

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 hechochma - 24 Dec 2023 01:52

[true self wrote on 23 Dec 2023 21:26:](#)

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

Okay... so Chanukah was very isolating. Partying with people that I feel they live in a complete different world of mine (better said, I live in a different world of theirs) made me feel very lonely and disconnected causing me to turn to my favourite comforting tool named 'lust', that making me feel even more isolated.... and so, the vicious cycle increased it's speed and intensity. Still not sure what's first, chicken or egg.... I reached out to fellow gye'yers and it helped me connect, but only to my secret world/life, so it took me even further away from reality (my fault). I learnt

that, sometimes it's time to forget about my struggle/recovery and just be present. Perhaps it's upon the most important parts of recovery from lust which thrives from living in secrecy.

I know that feeling too well. I always feel that Chanuka and other times when there is a rise in the quantity and size of social gatherings makes me feel lonely and self-conscious. Being with people I don't usually spend time with, in a strange place with a lot of pressure to be "feeling it" or whatever, all make me overthink who I am, whether or not I'm good enough, what I ought to be doing that I'm not etc. And on top of that you lose the sanity of whatever normal structure you have to your day.

On the point of your secret life see below...

The battle of yes/not looking at every (non)pretty woman I pass is energy consuming, and nowadays energy is expensive. In the past I was introduced to the tool of accepting then exposing the desire/thought, it actually helped slightly but 90% of the time it didn't enter my mind. After a long assessment with my case manager, he made me aware how **I might be the punching bag of my life, so he taught me how to become a listener instead**. When I walk on the street and encounter a gorgeous woman there's a compelling voice inside of me telling me 'oh wow! Look at her, you don't wanna miss out on this...' **I can't silence the voice but I don't need to take it as an attack on me, I can simply listen to the debating thoughts taking place in my mind**. I've just started implementing this method and so far it works quite well. The second I identify the voice and start listening to what it says the temptation kind of leaves me, and **the most important, it doesn't suck out my energy**. as long as it proves itself to work for me I'll keep holding onto it. will see if it will help when the next hurricane hits.

I love this method here. Let go a little. Accept that lust is something that cannot be strongarmed off to the side. It will make entrances into your mind with nary a knock on the door. But just like a tantruming three-year-old - the less attention you give, the better off you are. (For chinuch advice please contact me privately ;-))

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Re: From two identities to True self
Posted by Heeling - 24 Dec 2023 03:06

My dear friend,

You're a great person, you're a wonderful husband and you're a shining Jew!

You're a superstar! Always reaching out, it's not easy – sometime we feel like nerds calling a friend because they are busy but sometimes, we can't think about others, we have to do what's best for us.

You're really working on yourself and you are already seeing the sweetness. Brother, I can only promise you that there's a lot more sweetness at the end of the tunnel (I didn't reach the end but so am told).

Regarding the isolation on Chanukah (or any social event) – Why you feeling lonely? Because you feel that they not living through what you are, correct? Well, says who? You only know your life because its yours. They know their life because its theirs. The guys thats walking into the party with a goofy smile, while your thinking to yourself why you cant smile, this guy very likely feels just as lonely as you – you just don't know it therefore you are feeling lonely.

I think that the story of a human being – we only know our life – most likely no one in your life thinks that you are going through what you are, simply because they don't know you. Same goes for you, you don't know what goes on by others.

Okay, so now what? How you feeling better from blabber? I'm not sure, but one thing is for sure - What you have done to break free from the bad habits we are all familiar with is phenomenal! The guy with the goofy smile might or might not feel lonely or struggle but what's more likely than him not struggling is that he might have not taken the steps you did!

In short – we don't know what others are going through simply because we are nor familiar with their inner life. We also don't know the steps they have taken to break free. But we do know our inner life because we are familiar with it and we sure know the steps we have taken to break free!

Takeaway – Be nice to everyone because you never know if they are feeling just like you!

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Re: From two identities to True self

Posted by true_self - 01 Jan 2024 19:43

Having a crazy horny day, the only reason I'm still clean is because I begged Hashem to grant me another clean day and it seems like he listened. TYH for this gift.

I beg you to restore some sanity to my mind! seriously! there's more than lust/sex/porn/women... in this world, why does everything need to be lust oriented??? sick!

Happy new year everyone! 2024 clean days.

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Re: From two identities to True self
Posted by bright - 02 Jan 2024 01:23

Keep on growing. You got the clean day by hook or by crook.

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Re: From two identities to True self
Posted by true_self - 02 Jan 2024 19:10

Trucking in the wrong direction, it's kinda slippery here.

Thank God miraculously still clean.

My brain is wired to lust.

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Re: From two identities to True self
Posted by cande - 02 Jan 2024 19:18

slippery?

whats the weather @ the slopes?

enjoy the fun!

IF THE DAY PASSED WITHOUT A CHALLENGE THAT MEANS YOU PASSED AWAY!

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Re: From two identities to True self

Posted by ainshumyeiush - 02 Jan 2024 19:26

[cande wrote on 02 Jan 2024 19:18:](#)

IF THE DAY PASSED WITHOUT A CHALLENGE THAT MEANS YOU PASSED AWAY!

o dang. Yesterday was kind of easy. Was i dead?

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Re: From two identities to True self

Posted by true_self - 03 Jan 2024 12:31

[cande wrote on 02 Jan 2024 19:18:](#)

slippery?

whats the weather @ the slopes? MUDDY

enjoy the fun!

IF THE DAY PASSED WITHOUT A CHALLENGE THAT MEANS YOU PASSED AWAY!

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Re: From two identities to True self
Posted by yiftach - 03 Jan 2024 13:17

Hey buddy!

I know it's about time I posted on your thread... but with the wife away and kid on the shoulders, it's quite hard. The little one FINALLY fell asleep, so here I am.

Harav Hatzadik! Wherever I look around on this site... UR THERE! Supporting, being mechazek and always lending a listening ear to others! Quite frankly, you can almost be the moderator... You check up on everyone else, all the time. Thus, it is all the more frustrating when you yourself fall into that dark black hole.

I would say, read through your encouraging posts you wrote/complemented to others... u'll get inspired just as I have!

KEEP THE TRUCKIN' BUDDY! I want you forever to be a week ahead of me..... FOREVER!!!

- Kleineh Yiftach'l

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Re: From two identities to True self
Posted by Heeling - 03 Jan 2024 19:59

My Holy Brother,

We all look up to you! You have tremendous strength. It's the YH that keeps on adding weights to the bar, keep on exercising and one day you'll just walk other to the stand and lift that bar with all the weights as if nothing happened.

You're an inspiration! Please keep us in the loop,

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Re: From two identities to True self

Posted by true_self - 03 Jan 2024 21:51

Another day passed and I'm clean bH despite my multiple attempts to fall, somehow Hashem kept me from falling. At storms with high waves, one minute I'm high up and at the next I'm deep down waiting to be drown but can't bring myself to let go, I keep on holding on tight to the rescuer, it's you Hashem, my daddy that loves me and wants me to have the most enjoyable life possible, I need to learn to trust you with giving me all I need to achieve ultimate happiness!

Thanks Yiftach'l

Warning: Spoiler!

and heeling for being at my side when I feel so isolated.

I keep on swimming with my head just above the waters of lust....

?Tomorrow is another day.

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Re: From two identities to True self
Posted by eerie - 03 Jan 2024 23:09

My friend, you are an inspiration! Keep up the amazing work. We are watching you grow, as are the pamalya shel mala

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Re: From two identities to True self
Posted by hechochma - 04 Jan 2024 03:47

True-self ???? ?????!!!

You are an inspiration for so many others!

You are a light, a friend, a confidante, a wise advisor, a fellow on the journey, a unique koach that brings out the best of everyone around!

You are being saved from lust **because of your own zechusim!!!** It's been such a tough and long week since last Wednesday it's an incredible accomplishment that you have staved off the Yetzer Hara until now - he has attacked you mightily from all sides, laying stress and difficulty in every corner - **YOU ARE AMAZING FOR BEING CLEAN!!!** You have weakened his defenses - his attack is waning - get back out there and take that win!!!

You're swimmin' like Michael Phelps - keep it up!!!

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Re: From two identities to True self
Posted by chaimoigen - 04 Jan 2024 04:40

Hey, friend!

I have been away. I came back and am catching up a bit.

You are a heartwarming ray of sweetness in a world of greyness.

Keep going, day at a time. Don't worry so much.

You're a good guy.

Chaim

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