

My ENTIRE story

Posted by Muttel - 10 May 2024 18:05

I've just joined and would love to share my story to get support from this amazing platform. I grew up pretty sheltered and innocent. When I was 12 (26 years ago) a friend invited me and brought me to his basement and promptly showed me a nude photo (no real porn vids in those days and it took time for pix to load). I succumbed and it would be a 3x weekly trip to his basement. Of course mutual hj's and bj's followed until I finished elementary school. This went on and off until I entered shidduchim when I stopped - thinking I was done for life. Enter Covid. After being clean of P&M and shmiras einayim for 12 years I stumbled during covid. Porn, phone sex, shmiras habris everything one can do without a partner.

Though happily married, I couldn't stop.

I visited a therapist and it helped for a bit but any device I encountered was dangerous. I filtered computers and phones. Recently I moved into a new office and a non filter able screen was there. BH I cut the internet chord 2 days ago. Yesterday I stumbled into 800 numbers and BH was motivated to sign up to GYE. So embarrassing and I shudder to think of my trial upstairs.....

I'm sharing this with the hope my expressing myself will lead to my keeping my commitment to being here going.

gut shabbos!

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Re: My ENTIRE story

Posted by redfaced - 01 Oct 2024 15:18

[Muttel wrote on 01 Oct 2024 14:26:](#)

I've been thinking all ???? about the difference between this coming ???? ?????? and the last....

I'm the ??? ????? in my Shul and the last 3 years have been full of gut-wrenching pain. "How can I serve as their ???? when I act the way I do?????" My tears were more often than not, tears of anguish, pain, fear, embarrassment (especially during ???? when describing my unworthiness), and altogether not tears of ?????? and healthy yearning. I entered last year's ???? ??????

This year, 145 days clean and counting, I enter this season with an entirely different set of circumstances and mindset.... The inner calmness, the excitement to greet and be "????? ????", (though I have plenty to do "?????" for, it is nonetheless a first for me in a long time...), and maybe most importantly, the genuine tears of one who feels connected to "????? ??????....."

My dear ????? at GYE that ***anyone reading this should reach out to, like I did. It will ??????" change your life like it did mine!!*** HHM, Eerie, Chaim Oigen, Redface, Vehkam, IWLK, Proudyingerman, Amevakesh, Yiftach, and the list goes on and on.....

I'd also share the deepest of feelings for all our GYE brothers that **haven't yet broken free from the shackles of pleasure**, either because they can't or because they don't yet want to. My deepest hopes and dreams that each and every one of you finds within you the strength and fortitude to beat the bedeviled foe soon, forever!

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Re: My ENTIRE story

Posted by hopeagainstodds - 14 Oct 2024 21:13

Hi Muttel,

I appreciate your post. Its my first day on GYE but I was here a few years back. My story is very similar with being exposed to porn very very young.

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Re: My ENTIRE story

Posted by Muttel - 15 Oct 2024 08:20

Thank you, I appreciate it. Now you can really join the chevra here. The camaraderie here is what's propelled me and allowed me to really work on myself.

I'd love to hear from you, feel free to reach out at the number below!

Muttel

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Re: My ENTIRE story

Posted by Muttel - 22 Oct 2024 09:24

Just here to report back on my chol hamoed trip. Was around many many tribe members and their families. I'm sure there were many beautiful women that I could've lusted on. Thankful to Hashem that I didn't.

Also thankful to the GYE chaver that held my hand the whole time. Other than hurt for being squeezed for so long, it was great.

Have a great and successful chol hamoed, all.

With an overflowing and joyful heart full of brotherly love,

Muttel

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Re: My ENTIRE story

Posted by rebakiva - 22 Oct 2024 15:20

[Muttel wrote on 22 Oct 2024 09:24:](#)

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Also thankful to the GYE chaver that held my hand the whole time. **Other than hurt for being squeezed for so long**, it was great.

Have a great and successful chol hamoed, all.

With an overflowing and joyful heart full of brotherly love,

Muttel

Love you brother I probably would've fallen without that squishy hand,

Until I got to know you your honor defense minister and his honor prime minister hhm, my chol hamo-ed's used to start off promising myself that this time will be different, and i'll keep strong,

but with-in 15 seconds i'd see someone and that would be the end of it for me AND FOR MY WIFE & FAMILY I would be totaly out of it thinking only of...

But yesterday {even though my wife commented that i'm to buisy on phone,} but i was there WITH THEM FULLY, ang most of all in good spirits. Thank you again brother & I love you and my squishy mushy hand {thats besides for my precious nose i'm still searching for, for any clues please contact... it was last seen wearing a leather jacket...}

Oh and sorry for breaking the anonymity

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Re: My ENTIRE story

Posted by iwantlife - 22 Oct 2024 15:59

Rebakiva, your positivity is catchy and is clearly helping you in this battle, as well as making us smile! Keep the ???? ?? ???? up, and who *nose* how far you can go!? Sorry, I just had to get that in there.

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Re: My ENTIRE story

Posted by Muttel - 24 Nov 2024 10:43

Brushing the dust off my thread here today!

Yesterday was day 200 for me.

As I contemplate the immense inner change I've undergone in a relatively short period of time, I'm taken by my emotions and feel so fortunate Hashem has deemed me fit for such massive amounts of Siyatta Dishmaya. I was always convinced (like most of you) that I was a piece of _____ (fill in the blank) and not worthy of anything. I was doomed to be a failure, ready to head into purgatory at the end of the story, and certainly not getting anywhere where I should experience the bounty of Heavenly assistance we assuredly have daily.

Suffice to say the last 200 days changed all that for me. I still need to pinch myself sometimes to remember that it's all true....

My message to all of my dearest brothers and friends is: just as I was sucked into this garbage and out of control, yet broke free, so to you CAN break free too! I'm aware that not all struggles were created equal and some need more intense help provided for by an SA, nonetheless, (I've met people on this journey helped by SA too) we're ALL capable of breaking free....

My most fervent Tefilla from the depths of my heart is that we should all break free of this struggle and all other struggles we may face, giving our Father endless Nachas d'Kedusha.

With overwhelming brotherly love,

Muttel

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Re: My ENTIRE story

Posted by rebakiva - 24 Nov 2024 16:32

[Muttel wrote on 24 Nov 2024 10:43:](#)

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With overwhelming brotherly love,

Muttel

Mazel tov our best and dearest friend R' MUTTEL on your 200th milestone, may you be zoiche to many more, and shlep all of us along.

Just interesting to note, I've gotten to know about 2 months ago, and the one thing you keep on saying is that it feels like "yesterday was day 1" ,

So how could yesterday have been day 200???

Just wonderin'.

With love your baby brother Akiva

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Re: My ENTIRE story

Posted by Hashem Help Me - 01 Dec 2024 02:13

Just saw this. Mazel Tov on 200!! lyh 2,000.....

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Re: My ENTIRE story

Posted by Muttel - 01 Dec 2024 05:10

Amen v'amen!

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Re: My ENTIRE story

Posted by Muttel - 18 Dec 2024 22:04

So.... figured I'd post something I'm feeling today.

I have a challenge going on in my life right now - unrelated to kedusha. A heavy, difficult, paralyzing challenge. The type that, 8 months ago, I would've run to my pacifier for a soothing numbing sensation. Happy that I'm not looking there (thought part of me wishes I can disappear - not sure to what though). Can't say I'm feeling the happiness though. P&M is just not an option.

Not feeling like my regular upbeat self.

Not really sure what I'm looking to accomplish with this post - and frankly feel a little funny posting something that doesn't really express any substance - I'm just feeling down and a bit mushkababelt and want to share that with my brothers here that are always ready to listen to all rants and unloading.....

Here's hoping I have a brighter day tomorrow...

Love you all,

Muttel

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Re: My ENTIRE story

Posted by BenHashemBH - 18 Dec 2024 22:25

I'm sorry, dear Reb Muttel,

Sending Brotherly love and a virtual hug. Hope the coming days are more peaceful for you.

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Re: My ENTIRE story

Posted by chaimoigen - 18 Dec 2024 22:52

Dear Muttel,

After reflection, I'm responding to your post here publicly, and not in a private conversation (which I will imyH try to have, as well).

First of all, here's a hug.

But now I want to share this. As you and some others know, I too have been going through some crazy difficulties these past 6 months or so, and recently a new set of troubles began.

I do not profess to know or understand the ways of Hashem. But I know a few things, deep in my essence.

I know that I have become a changed man through my work here at GYE. I know that the RBSHO tests men, at times, and my mettle has been, and is being sorely tested. Yet, if the purpose of life is ????? ?????? ?????? ?????? then there is meaning therein, and the tools that we have developed in our struggles thus far are being put to good use. Perhaps I am being given opportunity to take it, and myself further... I'll try to do His *Ratzon* , best as I can.

Oy, *Bashefer*, I beg you: no more! Please!

But until that time I will do my damndest to hold up. And to hold on. You brought me this far, and I know you won't let me, or my close friend Muttel down. And I won't let my Neshama down, either.

With eyes brimming with tears, Shomrim Laboker, I look towards Light and Life,
and wish the same for you, yedidi,

chaimoigen

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Re: My ENTIRE story

Posted by redfaced - 19 Dec 2024 00:30

[chaimoigen wrote on 18 Dec 2024 22:52:](#)

Dear Muttel,

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chaimoigen

And if I may be so bold as to add, that all those people who you (I'm talking to you too, CO) exist for them as a support through their rough times, holding them up when they feel like collapsing (speaking from personal experience) - well, lemme just throw out there that we're here for you too.

Whether or not you have the strength to talk to us.

Praying for Y'all brotha

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