

**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 proudyungerman - 10 Dec 2024 14:17

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[chosemyshe wrote on 10 Dec 2024 13:35:](#)

Poshut no question in my mind that you survived so you could lead the vaad later that night.  
Wow! I've been waiting for so long on GYE to see one of those Vayimaen stories come to life  
and it finally did!

As a stone-cold litvak (grodnian?), I am having too much pleasure in clarifying that it didn't  
happen last night...

**Warning: Spoiler!**

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Re: The Real Me

Posted by Muttel - 10 Dec 2024 14:37

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He saved you the night before to enable you to say the Vaad.

Buddy, we're in direct communication with the upstairs (I say "we" referring to Shem), so we know what we're talking about.

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Re: The Real Me

Posted by cande - 10 Dec 2024 19:56

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[proudyungerman wrote on 10 Dec 2024 02:21:](#)

A little while ago I was driving on the highway at about 75 mph on a cold evening. There had been a little bit of icy rain earlier in the day but the roads were clear.

As I started to change lanes I lost total control of the car. I skidded across 3 lanes of traffic, stopped skidding for a moment, continued skidding forward and across another lane of traffic to finally regain control of the car.

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??? ????? ??? ?????? ?????? ??????".

totally can relate to this, getting distracted with porn on that tesla screen, it can get slippery & OOC.

keep it up

cande

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Re: The Real Me

Posted by proudyungerman - 11 Dec 2024 00:42

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[cande wrote on 10 Dec 2024 19:56:](#)

[proudungerman wrote on 10 Dec 2024 02:21:](#)

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I don't get it, are you trying to make a joke? Make fun?

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Re: The Real Me

Posted by chaimoigen - 11 Dec 2024 01:09

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[proudyungerman wrote on 10 Dec 2024 02:21:](#)

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Yehi Ratzon that *Gutteh Malachim* should keep following and protecting you, and the RBSHO should keep holding you tight in His arms...

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Re: The Real Me

Posted by proudyungerman - 18 Dec 2024 04:37

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[proudyungerman wrote on 28 Nov 2024 04:09:](#)

I feel like I'm living in a fog that has taken away my ability to give it my all. I can do (most) of what I have to do (sometimes), but the fire is frustratingly just (far?) out of reach. I am pushing off a bunch of random and important things that need to be taken care of because I don't have the drive...

When this started I wasn't sure what exactly was causing this feeling, but now I think I have it figured out.

(P.S. Doesn't mean that it's goin' away so quickly...)

BH the fog has lifted, however the stress has not. There are a few things weighing on me. Some are smaller, regular life things, some are bigger regular life things. The stress is getting to me. I am having a hard time throwing myself into my learning and family, and remembering that BH none of these issues are in bad places.

I need to do better at calling people to just talk it all out, it helps me feel so much better and lighter. I am able to focus so much better afterwards.

(Special thanks to one friend who gave me that slight push today to shmooze. It really helped!)

One thing that I'm still struggling with is trying to figure out how to live with the stress/pain in a healthy way so that I can continue to grow amidst challenge.

I have discussed this with a few special GYE friends, but I am curious if anyone has any practical ideas on how to deal with this.

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Re: The Real Me

Posted by BenHashemBH - 18 Dec 2024 04:56

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[proudyungerman wrote on 18 Dec 2024 04:37:](#)

[proudyungerman wrote on 28 Nov 2024 04:09:](#)

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Shalom Brother PY,

Have you tried journaling?

Writing can be a great way to process and unload.

You can also write about good times/feelings and look back on those during harder days.

Kol Tov

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Re: The Real Me

Posted by hopefulposek - 18 Dec 2024 07:17

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My heart goes out to you my friend. I have few words, mainly warmth and caring. I used to be plagued by stress which crippled me. There are things I started doing and now I can live with the stress. A big part of it was going to therapy for a few months to get these tools.

But I don't know if the stress is the same so... Journaling, exercising, taking time for myself, ). I also felt like I gained a lot from reading the big book. It took some time before any of this had a noticeable effect and I still continue to keep up with it.

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Re: The Real Me

Posted by Hashem Help Me - 18 Dec 2024 12:31

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[proudyungerman wrote on 18 Dec 2024 04:37:](#)



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(Special thanks to one friend who gave me that slight push today to shmooze. It really helped!)

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If there is a strategy that BH has worked in the past, just keep using it.....?

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Re: The Real Me

Posted by proudyungerman - 19 Dec 2024 03:41

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I've been bitten by the lust bug. I almost did something tonight that could've been stupid and the start of a slippery slope.

BH I didn't, and I immediately texted a GYE friend and spoke out with him what happened.

I need to up my guard, strengthen the defense, and restart a hard, full court press.

Time to fire up the offense, full speed ahead.

I am committing to read two pages of TBOTG from now until Chanukah, to post a daily update at least tomorrow and Sunday, and to check in with a GYE friend at least once a day.

As always, tips are always appreciated.

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Re: The Real Me

Posted by BenHashemBH - 19 Dec 2024 03:46

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[proudyungerman wrote on 19 Dec 2024 03:41:](#)

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As always, tips are always appreciated.

I'm sorry Brother,

Glad you caught yourself and are taking steps to adjust.

Care to check in with 2 GYE friends? I'd love to hear your takeaway from the day's reading of TBOTG.

Hatzlacha!

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Re: The Real Me

Posted by proudyungerman - 20 Dec 2024 03:34

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B"H today was better than yesterday, but still a rollercoaster.

I am trying to do some serious introspection to see if I can gain any insight on what changed.

I hope to spend some time on Shabbos thinking, maybe even to come up with some ideas for consistent, positive change.

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Re: The Real Me

Posted by proudyungerman - 24 Dec 2024 04:13

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Missed yesterday's check-in, but BH all is good.

Urges have subsided somewhat, but not expecting that to last (at least right now).

Forgot to read TBOTG last night (but it was an amazing night for me, was so worth it!), hope to get back into it tonight.

Funnily enough, I didn't have so much time over Shabbos to think as my predetermined slot disappeared on me.

I think much of what changed was my ability to be actively involved in growth the way I was before. I am working on figuring out ways to improving that aspect of things.

And remember, as always...

KOMT!!

(without a "g")

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Re: The Real Me

Posted by amevakesh - 25 Dec 2024 18:13

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Sometimes despite our efforts to stay clean, (no looking, obviously no watching) the lust bug just hits you out of the blue, and your left wondering, what the heck am I doing wrong? These are reminders that we're still human, a gift from Hashem that we gotta be on guard at all times and never get complacent. But even you'll admit, that these reminders are like taps on the shoulder compared to the overwhelming tidal waves of lust that used to completely threaten to drown you. Take a moment to reflect on your growth, your low points are miles away from your old high points. You're dealing with them the best way by reaching out to your buddies. Keep on showing us the way and blazing the path for your many Talmidim to follow!

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