

The Real Me

Posted by proudyungerman - 03 Jan 2024 04:12

Even after all the work I have done thus far, to take this step is painful. (Although I know it will also bring relief and much good advice! Yes I am looking forward to it!)

My story - the full story:

(I hope this isn't too long. Even though it probably is. Sorry, it's gotta come out somewhere.)

I was a very temimusdika kid who had no clue what went on between husband and wife. (I remember learning about the parsha of sotah and having to ask my mother what a sotah was...)

In 8th grade a friend of mine introduced me to the wonderful world of the paid phone lines. At the time I didn't really understand what was going on.

Later on towards the end of ninth grade I discovered the experience of being ????? ??? ??????. I was taken aback and didn't fall again until succos bein hazmanim. From that point on it was downhill and quick. I spent the next 6 years with tremendous struggles in this inyan. At some point I realized what it was that my friend was showing me back in 8th grade and I included that in my struggle (just the opening messages - I never dreamed of actually talking to a random lady.) All the while I was learning in a prestigious yeshiva and doing very well there. I remember opening up to a very close friend and to a Rebbi of mine about the struggles with ??? ??????. They were both ???? me, however, nothing seemed to work. Even when I tried to throw myself into my learning it always ended in a fall. I think the longest I went in yeshiva was about a month. At some point in third year beis medrash I realized that the struggles and temptations had lessened in a serious way. I still don't know why, but that's the way it was for a while. After I got married and BH that seemed to be the end of it. Phew! Fast forward 6 years...living in a small out of town community...in Kollel...learning and involved communally...I find myself looking at inappropriate pictures and reading inappropriate articles online. This was a first for me. Help! (Yes, the Kollel didn't have the proper filters, otherwise I wouldn't have been able to access them. At home I didn't have my own computer, we have had techloq for years, and I don't know the password to my wife's computer.) I was pretty confused as to what was going on. I had no idea why I was doing this besides for...it's enjoyable. I decided that as I am trying to fix the filter situation in the Kollel I was going to get myself a computer with a filter to use while I am at the Kollel. As I was trying to convince my wife to agree to me having a computer it ended up coming out. Now my wife knows. I reached out to a Rebbi of mine. He gave me some advice which was basically helpful. For a little while. Fast forward one year. A few months ago I was feeling really tempted and then...I did it. I ended up calling one of these phone lines and talking to some ladies. This went on for a few short weeks until I realized that this will destroy my life if I don't get help and FAST! I reached out to some of my Rebbeim who in turn directed me to a therapist. I have been working with him for a few months and have seen some real improvement. I know that my case is pretty mild but I came here to get some chizuk from my Holy brothers, some guidance and mussar from some mentors, and some advice from anyone who has good ideas.

Looking forward to hearing from y'all!

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proudyungerman@gmail.com

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Re: The Real Me

Posted by bright - 05 Jan 2024 05:17

Def hear that. Its a question that has bothered me for a long time....

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Re: The Real Me

Posted by foolie - 05 Jan 2024 12:38

Why is it so hard you ask. Because anything worth doing in life is hard. Next you ask why me this is a useless question to ponder because the answer is because that's what G-d wants from you. And then you ask just plain Why? Because life sucks then you die and you just gotta make lemonade when life gifts you with a bunch of lemons

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Re: The Real Me

Posted by hopefulposek - 05 Jan 2024 14:21

This sounds like it is a normal feeling, maybe your more sensitive to urges you had all along only now you pick up on them because your focusing on the inyan. And yes sometimes we lose our regular very organized thoughts when overrun with emotions. Don't worry, that at least will pass with time as well as continuing to create connections with others and the normalization of the struggle.

I feel for you, this is a tough situation your going through. IYH things will get better, until then take it one step at a time, and even if you slip and fall just get back up and keep moving in the right direction.

I found that GYE really helps with the getting back up, because you connect with so many others and can post about what happened and get positive and motivational feedback from people who relate to you.

Hatzlachah! I'm rooting for your perseverance in the face of this tremendous opposition!

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Re: The Real Me

Posted by proudyungerman - 07 Jan 2024 01:04

[foolie wrote on 05 Jan 2024 12:38:](#)

And then you ask just plain Why? Because life sucks then you die and you just gotta make lemonade when life gifts you with a bunch of lemons

Sorry, I don't know about any of y'all, but I can't accept this. I cannot accept that Hashem made this entire creation just for life to be horrible. In fact, I believe that Hashem wants us to enjoy life. We might have to work hard to access the proper enjoyment, but enjoy we should! Isn't that clear from so many mitzvos that actually physical actions that are enjoyable? Isn't that clear from the tremendously deep, ethereal pleasure that comes from a real davening? A full seder of)

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Re: The Real Me

Posted by bright - 07 Jan 2024 05:50

100% true. The world is an amazing place full of enjoyment, we just blow it with chasing our desires and fantasies. See first piece in michtav meliyahu.

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Re: The Real Me

Posted by foolie - 07 Jan 2024 12:42

[proudlyungerman wrote on 07 Jan 2024 01:04:](#)

[foolie wrote on 05 Jan 2024 12:38:](#)

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true ?????? ?????? (Especially if you end up getting pshat!

Don't accept it. But then stop asking Why? And Why me? If you want to ask those questions then that's the answer. You can't have it both ways

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Re: The Real Me

Mesilas yesharim tells us that Hashem created us in order to give us pleasure, he goes on to say that the primary place for this pleasure is b'emes in olam haba. It sounds like b'emes it's in olam haba but there's still some taste of it in olam hazeh. So yes this world is supposed to be pleasurable but we have to define enjoyment.

People here can attest that when you accomplish conquering this menuval it's an amazing feeling of happiness, davka because it's so hard. If it was easy it wouldn't have that effect. L'amashal I didn't eat a cheeseburger my entire life, yet i get no satisfaction from having shlita on this avara, because there's no challenge in it.

Posted by yitzchokm - 07 Jan 2024 17:01

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[proudyungerman wrote on 07 Jan 2024 01:04:](#)

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Why can't I? I believe what I wrote to be true, yet, at the same time I struggle with understanding everything that happens to me. My hope is to one day be able to appreciate how this struggle changed me. I hope to be able to see how much growth it forced out of me, and how I never would've gotten there without this ?????.

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Re: The Real Me

Posted by foolie - 07 Jan 2024 22:07

Asking How can I understand what is happening to me is a very different question then Why me? The first question is a question that one who seeks to understand what is happening to them How does this make sense is also a question that one who seeks to understand the events around him and how they relate to him and what he can learn from them Why me? is a complaint it's the equivalent of saying it's not fair and life isn't fair then you die it's just that simple
I think I can have my cake and eat it too!

so if these new questions that you just posted were the questions you meant to ask originally then yes you may have your cake and eat it too. If these new questions are being posed on top of your original question then whether you get to have your cake and eat it too is debatable

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Re: The Real Me

Posted by hechochma - 08 Jan 2024 03:54

[proudyungerman wrote on 07 Jan 2024 21:54:](#)

[foolie wrote on 07 Jan 2024 12:42:](#)

[proudyungerman wrote on 07 Jan 2024 01:04:](#)

[foolie wrote on 05 Jan 2024 12:38:](#)

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I think I can have my cake and eat it too!

You will. You definitely will.

In fact, you can read through some of the threads here, Vehkam's for example, and actually watch a person achieve tremendous growth and even transformation specifically through this ?????.

Whether that does help or it doesn't - I know the feeling of anger and confusion that can come

as a person starts to realize the tremendous burden they've been carrying around for so long. The feelings are painful and powerful and no philosophy will make them totally disappear in a moment.

I can only offer a virtual hug from out here and the simple consolation that while I might never really know how that feels for you but you have people here with you, hearing that pain and feeling it with you.

Keep on trucking, keep on sharing, keep on shteiging and the burden will get lighter and lighter until you cast it off entirely and look back at how you've grown - it's called Breaking Free for a reason!

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Re: The Real Me

Posted by proudyungerman - 09 Jan 2024 04:17

Wow! Thank you everyone for your answers and warm welcome. B"H I am doing pretty well the last couple of days. I have spoken to some of the amazing people that GYE has around and have found the conversations to be very enlightening. I hope to share some more thoughts later in the week after some more contemplation.

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Re: The Real Me

Posted by proudyungerman - 11 Jan 2024 04:16

I guess the contemplation hasn't quite happened yet. Either way the journey definitely has gone on, and my, what a challenging journey it is. After getting what I would call GYE "freshie treatment:)" from HHM I am officially part of the crew. After hearing what he had to say and suggest, I started to try to implement it. Changing the way of thinking that I've had for years is HARD. Really hard!! (It's I guess I've come up with a new ???? in the famous vort from R' Yisrael Salanter - the reason why it's harder to change a midda than learn shas is because it is almost impossible to concentrate on anything when your trying to change internal thought) Whatever. I guess I'll get it one day. Hopefully soon.

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Re: The Real Me

Posted by proudyungerman - 12 Jan 2024 04:00

I am remembering how helpful it is for to write my thoughts down. It helps me clarify them and I want to share them with the oilam to hear feedback. It's been a little while so sorry for the length. Warning! Reader's discretion advised!

After a few discussions with some special GYE rabbeim - (yes they are now my rabbeim and, yes, I owe them a debt of endless thanks that I don't think I will be able to fulfill) and much thought on my part I am finally starting to understand where I went wrong.

Intimacy isn't just a physical experience, act, or pleasure. It isn't even just a simple but powerful enhancement to the emotional aspect of a real marriage relationship.

Real true intimacy is the creation of a multifaceted, intricate, caring, loving emotional AND physical relationship. Real true intimacy does not only take place in the bedroom, rather it takes place throughout the day. Even the physical side of it isn't about the physical pleasure, rather about the experience of connecting in a physical way - almost as Adam and Chavah before Hashem split them (???? ?? ??????? ?? ??? ?). It's true that it may end up in the culmination of that in an act of complete intimacy, however, it need not reach that point for it to be a real act of intimacy.

(BH I think that I actually have achieved some success in this regard by having some open conversations with my wife (courtesy of my new Rebbe). I explained to her that from now on she is n charge and we are only going to go as far as she wants. I made sure to reiterate it a few times. I also made mention of it in the bedroom and BH it went over very well and was very appreciated! What I really need to remind myself is that this is not a need rather a desire. I will be fine without it. I will not shrivel up and die if we aren't together for a few nights...or even a week or longer!)

I think that this is helping understand the answer to a question that has bothered me for years. How in the world am I supposed to want to not look? It's assur so I can't but i want to because it's enjoyable. I think that now I can understand the answer. If I can learn to internalize the proper view on intimacy, these inappropriate images are the antithesis of true sexuality. Why would I want to ruin the beautiful picture of true intimacy that I have built for myself? I DON'T want to look!

One lingering question...how does this lead me to not look at women I am talking to already (i.e. at kiddush in shul, cashier, etc.) in a sexual way? Any thoughts?(P.S. For the ????? ?? amongst us: As a present for my Mesiras Nefesh to learn through this tumultuous time of which a severe lack of focus is a constant - Hashem sent me a tremendous present to be ????? to the Maharsha AND Maharam in the sugya of ????? on ??? I think daf ?? - no chavrusa for like a week!!!! It is a shvere sugya and it felt very good in chabura to be ????? to this. Being that I have spoken to "the Rebbe" I was actually able to enjoy the moment and feel really good about it - even though I don't remember them right now.)

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