

welcome everyone my story

Posted by rebakiva - 18 Sep 2024 14:48

Hi everyone I just need get my story out for the support

i was a good tmimusdiga kid didnt know anything so much so that one day bachurim came into my room in the dorm and spoke about learning kesubos daf tes, nida,etc. and i ran out of my own room, but all that aside i still had a natural burning temptation to this unknowing what it is & what im doing, so at a young age about 12 i was looking at people in the street and thats it, than about 14 yrs old when i was experiancing a urge in the mikva i was playing with myself in the water which caused the zera to come out on its own which was my first experience with zera levatula since then i started going to mikva late so that i can have peace and quite to play with myself etc.

at about 16 i found a booklet of a hp printer in my house that 1 picture of a basically fully dressed women i hid it in the basement bathroom and used to go look at it from time to time playing with myself till it happened i discovered that i dont need to go under water in the mikva i can jusu do it on the floor of the bathroom but i didnt want to get dirty so i would put down my tzitzis and lay untop of it.

well well motzei sukkos we got back from our grandpearnts late at night i had terrible urges the whole hour ride home so as soon as we got home instead of helping unpack i ran straight to the bathroom in the basement and... a few minutes later my father upset that im not helping came looking for me and saw tzitzis sticking out under the door he understood whats happening banged on the door and made me admit my guilt found the booklet... then for 2 days he didnt utter a single word to me just gave me looks of disgust,those were the 2 worst days of my life feeling rejected of my own family for something thatwas so natural (& by now i know how small of an aveira it was there was baisically nothing not tzenious about that picture), after 2 days he spoke with me not in a loving way just that his rabbis told him that should be loving so he told me that he has to be loving but he wasnt really loving {im not upset at my father hes a very serious pearson by nature he definatly meant good he just didnt know how to do it} what ever the case it only got worse

fastforward 5 weeks before my chasuna i was with a friend in a kiosk in isreal we needed i think it was to book flights but he searched the worst stuff in front of my eyes that was the first time i came acroos real porn, although i ran out of the kiosk then but i was exposed and so 3 yrs after my chasuna when and if i found myself with a unfiltered phone and laptop i found myself watching porn at times when no-one was home.

after some time i cut that out hating myself for where i have fell to, but after a few months i figgured out a way to bypass the local kiosks filter to get bad porn pictures on ebay copied over to my email.

than about 4 yrs ago hashem randomly decided to lift me up as till then i was a kollel yungerman without ever dreaming of it hashem sent me a offer to join the chinuch line in a very prestiougess yeshiva but part of the curriculum is talking about shmiras eineim but ever since i have to talk about it i hate myself to no end knowing that i dont practice what i preach i asked

my rabbunim if i can quit my job but they all gave me chizuk & told me to stay but i didnt actually get helped just some chizzuk.

then it happened i always knew hashem loves me just look at everything hes done to me especially giving me my prestigious job, but it was allways contradictable to me because im a sheigitz so why does he love me, but a few days ago hashem again randomly sent me the meaningfull minute podcast of gye where i was introduced to this platform thats after runing to therapists but dropping out after 2-3 sessions cause i couldnt afford it, running to rabbaim but getting chizuk instead of help, i baissically gae up on myself, but hashem showed me that he raelly loves & its not at all a contradiction, he`ll help me eeven with this.

i found this really amazing because i saw that although i come from a very holy background balei ruach hakodesh & balei mofsim, i allways knew that they only achieved it due to their kedusha they were holy since birth never fell thru in this so im not going to get anywhere, but now hashem showed me that he`ll help me get to where i want even at the 30 yrs, nothing is contradictable there for i changed my user name from mevakesh 247 to rebakiva cause just like reb akiva who could start learning at 40, we can become holy pure and kedoishim at the 40 as well

my only wish is that hashem should help succeed in this journey to full freedom and kedusha together with all of klal yisrael everyone has pain from this, but everyone also has hope just like reb akiva.

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Re: welcome everyone my story

Posted by rebakiva - 02 Dec 2024 16:39

So here comes another win for now, although a very hard and deep one but a very pleasing one as well.

Thanks to Harav R' Amevakesh, who brought up the "Thank you Hashem(Rated R)" thread, I came across the first 2 pages where he talks about messing up vacations, to be all about s..., and although he might be trying to achieve true intimacy, he still makes a vacation into a lustful affair, instead of just connecting and enjoying the private time with his wife.

Well, so happens to be my anniversary coming up in 2 weeks, and believe it or not my wife , totally forgetting about our anniversary, {cande, reminds you of your birthday???}.

{cande, reminds you of your birthday???}.

Along comes his majesty king YH, and says, "Hey rebakiva, this is actually awesome, now your wife has no excuse about not having where to leave the kids, they are away anyways, so this is your chance", so there I went and booked an expensive hotel room, some where local, planning to "surprise her" with a hotel vacation, with her one and only beloved husband, as soon as she gets off the airplane.

But after reading that thread I came to the correct understanding, that for some reason, all the booking accomplished, was just a lot of fantasies, about that "sudden surprise night" the "love" (so to say), the "bed" (read; s...) etc. and to be honest, it's typical of my wife to get off the plane and just want get into her own bed on her own, and just sleep sleep and sleep.

So big shout out and thank you to Amevakesh, and Ur-A-Jew, I WENT AHEAD AND CANCELED THE RESERVATION.

Love Ya'll

GADLUS!!!

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Re: welcome everyone my story
Posted by jollylemur95 - 02 Dec 2024 19:33

I can only second what HHM said!

You are a giant amongst men! Actually on this site there are many giants that I have learned from. Let's change that, you are a giant amongst giants!

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Re: welcome everyone my story
Posted by amevakesh - 02 Dec 2024 19:38

Can I make a suggestion, that you don't cancel the vacation plans completely? Go on a vacation where she is the focus of it. The enjoyment that you will get from it, will eclipse the best fantasies you can imagine 1000 fold. Now *that* would be a way to celebrate an anniversary!

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Re: welcome everyone my story
Posted by rebakiva - 02 Dec 2024 19:50

[amevakesh wrote on 02 Dec 2024 19:38:](#)

Can I make a suggestion, that you don't cancel the vacation plans completely? Go on a vacation where she is the focus of it. The enjoyment that you will get from it, will eclipse the best fantasies you can imagine 1000 fold. Now *that* would be a way to celebrate an anniversary!

To be honest I thought about that multiple times, but came to the conclusion that my wife really would like to get into her own bed right away and not give me an excuse to ask the people who are taking our kids to extend their stay for another night, so I cancelled the reservation.

But I do plan on asking her how **she** would like to celebrate our anniversary, I'll be happy with whatever she chooses, and if she chooses to go away just for **connection**, {which is probably not going to happen} then I'll get that, but it'll be done the right way, which will truly be connection, not a lustful affair.

Thanks, I really appreciate all of the responses.

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Re: welcome everyone my story
Posted by cande - 02 Dec 2024 19:54

next time pass the reservation on to me, i think my wifes recoverrd from her flight 2 years ago.....actually not, ill skip.

cande

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Re: welcome everyone my story

Posted by rebakiva - 03 Dec 2024 00:18

[jollylemur95 wrote on 02 Dec 2024 19:33:](#)

I can only second what HHM said!

You are a giant amongst men! Actually on this site there are many giants that I have learned from. Let's change that, you are a giant amongst giants **including giant R' Jolly!**

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Re: welcome everyone my story

Posted by rebakiva - 03 Dec 2024 00:19

[cande wrote on 02 Dec 2024 19:54:](#)

next time pass the reservation on to me, i think my wifes recoverrd from her flight 2 years ago.....actually not, ill skip.

cande

Sure if you're willing to pay \$1,000 for just 1 night, I'll gladly pass it on.

Warning: Spoiler!

Sorry R' Jolly, I just couldn't hold myself back.

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Re: welcome everyone my story
Posted by wantingbetter - 03 Dec 2024 00:35

[rebakiva wrote on 03 Dec 2024 00:19:](#)

[cande wrote on 02 Dec 2024 19:54:](#)

next time pass the reservation on to me, i think my wifes recoverrd from her flight 2 years ago.....actually not, ill skip.

cande

Sure if you're willing to pay \$1,000 for just 1 night, I'll gladly pass it on.
Warning: Spoiler!

Quite the salesman.....

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Re: welcome everyone my story

Posted by amevakesh - 05 Dec 2024 00:08

[rebakiva wrote on 02 Dec 2024 19:50:](#)

[amevakesh wrote on 02 Dec 2024 19:38:](#)

Can I make a suggestion, that you don't cancel the vacation plans completely? Go on a vacation where she is the focus of it. The enjoyment that you will get from it, will eclipse the best fantasies you can imagine 1000 fold. Now *that* would be a way to celebrate an anniversary!

To be honest I thought about that multiple times, but came to the conclusion that my wife really would like to get into her own bed right away and not give me an excuse to ask the people who are taking our kids to extend their stay for another night, so I cancelled the reservation.

But I do plan on asking her how **she** would like to celebrate our anniversary, I'll be happy with whatever she chooses, and if she chooses to go away just for **connection**, {which is probably not going to happen} then I'll get that, but it'll be done the right way, which will truly be connection, not a lustful affair.

Thanks, I really appreciate all of the responses.

You are going to have a heck of a meaningful anniversary. Real true love, putting away your personal fantasies in favor of your wife's comfort. That's real growth! The stuff of a real man! KOMT!!!

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Re: welcome everyone my story

Posted by rebakiva - 15 Dec 2024 01:31

Until 90 days ago...

P&M was a central part of my life.

Any passing woman was a trigger.

Any trigger meant the end of my day, for if I can't do anything now, at least I can fantasize and walk around like a zombie, till I get to bed at night.

Getting into bed, meant waiting and waiting pretending to preparing worksheets for my students, until my wife fell asleep.

Wife falling asleep, meant p... for a few hours.

P... meant M... as many times as possible till I felt dead and just couldn't move so I just fell asleep.

The Nida period, was easily passable by P&M.

And yet:

I thought my marriage is great.

I loved (read: being in bed with) my wife.

I satisfied her {read: MY} needs.

Then 90 days ago:

I joined this great, warm, loving family.

HHM bopped me over the head with his sledgehammer, calling me a cheater, cheating not against, but IN my wife.

I committed to change.

I fought my shame, and called a bunch of strangers for help.

I fought my fear {absolutely not true, I was never judged at all, and our dear friends here were more than happy to have such a nudgy patient, but I just had that fear} of being judged for what I've done, and for being such a nudgy patient calling every few minutes, freaking out because I saw someone, and maybe I'll get triggered.

90 days later:

P&M is gone.

Passing women are just regular human beings, no different then the beautiful birds flying around that don't trigger me.

Triggers stress and anxiety now mean calling a good GYE friend.

My marriage was never anything close to what it currently is.

WE (the "I" is done hopefully never to return) looooooove each other, to no end.

WE are one person & one heart with two bodies.

The Nida period, is an extremely emotional separation period, hard {still working on this}, yet a time to get ready for our remarriage {chaza"I really coming to life} after it's over.

My life and marriage changed 180 degrees, at some point early on in this journey, my wife strated to sense that something massive is happening in our marriage, I freaked out and quickly called HHM, so he called me when I was with my wife and "recruited" me to help others, so I can now be open with her, I'll just say this, I never looooooved my wife wife, like I do, now, I'm now so emotionally connected to her, I used to use her to satisfy myself, now I have minimal desire for s*x, I love the connection to her, so much so that I'm more than satisfied to just sit or lay close to her and just feel the loooooove flowing between us without anything lustful or sexual.

Which brought me to a new understanding of the chaza"I Isha Ateres Bailah, I've suddenly come to see how much she's brought out of me, how much just being her husband, built me to become who I am today, as R' AKIVA said "Sheli veshelachem shelah hu", and I cry for the missed opportunity of all those years of our marriage till 90 days ago, for not being so close to her, acknowledging what she's done to/for me, and feeling her love.

I'm not here to write a love story, I'm just trying to point out that without HHM'S sledghammer, I would've never gotten to the place I currently am, even if I would've just fought the P&M, I would've been clean and maybe even gotten a bit closer to my wife, but the "I" would've still existed in our relationship, and to be honest with myself {I know not everything works for everyone, but it did work for me}, the only thing legitimately holding me back from P&M would've been my commitment, which can easily fade away, but now I have a crazy excitement, adrenalin, and motivation, to win and conquer this beast, it's not just a commitment to keep clean, but a deep loving relationship with my wife, which I fear not to jeopardize.

Also I've come to the realization that hashem gave me this eiver to use as a form for the deepest emotional connection possible, in the world, which can't be misused for lust or P&M, just like I can't walk on my hands, I can't use this eiver for lust, it'll only make me feel terrible, disgusted with myself, and will kill the real point of marriage.

Now I know that I'm only a human being, and things might not stay this way forever, or maybe even not for long, but at least after tasting the real thing, I now have an address to put in to my GPS, when I c"v fall or have a hard time, I at least know where I want to get too.

So my fellow GYE brothers I have no words to thank you for where you all {yes you the reader} have brought me too, for my new changed life, and most of all for my new marriage, me and my wife equally, feel like we remarried and are now in our shanah rishonah, just that this time it's a non-lustful one and it's a very deep relationship. I couldn't have done this without you guys, so thank you from the depths of my & my wifes heart's, you have brought us so much closer to each other.

I can only wish all of you the best life and may you all achieve all of the above, in your marriages, and in your P&M struggle.

With overflowing love Akiva

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Re: welcome everyone my story

Posted by Muttel - 15 Dec 2024 10:29

It's amazing to see this post, Reb Akiva!

Mazel tov on 90!

Such a short time ago,

Reb Akiva was feeling low,

Can I ever break free,

Or is constantly falling my destiny?

The Rebbe drove home the point,

You needlessly fret, just self anoint

Yourself with the new title of loving husband

He gave you the tools to excel, for you it's been a whirlwind.

How happy I am for you,

That you're rewriting your destiny fresh anew,

Your future shines ever bright,

As you bring excitement to the fight.

Hashem should continue to help you,

Save more of our brothers and give them hope too

That just as you broke free,

They too can and live life full of glee

With unending brotherly love,

Muttel

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Re: welcome everyone my story

Posted by chaimoigen - 15 Dec 2024 16:32

Unbelievable chizzuk. A lot of truths and valuable experience here.

I love how you describe knowing that even if the initial inspiration may fade, still, knowing and experiencing the **positive benefits** that you are experiencing from a clean sober life of Kedusha and the enhancements in your marriage provide you with a different kind of motivation. Powerful.

Keep it up, Chaver, keep trucking on, and helping other Chevra!

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Re: welcome everyone my story

Posted by amevakesh - 15 Dec 2024 19:55

Wow! It's hard to remember what GYE was like before Harav Rebbe Akiva joined our family. Your ????? ????? shines through your upbeat posts and flows directly in to the hearts of so many parched souls that are thirsting for some Chizzuk. Your growth is mirrored by the growth of all the others you have helped and inspired. ????? ??? ?????, like your namesake, you are an

inspirational leader to many, who leads by example, and are a shining light for all of us to follow.

With admiration,

Amevakesh

P.S. Happy Anniversary

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