

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 - 07 Dec 2023 22:18

[eerie wrote on 06 Dec 2023 19:06:](#)

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

Are you kidding me, think about the consequences of what you HAVE done, and then think about what happens when we go deeper yet.

My friend, someone here wrote recently, life is too short to make all the mistakes yourself. So learn from other people's mistakes!

And no, my caring for you has not diminished in the least:)

Only very close friends take the privilege to give their friends a kick in the pants, so I take this as a compliment.

As we spoke already I wont waste time on explaining myself. In short, I was referring to general shmiras einayim not P&M.

My post was quite random (timing) but it ended up to be a hashgacha pratis as it caused you to post and later call me a few times to make sure your kick was not on sensitive pants and it happened to be that something bad hit me just before you called and I needed help but didn't have the courage to reach out (need to continue working on this one). Once again I see how everything is orchestrated from above!

I can never stop thanking you!

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Re: From two identities to True self
Posted by true_self - 07 Dec 2023 22:24

Day 69 - Had strong urges yesterday and today, today I masturbated but stoped before ejection (I know it's far from ok), I'll be honest and admit that I'm slipping and fell with watching inappropriate stuff on my wife's phone (didn't happen in quite a while), I need to wake up before its over.

Hope to become interested in davening tomorrow, I hope my heart won't be shut by *Hallel*.

A freilichen un lechtingen chanukah all!

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Re: From two identities to True self

Posted by bright - 08 Dec 2023 01:39

Im so sorry to hear. Honestly, I have a really hard time with davening and the longer it is the worse I feel.... I know I am supposed to and used to feel something but I dont:(

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Re: From two identities to True self

Posted by eerie - 08 Dec 2023 05:53

[true_self wrote on 07 Dec 2023 22:24:](#)

Day 69 - Had strong urges yesterday and today, today I masturbated but stoped before ejaculation (I know it's far from ok), I'll be honest and admit that I'm slipping and fell with watching inappropriate stuff on my wife's phone (didn't happen in quite a while), I need to wake up before its over.

Hope to become interested in davening tomorrow, I hope my heart won't be shut by *Hallel*.

A freilichen un lechtingen chanukah all!

Reach out, my dear friend. You can! You are bigger and better!

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Re: From two identities to True self

Posted by chaimoigen - 08 Dec 2023 11:38

You are a growing person. You have accomplished tremendously in the past few months.

There is no inevitable fall waiting "to happen".

You do not have limits to how much you can accomplish.

You have today.

This Shabbos.

Chanuka.

It can be inspirational, full of light and warmth.

Or it can be dry and cold, fulfilling the Mitzvos and Tefilla by rote, with stresses in the background.

Regardless of how it turns out, you have it in you to hang on and keep your focus on what your true heart really wants. For today, for starters.

There is no fall waiting to happen.

There is YOU, continuing to **happen**.

You're a special guy, and you are greater than you know.

Like the small jug of oil... that could not last for more than another night.... But then it could.

Keep going on - YOU can!

Here's a hand, from across the globe.

and a hug,

LiChaim!

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Re: From two identities to True self
Posted by true_self - 10 Dec 2023 23:08

Delayed post from Friday, plus Shabbos-Sunday followup.

Okay, so this post was gonna go something like this. **Day 70** - "??? ????? ??????" blah blah blah.....

But ????? ??? ??? if I ever want to become a mensh, I need to be ??? ? ????.... So I'll admit I fell! I know I can blame many external factors but it won't get me anywhere, I was the only one that made the decision to masturbate.

I know I recently mentioned that the numbers don't really matter, however although I still believe so intellectually I don't feel so emotionally and therefore feel very down for losing my streak. However I can identify progress within this fall. In previous falls I'd chap arein so-to-speak for 24-48 hours as I had no streak to mess anyway, but now I don't feel like that BH.

Hashem, I'm desperate to feel close to you, to rekindle our relationship but I've sunken deep down, my heart became desensitized to immorality and I crave it! It gives me a certain chiyus that is too hard for me to let go of, please help me become sane.

My heart was a little open by hallel but it didn't happen the way I hoped it to.

Reflection of the week:

I knew that it was going to be a stressful week because my wife had an exam, she was very stressed and had no time for me (and I understood her). I was supposed to help out more but my stress pushed me in the opposite way to seek numbers, distractions.... One of them was the GYE website. I entered my own egoistic, selfish world where nobody else exists. Wednesday night it caused me to make a terrible mistake, butraying my wife being #1, she expressed her pain in a way that caused me to feel angry & upset at her, when that happens my mind runs to all women that I saw/see who never made me feel that way. The lust built up and became my minds dependant fuel, I couldn't think anything straight, I was hunting for any outlet out there that was accessible to me,(including the incident with my wifes phone that I mentioned earlier) Thursday relationship got calmer, I wanted to have sex but felt that it would not be right for me to initiate right after what happened and that I was aroused from outside of the relationship (my wife later told me that she also wanted..... Shame.... We live and learn), but the lust was still

building up, I felt that the only way I could get my mind straight would be if I act out (which I know from experience that it's not true but in the heat of the moment everything flies out da window). Friday morning I acted out, I was mechazek myself pretty well but was still a little down, Friday night I was exhausted (baby kept me up thursday night) and wanted to have a little schmooze and fall asleep, I told my wife about my fall and that it's ok and life continues, she felt guilty and I tried reassuring her that it's my fault only. Then she shared how her week was, which resulted in saying, I feel you don't love or care about me, I feel taken advantage of, etc. . I was it a sensitive moment after sharing my fall and after the whole day, the last thing I needed to hear was that I'm doing a bad job, it caused me to enter defensive mode and I ended up speaking a little harsh, After some time and some tears we kinda made up and went to sleep in a very late hour. In the morning I had little interest in getting up, so I ended up arriving at shul by *birkas hachodesh*.... On Motzei shabbos we went out and discussed shabbat... She explained that she was trying to connect and probably used the wrong terminology to express herself, I apologized and so did she.... Happy ever after (for now).

Today I visited my therapist again and discussed the week.... I need to find healthy outlets and **always** communicate (the right way).

What a ride!

On to day 1

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Re: From two identities to True self

Posted by youknowwho - 11 Dec 2023 02:26

Dear true self,

I am always trying to learn something from everyone here, all the great and holy warriors of GYE.

Your post teaches us how it's possible to be a beacon of so much light, life, positivity and general upwardness...after what must be a very painful situation, your emotions and conflicting feelings are so real!

I can only say, whether you're up or (perceived) down, you continue powering the generators of koach we all need in this struggle.

Keep shining, true self, like the brightest, twinkly star on a dark, cold and rainy night...

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Re: From two identities to True self
Posted by Heeling - 11 Dec 2023 14:55

Ouch...I'm sorry about your fall. The last four words in your post show who you are and what you are aiming for. Superb! Starting a new count right after a fall, shows strength and determination.

We are human and it's okay to make mistakes, as long as we learn from and grow stronger.

I saw on a different thread that you were asked what you're doing for the war - well, i don't think we have to look too far, anyone who wants to see what you are doing to help Am Yisrael should just read through your thread.

You're a tremendous fighter who has eliminated battalions of Tumah around you! You don't give up no matter the resistance the enemy is showing.

Keep on fighting! Keep on being a great husband!

Wishing you the best in your new battle against the YH - you are definitely coming in stronger then last time.

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Re: From two identities to True self
Posted by true_self - 11 Dec 2023 21:10

Thanks bright, eerie, Chaimoigen, youknowwho and Heeling for your kind replies, they give me alot of strength to continue. Reb Chaim, it's a shame I didn't see your post earlier, it was exactly what I needed back then, but I guess it was not bashert.

@youknowwho and Heeling, I really appreciate your overkind words but it might be harmful, if I

The lust rollercoaster keeps Rolling despite the fall and despite the relationship getting back-on-track. I'm slipping..... , yesterday I surfed inappropriate websites, not pornographic but bad enough to feed my lust monster (shopping, Wikipedia....). I have intense urges to watch porn . I fantasize about my memories, they consume my entire brain. My brain is desperate for a large dose of dopamine. I lust after women on the street (even a male that I mistake as a female from afar or at night can arouse me). Although it's now clear to me that I don't need to fall in order to liberate my brain from its lust, plus I see that Fridays fall didn't help, there's still a thought creeping in telling me that a larger fall will help me, it might be true but it's not a must. I know that these urges and desires won't last forever. I know that it's a matter of a couple days until it's gonna subside, but not as long as I continue feeding them through gazing at women on the street or online and fantasizing about erotica of any kind, but it feels impossible to stop! I try thinking about everything I read, the mistakes I made etcetera, but get such compliments after falling I might wanna fall again in the heat of the moment it all seems to disappear and I surrender to my desire. How do I stop??? (Perhaps only Hashem can help me).

Let's continue living and riding with the rollercoaster one day at a time!

A lechtingen chanukah all!

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(again), I really miss it

Re: From two identities to True self
Posted by Heeling - 11 Dec 2023 22:02

Hey!

Glad you took it as a compliment. But I didn't have that in mind....

You see, often after a fall we tell ourselves that we will never win, we tell ourselves that we are such failures and so on.

So, I was just simply telling you not to feel like that and to focus on your true self.

It is extremely important though to remember all the feelings/emotions that come from/after/during a fall. The negative is there to keep you in check and the positive is also to keep you in check as well. Both of them pushing from one side which will IYH allow you to walk in a straight line.

Keep on trucking as R Eerie says,

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Re: From two identities to True self
Posted by eerie - 12 Dec 2023 05:50

My dear heilige Friend, der Emese Yid, I'm so sorry for the hard days. Please look back in your thread. Remember that you have felt like this in the past. And BH you have done AMAZING since! You have already seen the fog lift! You have learned what you are supposed to do, you are seeing a professional, you are working hard. My friend, believe in yourself! You are getting there. Hold on tight. The YH makes us think that there is a point that if we reach there we'll stop, because what normal, ehrilcihe Yid does worse than A B and C. My friend, the whole thing is a bluff. He wants you to think, and most of us would also love to think, that there lines we will never cross. Thinking this way makes us lower our guard and believe that we are not SO terrible, so we rationalize with ourselves about the things we've already done.

What we have to keep reminding ourselves is that this thought that we will "for sure" stop somewhere is absolute baloney. When we reach what we think right now is rock bottom, we suddenly see that it was not a lasting pleasure, not as great as we thought it would be, and we slowly beging considering the next step, while promising ourselves that we will NEVER take the step after that. And the cycle goes on and on. I think almost everybody here can say that his story looked that way.

So, my friend, keep doing what you are doing. Keep up with the therapist. And express to him all your worries and doubts. See what he says. Keep in touch here as well. We are continuously inspired by you! You can and will persevere! Hold on, a little bit longer....and keep smiling!

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Re: From two identities to True self
Posted by true_self - 12 Dec 2023 12:37

Thanks, you guys are the best!

Eerie, what should I say.... you are right. Will keep on doing what I'm doing.... Take a scroll back in time on this thread... Therapist, friends, posting....

My therapist gave me homework for this week, I need to think about alternative healthy outlets for when I'm bored, stressed or lonely. Any ideas anyone?

Day 3 - bH thing are settling down - Need to hold up my guard though.

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Re: From two identities to True self
Posted by true_self - 13 Dec 2023 22:18

[chaimoigen wrote on 02 Jun 2023 03:07:](#)

The Alter Fun Kelm once told a story of a man who spent years building the beautiful house of his dreams.

At long last, when all the exquisite wallpaper was hung, gleaming woodwork was varnished, and the inlaid floors were ready, all the furniture delivered, the family was ready to move in.

The man climbed up on a ladder to hang a big shining Mezuza on the archway by the front door of his new home.

As he closed his eyes to make the Bracha with kavana, he shukled back and forth. The ladder

shifted, and he toppled over, falling with a crash, into a pile of leftover building materials below, the ladder landing on him. It was a terrible fall.

Disoriented, battered, broken, and bleeding he began to scream: "My house, my beautiful house! It fell down!! Oy after all I worked these long years, my beautiful house has broken down and is ruined!"

The people told him - "The house you built is standing tall and proud. It's just you who fell. Pick yourself up, clean yourself off, heal, and you'll still be able to move right in!"

My dear, tayereh friend,

Your home of Kedusha, the Binyan of strength and growth that you are in the process of building in your special Neshoma is still gleaming and whole, standing proud. Ruchniyus is built for eternity. You fell. Dust yourself off, pick yourself up higher, and move back in! The whole universe is waiting for you to do it.

And I am humbly learning from you, growing from your immense courage and special Neshoma.

I scrolled back in this thread and found a GEM just in time of need. Thanks again Reb Chaim.

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Re: From two identities to True self

Posted by true_self - 18 Dec 2023 22:03

ALARM!!!!

Challenging days ahead! Wife will be traveling, I'll stay behind with my lovely baby for 3 days. Probably won't have access to GYE or any internet. I need to make a schedule and must stay in touch with my GYE friends on the phone and with my friends in real life. Should also check-in with my therapist. Meanwhile there was alot going on in the past 2 weeks and I'm writing a post about it, I hope to post it when it will be finished and will have access.

Will miss you all!

True self.

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