

From two identities to True self

Posted by true\_self - 28 May 2023 23:02

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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 - 02 Jun 2023 12:25

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Small update & request for advice:

Thanks for reading and understanding, comments and feedback of all kind are welcome!!!  
I previously wrote that I've learnt that I need to get some news sites blocked.

Today I'm planning to send an email to my filter company to get them blocked beH.

I also want to ask them to make YouTube more safe (if possible), right I have a whitelist of things that are allowed, however I still have access to some inappropriate videos that are not really under the category of my whitelist, does anyone have experience with this? (I have tecloq)

Thanks In advance.

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Re: From two identities to True self  
Posted by Shmuel - 02 Jun 2023 12:29

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[true\\_self wrote on 02 Jun 2023 12:25:](#)

Small update & request for advice:

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Thanks In advance.

I use techloq as well. My YouTube is blocked with the option of requesting individual video's and its only granted if it is approved content.

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Re: From two identities to True self  
Posted by chaimoigen - 02 Jun 2023 12:44

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My dear friend, please forgive me, a little bluntness here. I have to ask you - are there specific videos on You Tube that you actually need? I mean need. [Not like "I need a cappuccino "]

For me, YouTube is a perfectly designed slippery slope, custom made for me by the S"M. There many productive videos, and I am INSATIABLY curious. There are millions of levels of grey, almost impossible to realize the subtle negative influence of something seemingly innocuous, and then there's the next one, only slightly more negative.... I try to avoid it like a infectious disease. Because for me it is.

Need is a strong word. Inconvenience is a smaller price to pay than awful regret.

White lists usually work if there's a real need, but sometimes they don't.

Sorry - i was crying when I read your post the other night, so maybe I can write this. Please tell me if you think I stepped over the line.

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Re: From two identities to True self  
Posted by Heeling - 02 Jun 2023 14:06

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I have Tecloq, YouTube is completely blocked and wont get unlocked even if requested.....(my wife did that without asking me....i guess she's right)

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Re: From two identities to True self  
Posted by true\_self - 02 Jun 2023 16:00

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Many times when I use YouTube it's not really needed, However lately I took upon myself to stop, and when I do it's only with my wife, or someone else who I trust that I wont watch what I shouldn't with him.

b"H so far it worked well (except 2 nights ago when I watched inappropriate stuff).

However sometimes I do really need it, and if not me then my wife (we share one laptop).

Getting it totally blocked, and needing to request every single video, is too much of a hassle for my wife, and will cost her a lot of time.

I know that it's not ok, and I should really get it completely blocked, however I didn't yet gather the strength to do it (I hope to do it one day).

I know I should really get a different laptop for my wife, where she can have what she needs, but I dont have the money... (If it would be more important for me I would find the money...).

The good news is that I've already requested my filter to block all news channels/sites except one kosher one, and one that my wife uses. (I can't read that one since it's not a language I know)

Special thanks to all my friends that gave advice and are always here to help me, Reb Chaim, no worries you did not step over any line:) it the people like you (& HHM & Eerie) that will make

me block YouTube entirely one day!

Keep on pushing me in the right direction!!!

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Re: From two identities to True self

Posted by yitz23 - 02 Jun 2023 16:34

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True\_self I LOVE your beautiful, honest, detailed, optimistic, cheerful posts!

Keep 'em coming!!

And keep moving up the ladder one step at a time! It's great watching you!

Have a great Shabbos!

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Re: From two identities to True self

Posted by Hashem Help Me - 02 Jun 2023 16:34

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For many guys, YouTube is the portal to the netherworld....

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Re: From two identities to True self

Posted by Eerie - 02 Jun 2023 19:31

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My friend, your post is gevaldig! Remember, it's one step at a time. The step of blocking news is a big step, and you should be very proud of yourself. And slowly you'll get to blocking youtube entirely, beH. Keep shteiging and keep sharing!

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Re: From two identities to True self  
Posted by frank.lee - 03 Jun 2023 22:32

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I also use techloq, I have all videos blocked, but if I need one, I can request it. They allow it either instantly or within a half a minute or two, usually.

Best is call them. They have great staff both in customer service and tech support.

Hatzlacha!!

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Re: From two identities to True self  
Posted by true\_self - 04 Jun 2023 19:13

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Thanks everyone for all advice.

B"H I got more categories on YouTube blocked.

These are a few lessons I try to review, learnt from Rabbi Akiva:

- 1) It's never too late.
- 2) The effect might not yet be visible, but it happens slowly but surely, "????? ???? ????".
- 3) "????? ???? (?? ???) ?????" We are in this together.
- 4) I owe it all to my wife, "??? ?????, ??? ???".

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Re: From two identities to True self

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Posted by true\_self - 04 Jun 2023 19:34

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Shabbos night during davening when we recite the "?? ??" these word suddenly caught my attention like never before, they pierced into my heart:

???????? ???? ???? ??????, ?????? ?????? ?????????, ??? ??? ??????  
???????? ?????????, ?????? ????????? ????????? ????????

...Rise and go forth from the ruins. Too long have you sat in the valley sorrow. And He will shower you with compassion. ...

???????????? ?????????, ????????? ????????? ????????????? ??????, ??? ??? ??????  
????? ?????????, ????????? ??? ????????? ?????????

Shake it all off, rise from the ashes. Wear the garments of the glory of My people... Draw close to my soul and redeem it.

???????????? ?????????, ??? ??? ????????? ?????? ??????, ?????? ?????? ??????  
????????, ?????? ?' ????????? ????????

Wake up, wake up. For your light has come, rise and illuminate. Arise, arise, speak a song. The honor of God is revealed upon you.

??? ????????? ?????? ?????????, ??? ????????????????? ?????? ?????????, ?????? ??????  
????????, ????????????? ?????? ??? ?????????

Do not be ashamed nor confounded. Why should you be downtrodden and why should you be shocked?...

???????? ?????????????... ????????? ????????? ?????????, ????????????? ?????? ??? ???????

... Your God will rejoice over you. Like a bridegroom rejoices over his bride.

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Come O bride. Come O bride.

I felt as though Hashem is standing over me and saying this to me.

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Re: From two identities to True self  
Posted by chaimoigen - 05 Jun 2023 01:07

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?????????? ???? ???? ?

There's a Mashal from the Dubno Maggid to explain a Medrash that says this Possuk refers to a hen, shaking herself off of the soot that blackens her.

Says the Maggid, a white bird, blackened by dirt and soot - imagine how difficult to clean, By brush, by hand , by *shmatteh* - it's would take forever.

But if the bird would just **give herself a strong "Shuckle"** , and SHAKE off the grime, imagine how clean, how white.... Gevalt.

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Re: From two identities to True self  
Posted by true\_self - 05 Jun 2023 11:24

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Hi

It looks like I didn't yet shake off from my fall entirely...

I'm writing this less than an hour after a fall.

Again YouTube was the cause, but this time it did not start with the news, rather I went on to YouTube to listen to something kosher and when I finished I started browsing inappropriate stuff and ended up masturbating & ejaculating, I also had a strong urge to go back to watching porn, but of course after ejaculating I lost interest.

It takes tremendous courage from me to post this now, right before and after the fall I decided in my mind to keep this fall a secret, but soon after I gathered the strength to write it, because I know that if I won't then the accountability is gone.

There's still a long day ahead, and I can still accomplish many things, I wont let this fall dictate the rest of my day.

**I must get YouTube blocked ASAP!** (I want to create a whitelist today).

Hashem please help me get back up again,

let me feel your love once again.

P.S. Deep inside I feel in despair, I need some chizuk to make me feel that its my yetzer hara?

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Re: From two identities to True self  
Posted by cordnoy - 05 Jun 2023 12:10

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[true\\_self wrote on 05 Jun 2023 11:24:](#)

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P.S. Deep inside I feel in despair, **I need some chizuk to make me feel that its my yetzer hara?**

And not you chas veshalom?

One of the wonderful aspects of the twelve steps, white book, meetings, etc. is that I can walk in and say along with most of the other members, "I cannot overcome this myself; I require the assistance of God or others." Does that mean that I am bad and rotten to the core? No, my actions are and that's why I want to stop.

Also, to be continued, Godspeed

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