

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 chosemyshem - 25 Feb 2025 15:33

Ah I was pashut wondering why you looked like such a rasha today.

Warning: Spoiler!

I have two questions:

1) Is "Today was the day that I knew was going to come" a inevitably self-fulfilling prophecy?

2) Is it possible to get so clean that you *never* do a mild filter poke like that?

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Re: The Real Me

Posted by chaimoigen - 25 Feb 2025 17:11

I don't like the ominous "This is the day I knew would come" stuff.

If you mean that you know that you would have a **Nisayon** at one point or another - sure! Until you're dead you'll be having those. That's why we're still here. And if it's not a Nisayon with Taava it may be a Nisayon in Gaava, or, Heaven help us - Lashon Hora, which is truly horrible.

But if you meant that you "knew" that it was inevitable that at one point you'd fall to lust, I disagree. You're Proudyingerman. You're a different person than you once were. You're human and you had an unhealthy desire to look at stuff you shouldn't. That's normal human stuff. (Not "relapse" stuff).

Now, as a Proudyingerman, you should have resisted the urge a bit better than you did. And you rightfully feel bad about that, because you've been working on this stuff for a while, and you hold yourself to a higher standard, rightfully. So you'll learn your lesson and keep improving.

All part of the Avoda to be a better person this coming Rosh Hashana than you were at the last. And then, you'll work hard to be an even better person the next Rosh Hashana.

Keep cruising down the holy heartbreak highway in your eighteen-triple oversize-wheel rig! (Please make sure there are only appropriate pictures on the wheel flaps).

Keep Monstuh Trucking,

Love,

Chaim

p.s. Getting all hung up on this will be counter-productive, trust me, brother.

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Re: The Real Me

Posted by proudyungerman - 27 Feb 2025 04:46

Thank you everyone for the responses, they are appreciated.

I want to clarify that when I said that "This was the day I knew would come", all I meant is that I had been feelin' like I had been dryin' up inside and I hadn't been takin' the appropriate steps to address it. That is clearly going to lead to a challenging situation in some shape or form. If I would've addressed the issue, I don't think it would've ended the way it did.

@Shem, I haven't done so in about 400 days, I don't see why it couldn't have continued had I taken the proper steps.

@Bennyh, can you explain a little more what you mean? It's true that I have some stuff goin' on, but I am not totally catchin' your drift, and I want to.

I am obviously not going to be ecstatic at every nisayon, but is it possible that the time that I have spent (close to a year) on developing a true, deep fulfillment and enjoyment in overcomin' this particular area of struggle is maybe payin' off?

Again, I have not at all scaled the peak of this mountain, but why can't I have gained some geshmak in it?

(Not dissimilar to learning how to enjoy a good sugya - not somethin' I can always tap into, but something that the more I work on it, the better and stronger it gets. I also have an easier time bringin' up that feeling when I am not feeling it. Like today. Except today it just didn't go. Onwards...)

@CO, as I mentioned, I am not gettin' hung up on this. Thanks for the encouragement though, it helps comin' from you...

Warning: Spoiler!

P.S. I ain't a saint, and as I stated in my post, it is simply a slip, not at all a fall.

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Re: The Real Me

Posted by altehmirrerr - 27 Feb 2025 05:41

Hey proud! as a chatzi newcomer to gye, i don't even see any major chiddush here..... while of course we all waana and iyh we will be perfectly clean for the rest of our lives without ever falling again, but hey aren't u here for a reason? you obviously feel the need to continue working on yourself! so u got reminder that it's still true....., bh it seems like u are moving along nicely! and you are taking the lessons from it! and yes this is a good wake up call to us all..... let's learn from our mistakes, and continue the never ending path of growth! and never get too confident with ourselves, were all even more proud of you now!

wishing you much continued hatzlocha from the mir!

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Re: The Real Me

Posted by eerie - 30 Mar 2025 18:45

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(For those that don't read Burmese, that says, Hey! How are you? Are you ok?)

Just wondering, with this huge earthquake in Burma, are you ok?

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Re: The Real Me

Posted by rebakiva - 30 Mar 2025 19:50

Uh oh he's not responding, I think GYE should send a search and rescue team with YKW leading the way {since he's been to their cemetery...}

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Re: The Real Me

Posted by proudyungerman - 31 Mar 2025 05:25

Davening, an opportunity to precious

A spark to slowly grow, nurtured carefully

Flaming passion, intensely felt

A relationship oh so close

Rock solid bond, through thick and thin

Fusing together, ?????? so deep

Beautiful words of poetry

A paradigm of love

Connection now so elusive,

Cold, dried insides, motions matching up

The spark now slowly dying

Can't bear it anymore

Where oh where did my davening go

A pained, frustrated, stagnated but still proudyungerman

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Re: The Real Me

Posted by Muttel - 31 Mar 2025 13:38

Our Father above

With His endless love,

Knows us so so well.

Though we fail to call out

Don't give Him our shout

To His ?????? He turns and tells.

??? ??? ?????? how the distance pains them,

Though dry and numb - davening ??????,

A sigh escapes their lips.

Let them realize that all the emptiness and hollow

When they feel, Me they can't follow,

All they need is a couple of small tips.

Call out with your frustration,

Don't hold it in - He can handle any exclamation,

Let Me know you need My help;

I can provide you with depth of feeling and emotion

Like a joyous emancipation,

Just give a scream and a yelp.

He knows He can feel like a stranger,

You can't always muster the energy to linger

With Him in talk and prayer.

The one thing never to forget,

He loves you, is understanding, and won't let

The distance remain forever.

So keep plugging our dear friend,

Spreading your kochos to no end,

Helping us all have ?????.

He will send help to us all

While you remain proud and tall,

Until He brings Moshiach ?????!

With a ton of brotherly love,

Muttel

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Re: The Real Me

Posted by proudyungerman - 23 Apr 2025 14:29

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What a rotten bein hazmanim this was in the realm of learning...

The urges are here and I know why.

I am not particularly excited for summer zman and not sure how to change that.

I recently joined a small accountability group for reading TBOTG and BH it has been very helpful for me to get me to actually keep reading the book.

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Re: The Real Me

Posted by proudyungerman - 02 May 2025 03:40

Day 473

Been battlin' urges the last couple days...

Spent some time last night engagin' in some (pathetic) lust.

Pretty sure I know that it's comin' from stress in my life (along with the other random pains that have been occuring...)

Was feelin' pretty down today.

Postin' here for some accountability and to get it out of my system.

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Re: The Real Me

Posted by proudyungerman - 02 May 2025 05:44

Darn it, just did it again.

Gotta get a grip.

(And get to sleep earlier. Alone time late at night is dangerous.)

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Re: The Real Me

Posted by chaimoigen - 02 May 2025 09:35

[proudungerman wrote on 02 May 2025 05:44:](#)

Darn it, just did it again.

Gotta get a grip.

(And get to sleep earlier. Alone time late at night is dangerous.)

Once upon a midnight dreary

while I pondered, weak and weary....

... Quoth the PY- **NEVERMORE**

YEAH. It's an unfortunate Emes that when the rational brain is exhausted and healthy emotions are completely depleted, there's far less resistance to urges that well up, especially those rooted in feelings of despondency and emotional malaise. Been there...

Throwing in the towel early (and maybe getting up early) helps a lot.

Andvthe new day has light on the horizon...

Eyes to the east,

Hang tight-

Shabbos is coming, babe,

Here's a hug,

chaimoigen

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Re: The Real Me

Posted by amevakesh - 02 May 2025 17:42

At the risk of stating the obvious, lest anyone think otherwise. We're talking about a guy who is very far from what GYE considers a fall, and perhaps even a slip. Real growth, is when the more subtle slips are considered big, and not being embarrassed to post them, so they don't become bigger. Pure inspiration!!!

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Re: The Real Me

Posted by proudyungerman - 05 May 2025 03:01

Day 476

BH so far so good since Thursday night.

Situation hasn't hanged, hopefully my reaction to it will continue to hold up.

I want to thank everyone who reached out to check up on me, I was really touched.

Real friends make all the difference.

I want to share a win from Friday.

I was in the store quite close to Shabbos and when I walked in to the store there was a nice looking girl who I was about to walk past. I went back and forth in my mind if I should look at her with lust and BH, with help from the TBOTG mentality that I've been working on for quite a while (shout out to my two special chaverim who let me join their TBOTG group!) I decided not to. As I passed her, I saw it was someone I know. Boy was I happy with my decision!

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