

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) were 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"n 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 - 30 May 2023 11:45

Wow wow wow!!! Thanks, R' chaimoigen, R' Eerie, R' HHM, R' Horizon, R' Onelookless, R' Heeling, R' Bennyh, R' Vehkam, R' Grant, R' hershele, R' Shmuel and the young talented R' Yitz, and all other endless friends for all your encouragement, understanding, advice and true caring.

I find what Chaimoigen & Eerie wrote very helpful, and I've learnt that too, on the flight2freedom

Thanks for reminding me to practice it.

Chaim, I love your rich, colourful & passionate language, you describe things very geshmak and full of life.

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Re: From two identities to True self
Posted by bright - 30 May 2023 12:25

Eerie, you keep me going! I have lots to learn from you (just need some more time

Hey, great work. I actually heard from someone that the main nisayon for this is actually preempting it with restrictrictive measures. Afterwards, the nisayon in some part is lost. While after being on gye enough I believe its not lost lost, but you get the picture. It is actually a major form of gvura to put up these safeguards not a weakness. We have many harchakos and gezairos designed to do just that, take away the nisayon. (think pas akum....) Rabbeinu Yona in Avos (and others) actually advocate for using nedarim to safeguard a person. The idea is once we break the habit for some time it becomes easier to be mesgaber.

That being said, its probably still worthwhile to do the same work you were doing until now so you can use this time to fortify your defenses. "Who is a *gibor hacovesh* his *yetzer*" covesh means to conquer, when conquering a city its important to use all sorts of tactics to win. (as quoted from conquering cities for dummies) hatzlocha

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Re: From two identities to True self
Posted by true_self - 30 May 2023 13:16

[bright wrote on 30 May 2023 12:25:](#)

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Thanks Bright your words shine with brightness!!! You seem to be a shtikel Talmid chacham too

I agree that its a strong and courageous thing to put safeguards, but I do want to point out that the reason we need to use safeguards is because we are so weak, and chazal knew the weaknesses of a human being and that's why they implemented the rules of yichud, pas akum etc. Think about what chazal say: "????? ???? ?????????? ???? ???? ?? ??????" this gives us some prospective, the reason one should become a nazir is because he was exposed to seeing bad things (I learnt this peshat from R Eli Stefansky), the reason why we need so much gedarim & syagim in today's generation is because we are exposed to a society with so much immorality.

A person that does not need so much harchokos is definitely a strong person, but chazal knew better and they taught us that human beings no matter who are very vulnerable and need safeguards.

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Re: From two identities to True self
Posted by chaimoigen - 30 May 2023 13:38

There's an incredible Vort from Rav Chaim Shmuelevitz.

Krias Yam Suf -Hyam Raah Vayanas - The Sea looked and ran away.

Chazal say that it split in the Zchus of Yosef Hatzadik who ran away - outside, away from Eishes Potifar.

We learn from here, say Rav Chaim, that the primary expression of "Limaala Min Hateva", through which we were Zocheh to such an incredible Hanhaga, was Yosef's ability to **RUN AWAY and avoid the challenge**. That's the point where otherworldliness comes in.

Lots more to say on this topic. Main thing is to LIVE it.

Keep marching on, countrymen.

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Re: From two identities to True self
Posted by true_self - 31 May 2023 18:52

This is humiliating....

Last night I was at the brink of falling, and to be honest it was a bad slip.

It started with looking at the news with no bad intention, however there was a trigger and it led to viewing inappropriate content, to be brief.

?I masturbated as well but managed to stop before ejaculating, it was very painful, it's hell to reach that point and not getting the relief of ejaculation.

Its not considered a fall because my main focus now is to become clean from porn & masturbation to a point of ejaculation, but in reality it is a big slip.

I basically got a reminder that I'm still very vulnerable, But on the other hand I do feel slightly stronger than a few weeks ago, as back then I wouldn't have managed to restrain at the last second, plus, I had a constant thought in my mind, what are you doing? get out of this before it's too late! It did not let me fully enjoy while lusting. Basically I was more aware of what's happening, but the yetzer was very strong, and I failed to contain myself right in the beginning.

What I've learnt from this is that:

- I need to get more serious about accountability ASAP.
- I need to get some news sites blocked ASAP! (my wife also told me that she wants to get them blocked for herself)
- I need to go to sleep early, as at night I have less energy to fight my urges, (especially nowadays)

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I'm still in middle of getting back on track, adding gas....

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Re: From two identities to True self
Posted by cordnoy - 31 May 2023 19:21

[true_self wrote on 31 May 2023 18:52:](#)

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Instead of addin' gas, try Glenlivet

Warning: Spoiler!

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Re: From two identities to True self
Posted by Grant400 - 31 May 2023 19:31

[true self wrote on 31 May 2023 18:52:](#)

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I'm still in middle of getting back on track, adding gas....

You have no right to be humiliated!

You should be proud! I know I'm proud of your accomplishment.

It's all part of the process. Expecting a miraculous change overnight is ludicrous. Nothing good is quick and nothing valuable easy.

You are right where you need to be. You are miles from where you started. Don't be discouraged, learn, grow and you will keep getting farther. (This I left for others to fill)

Hatzlacha!

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Re: From two identities to True self

Posted by chaimoigen - 31 May 2023 19:43

Thank you for having the courage to share this, and the courage to keep on growing!

You wrote you are "**slightly** stronger than a few weeks ago" - what are you talking about?!? That's completely inaccurate! It takes Gevura to stop like that. That's what the Raavad says. Be proud of yourself for what you've achieved. But keep on shteiging, Chaver. Learn the lessons that you can learn from this, keep soaring higher...

And keep inspiring me.

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Re: From two identities to True self
Posted by Eerie - 31 May 2023 21:31

Wow! My dear friend, you are a winner! Sorry for the slight slip, but my friend, you are nowhere near the same person you were when you started this journey. And you keep shteiging! You are an inspiration to me and to so many others, fighting the bitter fight. Like you wrote, it was so hard, and you fought back in spite of it being so painful. You are undoubtedly the winner. And you will continue trucking upward! You wrote the lessons very well, I would add that you learned that the YH didn't drop you just because you post on GYE. So stay ever vigilant. And when the going gets tough, reach out to a friend. We are here, we don't judge you or anyone, we care about you, and having friends with you can really help you get past the hump. Keep sharing, my holy friend!

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Re: From two identities to True self
Posted by monseyid41 - 01 Jun 2023 15:37

I'm a bit late on this thread so I'll try to catch up.

Firstly, welcome and excellent first post! I'm only going to add my agreement to all the beautiful responses to it.

Second, about your slip. Grant and Chaimoigen are correct. When put in perspective, you are in an entirely different place than you were just a little while ago. And that should be celebrated. As far as practical advice, I'm wondering if this could help. I recently had my filter company

block all internet access from my computer after 8:00 PM. This ended the late nights of wasting time browsing news sites and other "innocent" stuff. I hope this helps. Keep posting and all the best.

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Re: From two identities to True self
Posted by true_self - 01 Jun 2023 20:52

Hi Everyone!

It's not easy for me to write what I'm about to write, but I'll write it because I know that it's part of my journey to reach real long lasting freedom.

In the last post I wrote that its humiliating, although I know that its not humiliating at all, (shoutout for Grant) but I expressed what I felt at the moment.

But what happened last night felt really humiliating! However after talking to a good friend (shout out for Eerie) I was convinced that Its normal and nothing extraordinary and happens among the strongest of us too, I'm still digesting & internalizing what he told me.

The fall: The past few days were pretty stressful & overwhelming for me, (for good reasons) and to add to that, my wife is not clean, and she was not home for 4 days!!! (first time ever), which makes it pretty understandable why it happened what happened. It again started with the news, but this time indifferent than the last I was more aware that this will probably lead to inappropriate stuff, And it did. and this time it ended up with masturbating to the point of ejaculation, I also watched on YouTube awful garbage... I was actually shocked that there are such bad videos on YouTube (if not the filter I would see much worse videos), before getting that relife and empty felling that comes after ejeulation I had thoughts to watch porn for the first time since joining GYE.

My Yetzer haras reaction: You see! you are not worth anything. All the hard work of staying clean 21 days was for vain! You will never get out of this! You do not have the strength! All the effort was for nothing, now you are back to square 1, and even deeper down! There's no end to this behavior, you will be with it forever! Hashem looks at you and says, Huh! I thought, That you are strong, That you grew, That you won't lose it, That you really want to do my ratzon, What a disappointment! What a failure! What a shame!

My True self reacting: NO! I'm worth more than I can imagine! The 21 were not for vain, they

are 21 days to be proud of! the nachas ruach it gave to Hashem is priceless! Yes I will get out of it! The first few times I tried walking, The first few times I tried riding a bike... I also fell, but it did not make me think for a second that I'll never be able to walk or to ride a bike, The same is true now. I **do** have the strength! or Hashem would not put me in this. The effort was not for nothing nor am I back to square one nor am I deeper down, just the opposite all the effort I invested built me **tons!** I fell from square 21 to 20, and and now I'm continuing to 21, Every time I fall I fall from a higher place to a place just below, I'll never be back to where I was, That's simply not possible. There will be an end to this, I'll reach long lasting freedom at last! Hashem looks at me and is amazed how I continue to fight and do not give up despite all setbacks. **Yes!** It was worth to put him through this! He's doing an awesome job! In his essence he wants to do only my rason! What a success! He keeps on flourishing with all his inner beauty!

My lesson is: I have learnt what I needed now its time for me to implement the lesson I've learnt, "?? ?????? ?????, ??? ??????".

I write this for myself, and for all my fellow friend to learn and be inspired from it.

Thanks for reading!

P.S. Thanks Eerie for opening my ear to hear my inner voice!!! I wouldn't be able to do it without you!!!

Warning: Spoiler!

Continuing my journey to freedom.

True self.

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Re: From two identities to True self
Posted by Heeling - 01 Jun 2023 21:16

wow! I'm really sorry to hear about your fall. I can really relate to it, when we had a baby a few months ago, i came home from the hospital the night that the baby was born and masturbated!!! Does that make sense?? Hashem just gave me a beautiful gift! My wife and baby are healthy...and thats what i give Him in return???? I masturbated every day that my wife was away. BH today I wont do that anymore.

I can really relate to your challenge, as well as starting out with news and slowly slipping for other things.

[p]But my friend, you are a real inspiration for me. You're a strong person, a learned person, lots of positivity, we are all human and falling is part of life (ask Biden...

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Re: From two identities to True self
Posted by Eerie - 01 Jun 2023 23:16

After a child is born, everyone in the family is in emotional turmoil. Yes, it's a very happy time, BH. Yet, at the same time, we are undergoing huge changes (especially by a first child). Emotional turmoil equals stress. And a new baby has lots of that:) There's the transition, there's hormones in the wife, there's a lot of physical pain for the wife, there's a cute thing that screams just when you want quiet. There's the normal worries, will I be a good father, will my wife be a good mother, will she ever stop crying (note from the editor-my wife happens to never cry, but I hear that the vast majority do)

And we all know what role stress plays in this battle

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Re: From two identities to True self
Posted by Grant400 - 02 Jun 2023 02:23

[true_self wrote on 01 Jun 2023 20:52:](#)

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Continuing my journey to freedom.

True self.

This post deserves to be etched in stone. A literal masterpiece, true_self!

This is a seeing things with a clarity that is borne from honesty. Intellectualism trumping emotion. Just brilliant and beautiful!

I hope to learn from you.

Thank you Hashem for Eerie, a selfless angel I must get to know.

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