

**The Real Me**Posted by proudyungerman - 03 Jan 2024 04:12

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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](mailto:proudyungerman@gmail.com)

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Re: The Real Me

Posted by BenHashemBH - 13 Sep 2024 13:11

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[iseenoevil wrote on 13 Sep 2024 13:03:](#)

[BenHashemBH wrote on 13 Sep 2024 02:02:](#)

[hopefulswan89 wrote on 13 Sep 2024 00:50:](#)

Who do I call, shmira?

What's this shmira ?

Shalom Chaver,

The shmira we deal in is guarding our souls and striving for kedusha.

Is that what brings you to GYE this fine morning?

Kol Tov

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Re: The Real Me

Posted by chosemyschem - 13 Sep 2024 13:47

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[hopefulswan89 wrote on 13 Sep 2024 00:50:](#)

[jubilantbison50 wrote on 13 Sep 2024 00:32:](#)

[eerie wrote on 12 Sep 2024 23:28:](#)

Now, Swans are beautiful creatures, but please do not use any name calling. The success of this wonderful place comes from the caring friendships created here. While PY's words may have come across a little strong, he is a wonderful person who has helped many people along in their journey to freedom. My friend, whatever the case may be, I'm sorry for your pain, but please don't use name calling or any other form

I respond to a flippant remark by PY and the whole mishpacha, wolf pack, hornets nest, posse comes after me. Come on.

It's irrelevant how many people PY may or may not have helped. If you are a KY then you have to be an example. Derech eretz kadma letora.

There's nothing wrong with saying matzav is preferred to ywn or vin. Just ask rabbi Yossi mizrachi.

**A condescending hostile response is uncalled for** and neither is the shomrim response by the wolf pack to Protect the pride of an injured member.

There are more than 12k members who read the threads. Only a few are regular contributors. The comments allow for input even for those that don't want to "introduce themselves".

Now I'm prepared for a second attack by the wolf pack just for defending myself.

Who do I call, shmira?

We prepare "cohesive community of chaverim dedicated to helping every yid in his struggle for sanity and kedusha". But "wolf pack" works. Wolf pack definitely will look better on the GYE t-shirts.

Serious question though for you, R' Hopeful. It's helpful to know why people are posting in order to know how to respond to them. Some people are here for the lulz and/or kosher social media. Some are here to give advice. Some are here to do anything they can to get clean. Most people are here for some combo of those or a plethora of other reasons. Any reason is fine - this is honestly the least judgmental community I've seen anywhere (although all communities are subject to some form of groupthink). So. What do you hope to get out of GYE? And how is responding to a flippant remark with personal criticism getting you that?

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Re: The Real Me

Posted by youknowwho - 13 Sep 2024 14:13

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[hopefulswan89 wrote on 13 Sep 2024 00:50:](#)

**If you are a KY then you have to be an example.**

Freudian slip?

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Re: The Real Me

Posted by yitzchokm - 13 Sep 2024 14:24

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Dear livingagain,

I wrote what I did in the past to help you avoid situations like what is happening on this thread. We all love you and care about you and we are friends. PY did not intent to speak down at you and nobody here is writing anything personal to target you. Most people on the forum write about themselves. Aside for the benefit for the person writing it also helps us better understand the person. In addition, when a person writes about himself he is a real person and we can relate to him properly. Feel free not to write about yourself but please understand that people may be hurt if you write criticism under such circumstances. Please understand that the reason for this post is because I am trying to help you avoid conflict.

All the best. With love.

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Re: The Real Me

Posted by yitzchokm - 13 Sep 2024 21:21

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If you continue criticizing and yet continue to react sharply to anyone giving you suggestions or criticism then perhaps it would be best that we simply ignore your posts. This way you won't be offended and we will be able to keep peace on the forum. Depending on what you write, it may be very tempting for people to respond. I would have preferred not to write anything but I am afraid of where this will lead.

Your friend who cares.

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Re: The Real Me

Posted by adam2014 - 15 Sep 2024 11:10

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I have sat on the sidelines for this "conversation," but my humble opinion is that any advice you hear in this forum should be considered seriously, and know that it came from the heart. The people here want what's best for you! They care about you. They want you to succeed. If you take any comment in that manner and do not feel like some constructive criticism is a personal attack, you will be much better off.

We are all here because we are hurting. None of us are perfect (just ask my wife), and on occasion, our advice will be wrong (again, Ask my wife), but every word written here is a blessing filled with love and concern. It is hard to overstate how lucky we are to have each other in a place like this.

They took an old fart like me, with a non-frum background and a boatload of issues (for the last time, ask my wife) and, took me under their collective wings, and gave me hope, hope for a future that is clean and pure. They are giving me the vehicle to drive out of the pit we are all in. There are still more seats on this bus, I highly recommend jumping on board and joining us on

this journey...

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Re: The Real Me

Posted by upanddown - 18 Sep 2024 13:10

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Last year I spent waaay too much time checking YWN. (You know when you just refreshed the page again, for the fifteenth time in 5 minutes? As if the world is actually going to collapse...) There were a bunch of reasons for this ridiculous habit. Either way, in the summer I didn't have access to YWN for around two and a half weeks. (Yes, this was around the same time my phone broke. No it wasn't connected. For real.)

I noticed an amazing thing. For some strange reason, the world hadn't waited around for proudyungerman. It kept sporting, politicking, olympicing, and everything else that the world does without my expert analyses and predictions of what should or shouldn't happen.

It hit me hard. I don't have to know everything going on all the time. Then, one day as I was thinking about it, I realized that I am much calmer and relaxed. I realized that I can enjoy not knowing what's going on all the time.

I decided that for Elul I am only going to check YWN once a day. So far so good, and I haven't missed any earth shattering news yet.

Instead, I find that I have more time and yishuv hadaas for learning and for my family.

Exercising my newfound self control is actually enjoyable!

Thank y'all for helping me be here today! I'm going to bl"n join you in your kabbalah for Elul...

it's something I've often tried to work on, sometimes managed for long tekufos not to check the news at all but ATM I'm struggling with it... its a bit of an addiction... So far I've managed to keep to only checking the news once a day. Thank you @proudyungerman for the inspiration!

But now with the pagers exploding in Lebanon I'm desperate to check the news more often... not sure if to give in...

Either way, I heard that they are having big Asifos in Lebanon to discuss the dangers of technology...

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Re: The Real Me

Posted by upanddown - 18 Sep 2024 13:12

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[upanddown wrote on 12 Sep 2024 09:52:](#)



[proudyungerman wrote on 12 Sep 2024 04:04:](#)

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Re: The Real Me

Posted by proudyungerman - 18 Sep 2024 13:24

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[upanddown wrote on 18 Sep 2024 13:12:](#)

[upanddown wrote on 12 Sep 2024 09:52:](#)

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B"H I've been keeping to it also. I can definitely relate to the temptation. My outlook is that I was fine before I knew about it (I found out last night - like waaaay after everyone else...), nothing changed from before I knew to after, and if anything else does happen, the same way I found out about this I'll find out about that.

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Re: The Real Me

Posted by chosemyshem - 18 Sep 2024 16:11

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[proudyungerman wrote on 18 Sep 2024 13:24:](#)

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Supposedly a few walkie-talkies are blowing up now too.

Pagers and walkie-talkies. Surprised that hasn't caught on in Lakewood actually.

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Re: The Real Me

Posted by yiftach - 19 Sep 2024 17:35

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So how does it work? You remove the line in your signature that says that u don't have a phone, then everyone has to give a din vecheshboin how they're doing????

Great to hear your voice!

- Yiftach'l

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Re: The Real Me

Posted by proudyungerman - 20 Sep 2024 02:53

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Why?

Why must I be so disconnected?

Why must I build walls around my heart?

Why must I be so cynical?

Why?

Why can't I just open up and let something hit me deep inside?

Why can't I open my heart and be touched?

Why can't I just be the real me?

Why?

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Re: The Real Me

Posted by youknowwho - 20 Sep 2024 03:01

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[proudyungerman wrote on 20 Sep 2024 02:53:](#)

Why?

Why must I be so disconnected?

Why did I have a phone that was textable not callable the past hundred weeks?

Why must I build walls around my heart?

Why must I be so cynical?

Why?

Why can't I just open up and let something hit me deep inside?

Why can't I open my heart and be touched?

Why can't I just be the real me? All the way?

Why?

But seriously and honestly, I feel you...here's  
a warm hand and a kiss on both cheeks from a fellow chronic cynic.

(report me to the moderator, please. Save me from myself)

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Re: The Real Me

Posted by richtig - 20 Sep 2024 03:46

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[proudyungerman wrote on 20 Sep 2024 02:53:](#)

Why?

Why must I be so disconnected?  
Please forgive my light hearted attempt at humor,

Why must I build walls around my heart?

Why must I be so cynical?

Why?

Why can't I just open up and let something hit me deep inside?

Why can't I open my heart and be touched?

Why can't I just be the real me? All the way?

Why?

Why indeed. These are questions I ask myself too, and then busy myself with something so I don't have to think about it

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