

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) 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.

=====

Re: From two identities to True self

Posted by EccentricComposer - 14 Jun 2023 00:59

Doing great, keep it up!

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

=====

Re: From two identities to True self

Posted by true_self - 15 Jun 2023 12:11

I saw this, and found it very precise & helpful, so I'd like to share it here;

“What is a marriage? Words. A commitment. We pledge ourselves to someone else. It’s probably the most significant commitment any of us can make, and it depends on our moral determination to honour it. A declaration of marriage doesn’t mean ‘We are man and wife so long as we find each other attractive or compatible; so long as we feel passion for one another; so long as we don’t meet someone else more attractive.’ It means ‘I will be with you whatever fate brings. I will stay loyal to you. When you need me, I’ll be there. When things are tough, I won’t walk away.’”

“By moralising the bond it lifts it to an altogether different plane. **A personal commitment is stronger than passion or emotion or attraction.** It is a pledge to share a life together, come what may.”

Celebrating Life, pp. 87–88 (*By Rabbi Lord Jonathan Sacks zt"l*)

=====

Re: From two identities to True self
Posted by chaimoigen - 18 Jun 2023 04:28

Hey, true-self, my friend. I’m thinking about you and hoping that you’re ok. A mazaledike
Gebentche Gut Voch

=====

Re: From two identities to True self
Posted by true_self - 18 Jun 2023 21:07

Friday was the **10th Day!** I Treated myself (and so did my wife), I felt a certain purity when I went to mikva, that I've not felt in a long time, I was *mekabel* the shabbos with joy & happiness, 10 clean days is not a small amount, especially in the situation that I'm in right now, I've had countless amounts of urges during the past week, some extremely intense as well.

The trouble started Shabbos afternoon, I took a nap afternoon (as every week), When I woke up

I started masturbating (it's not something new to me though), After some time I managed to stop myself, it was very hard, I was at the verge of a fall, But the knowing that Sunday night is very possibly going to be Mikvah night I could not afford myself to fall.

When I came home from Shul Motzei Shabbos, My wife told me that there might be a delay... I immediately started feeling that this is a sign from Hashem for what I've done just before, though I knew that it's not.

Today I was between yes & no, on & off, Running from one Rav to the next....

Unfortunately It costed me a really bad fall, probably the worst since 3 months ago when I first joined GYE.

Don't have time to write more now, will continue tomorrow beH

P.S. For a few hours after the fall I did not think that I'll have the courage to post & update about my fall, but BH I'm about to click SUBMIT!

Thanks Eerie, for being a true friend and always making time for me, I'd probably not post this if not You!

And thanks BennyH for the listening and for the chizuk.

OH! BTW everything turned out to be fine and tonight is a special night!!!!!!!!!!!!!!

Warning: Spoiler!

=====

Re: From two identities to True self
Posted by BennyH - 18 Jun 2023 21:15

[true_self wrote on 18 Jun 2023 21:07:](#)

Friday was the **10th Day!** I Treated myself (and so did my wife), I felt a certain purity when I went to mikva, that I've not felt in a long time, I was *mekabel* the shabbos with joy & happiness, 10 clean days is not a small amount, especially in the situation that I'm in right now, I've had countless amounts of urges during the past week, some extremely intense as well.

The trouble started Shabbos afternoon, I took a nap afternoon (as every week), When I woke up I started masturbating (it's not something new to me though), After some time I managed to stop myself, it was very hard, I was at the verge of a fall, But the knowing that sunday night is very possibly going to be Mikvah night I could not afford myself to fall.

When I came home from Shul Motzei Shabbos, My wife told me that there might be a delay... I immediately started feeling that this is a sign from Hashem for what I've done just before, though I knew that its not.

Today I was between yes & no, on & off, Running from one Rav to the next....

Unfortunately It costed me a really bad fall, probably the worst since 3 month ago when I first joined GYE.

Don't have time to write more now, will continue tomorrow beH

P.S. For a few hours after the fall I did not think that I'll have the courage to post & update about my fall, but BH I'm about to click SUBMIT!

Thanks Eerie, for being a true friend and always making time for me, I'd probably not post this if not You!

And thanks BennyH for the listening and for the chizuk.

OH! BTW everything turned out to be fine and tonight is a special night!!!!!!!!!!!!!!

Warning: Spoiler!

You keep managing to be an inspiration even to veterans here. The context you describe sounds extremely stressful, don't let the yetzer hara distract you from the greatness you have achieved in the last 3 months.

And maybe use this opportunity to make another layer of security so that it will be harder for you to access next time.

=====

Re: From two identities to True self

Posted by EccentricComposer - 18 Jun 2023 21:18

You're incredible, keep inspiring everyone!

=====
=====

Re: From two identities to True self
Posted by chaimoigen - 18 Jun 2023 22:20

You are an Oived, a fighter, a growing work in progress and you are my friend. Keep going on
....

Yaakov Avinu, after fighting with the Malach, received the name "Yisroel", and the reason given is because - "Ki Sorisa.... etc.... Vatulach". For you have **struggled and fought** against a powerful Malacha and people and were victorious". So why isn't his name "VaTuchal"?!? For the **victory**?

The answer, Tayereh Yedid - is that what makes Yaakov Avinu so wondrously great is **his willingness to struggle and fight against an impossible adversary**. His eventual victory is besides the point. It is a gift. His grit to not go gently into the night, but to rage against the Malach, and to keep climbing and fight - that's what makes him, and you, so special.

Learn what you can from this experience and keep striving upwards!

[P.S. Shoutout to Ki Sorisa here - I'm guessing that this vort and understanding may be the source of your great username....]

=====
=====

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

while im sorry to hear that you fell, there is so much to celebrate in your post (or should i say your week?) 10 days, notwithstanding intense urges, reaching out to guys and posting following a fall, this is all very inspiring. im glad you hit submit.

i hope you have the strength to get up from this. best of luck im rooting for you

=====

====

Re: From two identities to True self
Posted by true_self - 20 Jun 2023 21:29

Belated continuation.

Was very busy and did not have time to update.

I will try to explain better what was going on that day (2 days ago) when I felt very badly.

Some facts:

- It was 4 weeks after my wife gave birth to our first child.
- 12 days after blocking YouTube entirely.
- 3 Days before making a pidyon haben.
- The 7th day of ????.
- 4 Weeks living in by my in-laws, no privacy...

During the 12 days after blocking YouTube, I had powerful waves of urges non-stop throughout the days, I knew that it's normal and even expected it, but it was sucking out all my energy, in a time when I needed it the most.

During this time, I started experiencing strong urges to watch porn, the first time since I've stopped watching porn when I joined GYE, I did not have easy access to porn, in order to get access I needed to install a specific app on my (so called) kosher phone through my laptop, and then delete the traces so that my wife should not catch me red handed, then I needed to connect my phone to wifi, (I managed to do that without knowing the code, when there's a will there is a way, if only I'd have such a strong desire to do more good things..... things would be different, but it's still not too late.) and finally download another app through that app. anyway, because it's such a long and complicated process, the YH made me think that I'm safe and that I will never do that again. However the urges grew stronger and stronger...

Sunday my wife started her ????, though I did not feel very confident that she will succeed (because of the relatively early attempt), I did hope that she will things will get better beH, the first few days, I was a regular visitor by my Rav, then things got better BH, and hope was increasing.

I entered Shabbos very uplifted, and proud of my clean week, I felt in top of the clouds...
However, Shabbos afternoon after my usual nap, I woke up and started masturbating, while fantasizing (its a common occurrence, and I did not yet find a way to improve it), I stopped after a few minutes, mainly because of the thought that Sunday night will very possibly mikvah night, and I can't afford myself to arrive with guilt...

I still have a lot to write, but it's getting late and I need to go to sleep.

Thanks for reading, to be continued beH

=====

Re: From two identities to True self
Posted by true_self - 21 Jun 2023 14:51

The best thing I can do before a fall is, to reach out to a friend.

The best thing I can do after I fell is, to reach out to two friends.

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

Thank you, all my dear friends who are always here for me.

=====

Re: From two identities to True self
Posted by true_self - 26 Jun 2023 12:53

Day 7 (1 week)

BH the past week was pretty relaxed and I did not participate that strong urges as last time. But on the other hand I'm also not to excited with my achievement (perhaps its why I dont have strong urges).

Yesterday was my 1st wedding anniversary, I must conclude that I had a miraculous year together with my wife, not much of a honeymoon (ask anyone who's wife got pregnant 2 month after getting married), But we made the most of it, and we have built a fantastic, warm, loving & encouraging relationship, we BH understand each other's needs and do our best, It's a miracle that our relationship is how it is despite all hardships and extremely challenging times we went through (more to come one day, maybe..).

Right now I'm not in the best mood because things went very different than planned (hoped), My wife suddenly unexpectedly became a niddah (less than 6 days after she finally became clean from after birth, so plan A didn't work out..... Plan B was to go out bowling and eat out, But due to the extremely hot weather it was cancelled (there was no airco), After spending the day at home in the heat, we lost our appetites too, so plan B was down the drain..... We ended up playing a game, schmoozing, sharing gifts..... although we had a great time, I did not enjoy it much, probably because of the high expectations I had in advance.

Today in the morning I woke up after not sleeping well, because of the heat (You've probably already noticed that I can't bare heat), not in the best mood..... and started masturbating (out of habit), I stopped after 2-3 mins, got out of bed and took a shower.

).

The day is still long, and there's still a lot to accomplish....

=====
=====

Re: From two identities to True self
Posted by true_self - 26 Jun 2023 13:12

In VR - **Love** (fish love/lust) is a means, **Sex** is the goal.

In Reality - **Sex** is a means, **Love** is the goal.

Taking **off** our VR glasses and getting back to reality, takes 10x the time & effort than putting them **on**.

=====
=====

I need to increase my motivation and add some gas.... (or more Glenlivet please
Re: From two identities to True self
Posted by cordnoy - 26 Jun 2023 13:58

[true_self wrote on 26 Jun 2023 13:12:](#)

In VR - **Love** (fish love/lust) is a means, **Sex** is the goal.

In Reality - **Sex** is a means, **Love** is the goal.

Taking **off** our VR glasses and getting back to reality, takes 10x the time & effort than putting them **on**.

Perhaps we should spend some time on "Sex is a means." Is it? 'Means' to what? Maybe sex just is; why make it more than it might really be?

=====

Re: From two identities to True self
Posted by true_self - 26 Jun 2023 14:06

[cordnoy wrote on 26 Jun 2023 13:58:](#)

[true_self wrote on 26 Jun 2023 13:12:](#)

In VR - **Love** (fish love/lust) is a means, **Sex** is the goal.

In Reality - **Sex** is a means, **Love** is the goal.

Taking **off** our VR glasses and getting back to reality, takes 10x the time & effort than putting them **on**.

Perhaps we should spend some time on "Sex is a means." Is it? 'Means' to what? Maybe sex just is; why make it more than it might really be?

Nothing just is. everything has a purpose. And yes, men (sometimes) make it more than it is,

But still is a means, not the only one, in truth only one out of many other.

=====

I'm not yet permitted to learn Zohar, But you can