the best.

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Re: From two identities to True self
Posted by true_self - 07 Nov 2023 21:14

Dat 39 - Can't stop thanking Hashem that my wife finally got a job after looking for one or over 3 month, I take it as a hug from hashem as tomorrow (when she will start working) I will reach 40 days clean!!!

Had a bit of resentment yesterday afternoon and today morning from seeing so many beautiful women on the street, but bH I'm getting past it.

Going strong towards day 40!

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Re: From two identities to True self
Posted by redfaced - 07 Nov 2023 21:27

Thank you hashem for the good news.

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Re: From two identities to True self
Posted by true_self - 08 Nov 2023 20:36

Day 40! – Reflection on the past few days. I had a lot of resentment about how my wife dresses after being nichshal many times with gazing a (some of them beautiful) women on the street and unfortunately also online. I tried not to let it pull me down into a bad mood but **Monday** evening the pressure was already too much and the dam started to collapse, of course my wife felt it and was very quickly also effected by the flood, I didn't want to discuss details of how I feel with her because I've learnt from mistakes I've done in the past that It's not the right time to discuss it, so we went to sleep after little conversation hoping that I will get over it after sleeping.

Tuesday morning, I was still a bit hooked up in that mood but got over it until afternoon. Later when I came home in the evening my wife hinted that she would like to be together at night, I was looking forward as it has been some time since the last time we were together, However a little before going to sleep I noticed that my wife is not in a very good mood and is not anymore interested in being together, I got into bed and tried helping her but she wasn't cooperating much, so pulled me back into a bad mood especially that I wasn't yet completely dry from the flood a day before. It didn't take long until I was flooded again with horrible thoughts and emotions much worse than a day before, they are just too painful and shameful to describe. Then my wife felt guilty that she caused me to feel like that, I told her that It's not about her rather something I need to work on myself to change, talking to my conscious simultaneously trying to convince my mindset then that it's not her. After saying too much rubbish I realized that it was not the right time for me to talk so I kept my moth shut until I fell asleep feeling horrible with myself.

Today in the morning I woke up feeling somewhat better and seeing my wife trying to create positive vibes helped me to get partly unhooked from my thoughts. However, in the afternoon I had a crazy strong urge to masturbate, I started to but thankfully managed to gather the

Following are some of the thoughts that entered my mind that helped me overcome my urge:

- It's day 40 and it will be a huge disappointment for myself and my wife if I fail.
- My wife will probably want to be together tonight and if I give in now, I will ruin it for myself even if we will still be together, I won't enjoy it because I will feel guilty.
- Why take it b'issur if I can enjoy it 10X more b'heter? It's just not a fair trade.
- It might fulfil a void for the moment, but I remember how it feels a second afterwards when the void gets even wider and I long desperately for more and just can't get enough.
- I can't be such a ????? to Hashem after he finally gave my wife a job (I'm also afraid of the punishment I might get (???? ?????)).

I hope to do even better next time beH.

Thanks for listening and letting me unload.

And now something on reaching this milestone of 40 days, I cannot stop thanking Hashem, my wife, my friends and myself for helping me reach this milestone, I couldn't have done it without you, and it still feels like a dream, When I first joined the GYE community over a half-a-year ago I thought that it will finally be an easy fix and I wont fall again ever, However after 2-3 weeks reaching the pink cloud (hope I remember that well) I fell again, at first I was extremely disappointed but still didn't get the message that it takes tons of input and there is no quick fixes for what we ruined for a few years and nothing happens overnight. After falling again and again after roughly 18-21 days and after getting more information about my challenge both from GYE and friends, I realized that I still had a lot to work on myself until I reach 90 days, throughout my journey I felt completely in despair at times and 40 days became a dream for me,

Looking forward to celebrating 50,90,365 days beH, but for now I'm taking it one day at a time.

Tomorrow will be day 41 beH.

All the best.

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Re: From two identities to True self

Posted by youknowwho - 08 Nov 2023 20:52

Love. Every. Single. Word!!!

Congratulations on your success and thanks for sharing such valuable insights!!!

Its only the beginning...

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Re: From two identities to True self

Posted by bright - 09 Nov 2023 04:18

Following are some of the thoughts that entered my mind that helped me overcome my urge:

- It's day 40 and it will be a huge disappointment for myself and my wife if I fail.
- My wife will probably want to be together tonight and if I give in now, I will ruin it for myself even if we will still be together, I won't enjoy it because I will feel guilty.
- Why take it b'issur if I can enjoy it 10X more b'heter? It's just not a fair trade.
- It might fulfil a void for the moment, but I remember how it feels a second afterwards when the void gets even wider and I long desperately for more and just can't get enough.

- I can't be such a ???? ???? to Hashem after he finally gave my wife a job (I'm also afraid of the punishment I might get (???? ?????)).

How about "Hashem will be so proud of me if I succeed" Or, "I am doing such amazing work and fulfilling my tafkid, lets keep it up". Positivity is the best and maybe only true motivation! Keep up the great work and Keep bringing light to the world!

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Re: From two identities to True self

Posted by true_self - 09 Nov 2023 19:43

Day 41 - Had a awful day don't have time to elaborate right now. - Had a insanely powerful urge but had the courage to say no bH - Thanks to a friend I got in touch with a therapist and booked for sunday beH, A little nervous about it and don't know what to expect but I'm definitely looking forward to it and hope it will help me create changes within myself.

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