

Jewizard21's Journey

Posted by jewizard21 - 21 Apr 2024 21:24

I don't know where to begin and my hands are kind of trembling while typing this but I guess I just have to start.

I am 21 and my problems with P&M since 12. I think I had urges and fantasies from around age 5 or 6 even though I didn't know what it was or what I was doing.

I got a hold of a tablet for playing games and watching YouTube. Then one day I looked up pictures.

I remember shaking and needing to stand up and walk around, I believe I was in shock, but then I went right back and started looking. I eventually started looking at videos. (I wish I could travel back on time and slap myself in the face and break that tablet.)

Already at age 13/14 I noticed what I was doing was wrong but didn't really care. What was it doing to me or anyone else. I also used M to fall asleep.

I then started going to yeshiva. I didn't have access to P but I was thoroughly addicted to M as well at the time and I would go home once a month and "restock" on P. I remember waiting to hear the snoring of my roommates so I could M. Others in my yeshiva also did P and M and talked as if it were normal. I thought to myself that I will stop when im a senior.

In the summer of 10th grade I went to Israel. I was clean for 5 weeks. Up until then I was doing M atleast once a day. I then thought to myself once back from Israel that I could just wait till I went to bais medresh in Israel to be clean and ill do all the P and M I want till then.

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Re: Me

Posted by SisonYishecha - 03 May 2024 05:18

I wouldnt be going into detail about "sharing my experiences"

Not sharing your experiences may only exacerbate things, as her imagination may run wild with assumptions. Or you can be super brief and vague, and then you don't gain anything by sharing.

and I think that depending on the girl it could actually increase respect and trust.

This means that it depends on the girl, (which in your perspective may actually exist), but if that's the case, it's pointless to discuss it with anyone before getting to know her very very well.

I think this would be rare but it does exist.

Can you elaborate a bit, how do you know this as a fact? Could this be inexperience wishful thinking perhaps?

Hopefully the one I marry is socially and environmentally aware and knows that the nisoyon of shmiras eynayim of a man is alien to her.

Maybe wishful thinking as well? What if she's not aware?

"do you deserve a wife that is looking for someone who has put all of this behind him and is clean?"

This was a bit taken out of context. The proper quote is "Do you really want a girl who is willing to "comprise" (from her perspective) and settle for a Bachur who has such a past? Or do you deserve a wife that is looking for someone who has put all of this behind him and is clean?" It may not have been clear enough, and I should have written "Or do you deserve a wife that is looking for someone totally clean of P and M"?

With being "immature" I would have to preface this with saying that this may not be discussed with family or friends but only a trusted Rav/Rebbitzen/Tharapist. maybe even my Rav.

How exactly can you preface this? Why do you think that you can make such stipulations with her, and decide for her with who she can consult with about one of the most

important choices in her life??

I'm left scratching my head on this one.

I may come across here as being sharp and rude, which actually the polar opposite of who I am. The presumptions upon which you forming your decisions and opinions are **SO WRONG** that I feel that there is no way to answer with "kid gloves".

I am w

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Re: Me

Posted by jewizard21 - 03 May 2024 05:26

Dont worry I am not taking this as sharp or rude.

This is not me diregarding your posts but may I ask what experience you have to blatantly say that I am totally wrong.

Again just trying to understand where you are coming from on this, not disregarding you even if its just an opinion.

(I am assuming you are saying this with experience)

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Re: Me

Posted by SisonYishecha - 03 May 2024 06:41

[jewizard21 wrote on 03 May 2024 05:26:](#)

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It got cut short for some reason. Your question is in place and even expected.

I write this not only as a married man who broke free from my own struggle as a Bachur for the first 8 years of marriage, until life's circumstances had me shlepped back into the shmutz. That alone gives a perspective of getting married after being clean for a period of time, and being married without opening up to my wife about it. Though one cannot give advice (especially marriage advice) based on their own experiences.

Also as a Rebbi for post high school bachurim, and as someone who (formerly, as I took a respite when I started falling in again) teaches Chassanim and did Shimush by numerous Shalom Bayis experts. This exposed me to a much broader view on the differences between men and woman, and especially newlyweds.

You will be building a Bayis Ne'eman moving forwards to the future, and sharing this with your wife (again, assuming that you are indeed past it), will not be productive in that goal.

I have the utmost respect for a Bachur who is working hard on breaking free, and we are in this battle together, I only wrote so strongly because ????? ????!!!

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Re: Me

Posted by jewizard21 - 03 May 2024 22:12

I'll be honest, I am kind of tiered of this conversation. Not only with you @Sison but just I general. I think it is mainly due to my lack of experience.

Dont worry, this is not me giving up and just going with whatever happens.

I have just scheduled a meeting with my Rav. This will be the first time meeting with him since I confided in him. This topic with the many others will hopefully be discussed.

I have mentioned previously that my Rav is of the opinion to tell. I could have misinterpreted this and his meaning could have been only if you are still struggling.

I assure you he is very experienced in dealing with singles, marrieds, shalom bayis, ppl caught doing many things....the list goes on and I don't even know the half of it. He also has meetings with boards of therapists.

I am not usually the type to go to a Rav for advice (except for extreme cases of course) but for this Rav I think I can make a lasting connection.

Another reason I would like to stop the discussion is that I think I might be focusing too much on it. It is serious and needs a lot of thought and consideration but not when I have no actual experience in the matter.

Thank you for everyone's input on the matter.

Have a great Shabbos!

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Re: Me

Posted by SisonYishecha - 04 May 2024 17:55

[jewizard21 wrote on 03 May 2024 22:12:](#)

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Thank you for everyone's input on the matter.

Have a great Shabbos!

Great decision!

Hatzlacha!

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Re: Me

Posted by Arons - 04 May 2024 19:20

Hi , new here.

Starting here,

Really feel foolish..

46 years old..officially very religious.

Old issues never went away (got worse)

Was open with wife (after 23 years) shock horrified...

(not sure ready to speak with therapist..)

well, this is something..

It may save this marriage...seems everyone says need therapy but not ready to see one.

Here it goes

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Re: Me

Posted by frank.lee - 04 May 2024 23:28

Hi @arons Welcome!!

You are very smart for making this move. As they say at AA, if you keep the same mentality and actions, don't expect different results.

You can read some threads, and start your own so you can keep things organized. Feel free to share some more about your background, struggles and successes.

You will see that many others have similar stories. One big relief is realizing you are not crazy, and being able to be open, write out your feelings, and get feedback and support from others.

What do you mean about being ready to go to therapy? Don't work about your wife going. You go! And if you are not ready, just do the first step, find a therapist or organization that can help you, make an appointment for intake, etc. Just do it.

Hatzlacha!

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Re: Me

Posted by vehkam - 05 May 2024 01:30

Welcome. We are here to help. It is possible to climb out of this. It takes work but the growth opportunity is phenomenal. Feel free to email or private message me.

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Re: Me

Posted by jewizard21 - 05 May 2024 02:41

Hey Arons,

I remember how terrified I was before and when speaking with my Rav.

I suggest creating a thread to introduce yourself to the community. Its all anonymous and is a tremendous step in healing and overcoming this nisoyon.

Much Hatzlacha!!

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Re: Me

Posted by Arons - 05 May 2024 08:12

Thank you for the support.

i didn't mean my wife wasn't ready,

She's very pro therapy and ready.

It's me, I'm not ready and everyone seems to say the only way out, the only way to heal is with therapy.

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Re: Me

Posted by jewizard21 - 05 May 2024 11:02

Don't worry we didn't misunderstand.

What makes you feel unready?

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Re: Me

Posted by yitzchokm - 05 May 2024 17:43

I broke free without therapy and it really depends on the situation. I go to therapy for other things and there is nothing to be afraid of therapy. If a Rav, professional or Hashem Help Me, the main mentor, thinks that you should go to therapy then definitely go for it. I suggest that you reach out to HHM at michelgelnier@gmail.com and discuss the option of therapy with him. As others suggested, I suggest that you open your own thread and tell us a little more about yourself. It is very liberating and it would help us help you and cheer you along. We also don't want to hijack someone else's thread.

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Re: Me

Posted by jewizard21 - 07 May 2024 03:57

How do I link an older post?

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Re: Me

Posted by jewizard21 - 07 May 2024 04:00

There is a voice recording in a reply from Markz about dating and telling when you date.

guardyoureyes.com/forum/1-Break-Free/348452-Dating-disclosure#348452

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