

**Eagle In Flight**Posted by 138eagle - 18 Jul 2024 19:05

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**A Mashal**

The egg of an eagle got mixed up with the eggs of a chicken. The egg hatched together with the chicken eggs. The young eagle chick was brought up together with the other chicks in the coop. Throughout the entire time that he was growing up he always felt different, he always wondered why he looked different from his other brothers and sisters. This made him feel depressed, what is wrong with me? He would sometimes look at other birds flying in the sky and wonder if it is even possible for a chicken like him to achieve this flight.

From time to time he would try to fly and he was able to fly better than the other chickens in the coop, but he did not really believe that he can fly like those other birds in the sky, so he never flew too high and never strayed too far from the coop.

One day an eagle landed near the coop. The eagle looked at the 'chicken' that looked different and spoke to him. He said, "What are you doing here? You aren't a chicken? You are an eagle! Go out, take flight and soar to the heavens!"

The 'chicken' looked at him with disbelief. "Me, and eagle?? You must be kidding. I am a chicken. And a strange chicken at that?"

The eagle looked at him wisely and told him. "My child, I was once in your place. I did not believe in my self also. However, you need to believe me. Look around and see that you are different. Then look at me carefully. You will see that you are more similar to me then to your 'family' around you.

The 'chicken' heard from the eagle that he was also once in a similar situation. Realizing that others around him have succeeded, he realized that the eagle was right.

The eagle spread his wings and took off. Once he was airborne, he looked and saw the eagle near him in the sky, and he looked around and saw other eagles near him.

He began to feel inner strengths that he never felt before. He felt like an eagle!

He flew and flew, higher and higher, further and further from the coop till he was free from the coop completely.

He was an eagle! He was flying!!

Hello All.

I have been on Guard Your Eyes for about 4 – 5 months now. I have been reading all the threads and following the challenges and triumphs of the chevra here with awe and admiration. I

think the time has come for me to open up and share my own story. I hope that it will help myself and others to continue to grow.

I grew up before the internet. However, there were still enough opportunities for me to look at things that turned me on. The swimwear catalogs that were in my house and all the regular women's underwear circulars all found their way to my room and became my favorite reading material.

At one point my obsession with women's underwear went to the next level. I began to stay up late after all of my family was sleeping and I would raid the laundry room and take my mother's and sister's bras and stockings and put them on. I would stay awake for hours dressed in them. The tightness of them around my body brought me to masturbate night after night. I would also take their bathing suits and wear them into the shower.

If I was unable to get women's underwear, I would sometimes wear a few pairs of my own underwear, this gave me the tight feeling that I craved.

I knew that something was wrong with what I was doing, but I felt like I was alone in my struggle and was completely unable to stop. I did not know about the ????? of ????? ??? . I had no idea even of what I was doing. Rarely was I intentionally ????? ???, I was so clueless that I did not even know how to. I shudder to think what would have happened to me had I been aware of how to be ????? ???.

When I reached 12th grade (17 years old) I was made aware of the ??????. Even then, rarely did I ejaculate completely. I was ????? ????? for myself that what I was doing was ok, it is a ??? ????????? and not really my fault.

On the outside I appeared like a regular good bochur in a regular good yeshiva. I learned, I had friends. I had relationships with my rebbeim. Nobody knew what was going on underneath.

At some point I began to fantasize about all this and it became not only a nighttime obsession, but even during the daytime. Even when I was in the dormitory, and I did not have access to catalogs and women's clothing, I was still obsessed.

I entered Bais Medrash, and continued to learn, but underneath this continued.

To be honest, there were ?????? that I had good days, or even several weeks that I was able to not fantasize, but it always came back.

When I came back from Eretz Yisrael and got engaged, I hoped that marriage would take care of this issue and I would be able to put this behind me. At that point I was aware of the ????? of ????? ??? and I was desperate to stop.

However, I was wrong. Marriage did not magically take care of this challenge for me.

For the ?rst few years we lived in Eretz Yisrael after we got married. I was the on of the

chashuve yungerliet in the Mir. I was on top of the world. Extremely Yeshivish and respected by all around me.

However, inside I was broken.

Everywhere I looked I saw sexuality. When I went to the Mikva, all I could think about was how everyone else looked and I tried guessing how they behaved in bed. Looking at Rabbanim and Roshei Yeshiva, I focused on how well they had sex at home.

I was broken. I was petrified to go to sleep at night because I felt I had no control over myself, and I might be ?????? ??? that night.

My fantasies continued and began to include my wife in all sorts of interesting scenarios. I would sit in the ??? ????? during seder and bein hasedorim and completely space out and fantasize, including my wife in my fantasies. I would fantasize about wearing women's clothing and underwear. I would be sitting there and masturbating in for hours on end.

At one point, I tried reaching out to my Rebbi, who today is one of the great Roshei Yeshiva. I was not able to tell him everything. As I told him the basics, he tried making it that it was no big deal and I should not focus on it. I did not feel reassured, if anything I felt belittled and not understood. It made me feel worse, that I was really alone. I thought that he felt I was dealing with a little challenge, so it can be swept under the rug, but in reality I was dealing with something so much greater that nobody had ever dealt with before.

I was a champion youngerman. I dealt with many bochurim and spoke to them about many issues and helped them to grow in their learning. I even gave a weekly chabura for a few bochurim for a few years.

Inside I felt broken.

Life does not stand still. It came time for us to move back to the states. We moved back, and I began the task of looking for a position as a Rebbi. It was only natural for me to continue in that direction, as this was apparent based on what I had done the first few years after my marriage.

Within a year I got a part time job in a local Mesivta, I had a hard class, and I also had a hard time with parnasa. So we struggled.

But what was really tough, was that I felt like a real fake. Here I was talking to bochurim to watch themselves and to stay away from places that were not good for them, and I was still fantasizing inside. I was not able to look at myself in the mirror.

I tried talking to several chashuve Rabbanim where I live, and they also made light of the issue. (it is a bit of a surprise, as at this point the internet was already quite big and the issues were not being swept under the carpet the same way anymore, there was definitely more awareness and openness now).

After one year of this, I cracked. I gave up the Rebbi position. All of my Rabbeim that I spoke to, the focus was on how difficult of a year I had teaching, and I did not think that I was cut out for

it, and how hard a time I was having with paying my bills. However, underneath the reason that I was thinking was, that I cannot really be a rebbi if this is the way I behaved in my mind.

After a few months I got my first job in the world, I was very busy, so I had less time to fantasize. I made sure to upgrade my filter on my computer to the highest possible, even higher than the company that I worked for offered. I also convinced others to make sure they had high levels of filters on their computer. (after all, I was the yeshivishe, chashuve guy in the office, many asked me their halacha shailos for a while). For a while, things looked like they were improving. I still felt like I was not complete. I still felt that I did not conquer my issues and I was still a façade.

After a few years, a random spam email took me on a nightmare roller coaster ride for about 3 years. I was introduced to new sexual concepts that fell in line with the way I felt inside and they fell in line with the fetishes that I had. I would read stories about being forced to dress and act like a woman. In a sense this exonerated me, that I was not crazy to have this interest.

I began to search out these items, I Boruch Hashem did not cross the line to watch real porn, as I also had a high level of filtering on my computer, but I began to read stories and view products that I could only dream of owning. All this was in the office only, I did not have (I still do not) regular internet access at home.

I became an expert at knowing which words would come up as a filtered search and which words were able to get around the filter. At this point I was trying to stop, but continued to feel alone in my struggle and I felt that the situation was pretty hopeless.

From time to time I was able to go a short time without reading anything and without myself getting out of hand. But it always came back.

Whenever I needed to set up a computer for a new employee, especially for a non-jew that was coming in, I needed to go on it to make sure that everything was working and all systems were installed properly. This was a way for me to get to places and stories that were hard to get to on my own computer.

Boruch Hashem a few months ago, I came across an ad for Guard Your Eyes. I filed it in the back of my brain. On day a few months ago after a particular good story really put me out and led me to masturbate that night to the point of being ????? for the first time in a really long time. I realized that I needed to do something. The next day I opened an account on Guard Your Eyes. I went through the first few steps of the F2F program and was wowed! There are the tools here to help me conquer this! I still did not finish the program, however many of the ideas that I saw there were eye openers to me about who I am and who I can further become.

However, the most important part for me was this forum. I read about people that had it much harder (understatement!) than me. These people were able to overcome and to grow! I read about their struggles and their triumphs, I was awed. Simple people like me (Read – Great individuals!) that are in the same place as me, or were there and have gotten out. Here I will not be ridiculed for having challenges, here I will not be made light of.

I began to feel that I am also growing. Just the knowledge that I was not alone, that I am not

crazy, and I am not a sicko was extremely redeeming and empowering. I felt the power inside of me to grow. I am now over 4 months clean. I am looking forward to a life of real ????? and real growth.

Last week, I was setting up a computer for a new employee that was about to start. I was having a particularly hard day, I began to wander on the new un?ltered device, I went to a non-jewish news site, and I felt myself losing control. I was quickly able to shut the browser and log off. It felt unreal to do this!!!! I have the power!!!!

I am an Eagle!!!! I am ?ying!!!!!!!

This made me feel that I cannot let my guard down again. It made me sit down and write out my story and continue to work on myself.

Rabosai, I am here now. I cannot thank all of you enough for the chizuk you have all given me the past few months. I hope to continue to grow together.

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Re: Eagle In Flight

Posted by eerie - 18 Jul 2024 19:18

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WOW!

Welcome to the most amazing family out there, my friend! I'm sure you'll be an asset to us all!

Your story really inspired me, at the same time that it pained me to read of your years of torment. I'm amazed at your strength, at your ability to grow and overcome these great challenges!

My friend, please stick around, and share your insights with us. Looking forward to hearing from you!

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Re: Eagle In Flight

Posted by amevakesh - 18 Jul 2024 19:24

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Wow!!! Speechless!!! What a first post. Welcome welcome welcome. It's an honor for us to have such a Chashuve warrior posting on the forum. I can't say that I've been through everything that you wrote, I did not have those exact fetishes, not was I ever the top guy in Yeshiva, but aside from those two points, much of what you said resonates deeply with me. Especially the feelings

of hypocrisy, the confusion about the ????? of ??? ??, the fantasy land that I would drift off to. But which the help of the Oilam, it's been almost a year that I've indulges in the sweet sickly poison called lust. Please don't go away, we need more people like you to join our ranks. It's a Chizzuk for all of us. Then when you're ready for the next step, please reach out and share the wealth of life's experience that you've been through with us as well. I'm sure we will gain from you, just as much as you will gain from the Oilam here.

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Re: Eagle In Flight

Posted by BenHashemBH - 18 Jul 2024 19:41

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[138eagle wrote on 18 Jul 2024 19:05:](#)

I am looking forward to **continuing** a life of real ????? and real growth.

I have the power!!!!

I am an Eagle!!!! I am ?ying!!!!!!!!

Unreal. You have such clarity and purpose in your post. Welcome, and please excuse my editing your message - I think you left out a word.

Reading about how you are soaring makes me want to take to the skies. Thank you for the chizuk.

Keep flying high!

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Re: Eagle In Flight

Posted by Heeling - 18 Jul 2024 19:56

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WOW! Fabulous post!

Welcome the GYE! Your story is really inspiring, hang around - we need you! Here you are not

alone, friends are amazing, reach out to those you feel you can relate to.

Wishing you continued Hatzlocha,

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Re: Eagle In Flight

Posted by vehkam - 18 Jul 2024 20:19

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Welcome. I am so happy that you posted. I understand every single word you wrote ( and the feelings and emotions that go into such writing).

The loneliness of the struggle you describe is extremely painful. The exhilaration of breaking free is an incredible feeling.

we are here to help you maintain that exhilaration....

Wishing you tremendous hatzlocha

vehkam

PS Rabbi Joey Haber used that Mashal on vayimaen for superbowl Sunday this year. It was very powerful.

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Re: Eagle In Flight

Posted by yiftach - 19 Jul 2024 00:19

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A very warm welcome!

Ach... you bring back those feelings of living a double life... so relatable!

We all have different stories, yet there's almost always a common denominator, one of them being that we all want to be free! We're in the fight to win it!

Keep up the positivity, it's vital to success!

Continued hatzlacha!

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Re: Eagle In Flight

Posted by proudyungerman - 19 Jul 2024 04:10

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Just joinin' the crowd givin' ya the royal welcome!

If you are ready, reaching out to some of the wonderful people here (HHM -Hashem Help Me- ([michelgelner@gmail.com](mailto:michelgelner@gmail.com)), eerie ([1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com)), Muttel ([muttel15@gmail.com](mailto:muttel15@gmail.com))) is a really powerful tool for continued growth and cleanliness...

Looking forward to hearing from you soon!

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Re: Eagle In Flight

Posted by chaimoigen - 19 Jul 2024 04:26

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Welcome!



I also grew up before the internet, and I find a lot of the feelings that you are describing very relatable.

The pain and the loneliness, especially for someone in a position that is giving to others can cause a terrible schism inside, and those gaping wounds can send you looking for escape, too...

Here's a warm hand, friend.

Though each of us has our own road to walk, it's easier and better when walking together with friends who understand.

To me, GYE means hope. Hope of genuine, lasting change. Of newfound freedom, of the taste of ??????. You've already begun to experience it. Lichayim!

Keep climbing, the sapphire blue gets brighter as you get higher...

???? ?? ??????? ?? - your mighty eagle wings will grow stronger here, your reach will expand, as you soar to the heavens...

I suspect you'll have a lot to offer- looking forward to getting to know you better!

with warm admiration,

Chaim Oigen

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Re: Eagle In Flight

Posted by eerie - 19 Jul 2024 16:27

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[proudyungerman wrote on 19 Jul 2024 04:10:](#)

Just joinin' the crowd givin' ya the royal welcome!

If you are ready, reaching out to some of the wonderful people here (HHM -Hashem Help Me- ([michelgelner@gmail.com](mailto:michelgelner@gmail.com)), eerie ([1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com)), Muttel ([muttel15@gmail.com](mailto:muttel15@gmail.com))) **OR PROUDYUNGERMAN (who's email is on the signature of his post)** is a really powerful tool for continued growth and cleanliness...

Looking forward to hearing from you soon!

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Re: Eagle In Flight

Posted by 138eagle - 22 Jul 2024 18:00

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Thank You all for the very warm welcome. After being here for already 4 – 5 months, I feel as if I know the ???? quite well already. I am convinced that the ???? here will be the ones that will be leading the group as we go shortly to greet ???? ?????. Those that have taken the initiative in hand to work on themselves to become better and to overcome the terrible ?????? that surround us from all around.

Especially those here that take the initiative to reach out to other people around them to help them to overcome their challenges.

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Re: Eagle In Flight

Posted by 138eagle - 22 Jul 2024 18:02

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I also would like to share some thoughts that may inspire us (read - "me")

In this past week's ???? – ???? ??? we find that ???? wanted to end his life as a good person. ???? ???? ??? ????? ???? ?????? ?????. The ??? ?????? ???? writes that he met many ????? that told him that they would do ????? if they knew that immediately after they will die. However, they know that they are not able to do a 'long term ?????' as they are under the command of a ??? – ??? ??? ????? the YH.

I was discussing this with my family, and I told them that this is obviously incorrect. A person needs to do ?????, if his ????? is real and coming from a real place with a real commitment. If he subsequently falls, that is a new challenge that he faces.

I thought about this. We are in the month of ???? which stands for ???? ?????? ??????? ??????. I thought about how my ????? will look this year. For many years, I focused on the challenges of ????? that I was focusing and how I will conquer them this year. Each year I made a ???? that often did not last even a little bit. After many years, I gave up. There is no hope for me. The situation that I am in is too unique for me to even begin to work on it. I felt that I cannot do a real ????? that even has a chance of lasting.

However, now I am finally able to say that I am able to do a ????? that will last.

Yes, there may be falls along the way (I daven and hope there won't be) but a ????? that is done knowing that I can overcome is a ????? that will last. I no longer look for the ??? ?????? ??? looking for a ????? that can only be done at the end.

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Re: Eagle In Flight

Posted by proudyungerman - 22 Jul 2024 19:05

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[138eagle wrote on 22 Jul 2024 18:00:](#)

Thank You all for the very warm welcome. After being here for already 4 – 5 months, I feel as if I know the ???? quite well already. I am convinced that the ???? here will be the ones that will be leading the group as we go shortly to greet ???? ??????. Those that have taken the initiative in hand to work on themselves to become better and to overcome the terrible ??????? that surround us from all around.

Especially those here that take the initiative to reach out to other people around them to help them to overcome their challenges.

I hope I'm not coming across as too strong, but if you already feel like you know the oilam well, please please please pick someone to reach out to.

Some of the main mentors on this site are HHM - Hashem Help Me - (mentor-in-chief) reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com), eerie reachable at [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel [muttel15@gmail.com](mailto:muttel15@gmail.com), chaimoigen reachable at [chaim.oigen@gmail.com](mailto:chaim.oigen@gmail.com).

I'm telling you, if you really want to break free, you should seriously consider reaching out.

Looking forward to hearing good things!!

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Re: Eagle In Flight

Posted by iwannalivereal - 22 Jul 2024 19:50

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[138eagle wrote on 22 Jul 2024 18:02:](#)

I also would like to share some thoughts that may inspire us (read - "me")

In this past week's **???? – ???? ???** we find that **????** wanted to end his life as a good person. **???? ???? ??? ????? ???? ?????? ?????.** The **??? ????? ???? writes** that he met many **?????** that told him that they would do **?????** if they knew that immediately after they will die. However, they know that they are not able to do a 'long term **?????**' as they are under the command of a **??? – ??? ??? ?????** the YH.

I was discussing this with my family, and I told them that this is obviously incorrect. A person needs to do **?????**, if his **?????** is real and coming from a real place with a real commitment. If he subsequently falls, that is a new challenge that he faces.

I thought about this. We are in the month of **????** which stands for **???? ?????? ??????? ?????.** I thought about how my **?????** will look this year. For many years, I focused on the challenges of **?????** that I was focusing and how I will conquer them this year. Each year I made a **????** that often did not last even a little bit. After many years, I gave up. There is no hope for me. The situation that I am in is too unique for me to even begin to work on it. I felt that I cannot do a real **?????** that even has a chance of lasting.

However, now I am finally able to say that I am able to do a **?????** that will last.

Yes, there may be falls along the way (I daven and hope there won't be) but a **?????** that is done knowing that I can overcome is a **?????** that will last. I no longer look for the **??? ??????** **????** looking for a **?????** that can only be done at the end.

Wow so relatable!

Keep it up!

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Re: Eagle In Flight

Posted by yiftach - 22 Jul 2024 23:04

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Very powerful vurt!

You got my brain gears turning. Why did these reshaim have such a difficult time doing teshuva? Why would it have be easier if they would subsequently die?

Since, teshuva requires CHANGE. To do teshuva and die right after, doesn't require any change. However, change doesn't have to be a full turnaround, it has to be a goal with baby steps towards it.

Could be they perceived it as a full turnaround which was too hard to comprehend.

?? ?? ???? ????????, the road to recovery means taking the right exit off the highway and setting a new destination point. With the right goals in place, even if we fall, at least the GPS can recalculate from there.

You write that you got to know the boys (/men/zaidys) the last while. I second Rabbi PYs motion. Get to know them even better! Invaluable friendships begin here!

**Keep soaring!!!**

- Yiftach'l

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