

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 odyossefchai - 16 Dec 2024 11:14

Reb Akiva you truly are a special human being.

You have grown so much and showed us what is really possible.

May Hashem bless you and your family with all the Brachos of the Torah.

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Re: welcome everyone my story
Posted by cande - 03 Jan 2025 01:51

Rebakiva!

come back and join us we love you!

pleeeeeeeese.

cande'

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Re: welcome everyone my story
Posted by rebakiva - 03 Jan 2025 17:40

Thanks harav cande for reviving me, I had no intention of leaving, just had a very hectic Chanukah schedule, and a couple of simchas the week before Chanukah, which left me with almost no time to login.

I'm bh doing great, a couple of slight slips here and there, some regular day to day stress, but overall I'm bh doing fine.

Thanks again to all of you who reached out to me in private, concerned about a fellow GYE sibling, it has really warmed my heart to feel all of your love and concern, who knows where I would've been today without my GYE brothers.

With love ke'mayim punim le'punim, Akiva

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Re: welcome everyone my story
Posted by rebakiva - 06 Jan 2025 07:42

My favorite Vort I've heard on this weeks parsha.

Yosef Hatzadik brought his 2 sons Menashe and Ephraim before his father Yaakov Avinu so he should bentch them before his passing, but Yaakov crossed his hands putting his right hand on Ephraim, and left hand on Menashe, after he finishes Yosef tells his father that he's mistaken for Menashe is the eldest, to which Yaakov responds, '????? ??? ????? ???'.

Apperently there's some disagreement between Yaakov and Yosef, as to whom should get the right hand, there's a lot of explanations for this, but one that always resonated with me in a very deep way, and fully belongs here on GYE.

I heard from a certain rav {won't say who, as it might be identifiable} that if we look back to parshas Mikeitz, Yosef named Menashe because "?? ????? ?????? ??? ??????" meaning that Hashem rewarded me with something that'll make me forget all my previous hardship's, and Ephraim is for "?? ?????? ????? ??????" meaning that Hashem made me thrive and prosper within my pain and hardships.

Now Yosef thought that seeing Hashem rewarding him for his courageousness' and hardships, is really something to be celebrated and made as the ikkur of his legacy going forward, that he went through so much, and in the end it paid off, therefore he named his Bechor Menashe, and he should be the one deserving Yaakov's right hand.

But Yaakov told Yosef, "????? ????? ????? ?????, ????? ???' ??? ??????", meaning that Ephraim's kids are going to be the ikkur between the goyim, because Ephraim is the symbol of the struggling jew, the jew who feels all alone in the world as if he's the only one struggling with kedusha, P&M, and evrything else, as much as he's trying to stop and help himself, he just continuously falls again and again, whatever he tries, just doesn't work, he cries silently in pain for his life hoping to one day become the Menashe who's just a real holy jew, but to no avail, he falls and gets back up but eventually falls again, as the navi says "????? ??????", he's a shaky person "???? ????? ????? ??????", but with all that said, Hashem says "??? ????? ?? ??????" I love Ephraim more than anything, "?? ????? ????? ????? ?????? ???, ?? ?? ??? ??? ??" every time I think about him, my whole body flips over and over again...

Now to take it one step deeper, we find that when Yakkov was going to bentch Yosef, the Brachos were only for his kids, not at all for him, also we find that instead of Yosef being rewarded for his courageousness' with eishes potifar, his zechus in the shevatim goes to his kids, and gets split into 2, instead of him becoming the main sheivet, or something like that, so why is it that it's all about his kids instead of him?

Says this rav, be'sheim sefarim, that Yosef achieved such a high level in kedusha, that a regular human being can't be ????, so it wouldn't have been able to be down to us in this galus, therefore it had to be split into 2, the kedusha of during the hardships, the rises AND the falls, and the kedusha of after achieving true lasting freedom, only this way can the kedusha of yosef be down to us, but had it been all in one person Yosef, it would've been too much for us.

So now we understand why it's all about Menashe and Ephraim VS Yosef, so Yaakov explained to Yosef that "that in this dark galus the main character will be the struggling jew the Ephraim, the one that Hashem says "he's the main one to be celebrated, yes it's an awesome thing to achieve true lasting freedom, **but our main focus should be on internalizing Hashem's love for the Ephraim the struggling jew**, therefore Yaakov put his right hand on Ephraim.

I'll finish off with a prayer that we all truly be zoiche to internalize Hashem's love for us the struggling jew, we should feel his love in an open way, in a way that we can understand that it's good, and this way stay motivated to keep winning this battle of our generation, and IY"H achieve true lasting freedom, with happiness health and love.

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Re: welcome everyone my story
Posted by rebakiva - 12 Jan 2025 02:56

So it's been a while I'm currently going through a very stressful situation in my life, which unfortunately led me to let my guard down a bit, BH not terribly but let's just say my shmiras einaiyem in the streets {only} is not the way it should be.

Which brought me to a very deep understanding of myself and the way our beloved majesty the honorable YH works his way around us.

I've bh come a very long way, p&m has become a thing of the past, and a complete no-go, it's BH not an option at all anymore, and when experiencing an urge my newfound second nature kicks in and subconsciously sends my hand to my phone to call or text one of my GYE friends. More so, my marriage has BH made a 180 degree turn for the good, as R' HHM puts it, I stopped focusing only on the icing aka s*x, instead my main focus now is on the cake aka emotional connection to my wife.

But {and this is a big and very deep but} the YH managed to get around me to some extent, now that I'm in this stressful situation, and slipped up a bit in my shmiras einaiyem, because p&m is a no-go and s*x is not my focus in my marriage, he managed to twist my newfound view in marriage to be seeking **emotional s*x** instead of only focusing on emotional connection, not that I was looking for s*x, to the contrary I was genuinely looking for the emotional part of marriage, but it was for emotional s*x, I know it's not clear what I'm writing here I'll try to explain to the best of my ability but I'm not the best writer, so please try to think yourself to understand what I'm really trying to say.

Basically what happened was that my wife came to tell me one day last week, that she got her period, and unfortunately my reaction was a really grumpy reaction {to put in a nice way}, which got me thinking a lot over shabbos, "what's wrong with me, if I'm truly seeking an emotional connection with my wife, why should I feel this way when she's not clean"?

In the beginning his majesty YH tried twisting my mind to think that it's an "emotional separation" trauma which is causing me to feel this way, but BH I didn't buy into it, because if physical s*x is not my main focus, then there technically shouldn't be any separation, emotionally we can still be one, love each other to no end, so that doesn't answer why I was feeling this way.

I couldn't really understand what's going on, I was in a "ruach shtus" mode, but hashem berov rachmov vachasudov put it into my mind to sit down with my wife shabbos night after the seuda and the kids sleeping, and we played a game that both of us haven't played since around 4th grade, one of select few games that are maybe ok to play during nida time, {A my name is Alex and my husband's name is Abraham we come from Australia...} and I for some reason felt a bit better with myself, but on the other hand confirmed that YH is wrong, there absolutely is no separation.

That's when it dawned on me that I'm not focusing 100% on the emotional connection, just rather I'm focusing on "**emotional connection followed by physical s*x**", again not to say that we weren't 100% emotionally connecting, we were really connecting emotionally the past 3 months, just that I still felt that it really needs to have the **ability** {not actual s*x, just the ability} to lead into physical s*x.

Basically this time around I've come to the deep understanding that the nida period is meant to focus "only" on the emotional connection, a connection that doesn't have the possibility to lead into physical s*x, not to say that when my wife is clean I'm doing something wrong and I should

continue to focus only on the emotional connection, IMHO that's not realistic, hashem created the concept of marriage with 2 components, the woman = emotional connection, and the man = a desire for physical s*x, so yes I'm allowed to have a desire for s*x, obviously it should only be the icing on top of the cake, it should be coming in a way of connecting emotionally so strongly that to top it off we both want to **provide to each other** a physical closeness in bed together, but the intention is a topping on the emotional connection.

So yes when my wife is clean I should have such a desire for the 2 components of marriage the emotional connection, AND my desire for physical s*x, {again, not the necessarily the actual s*x, that's not an option every night vs emotional connection which is for ever on-going, just the ability to lead to s*x} but when she's not clean, it's supposed to be a special unique time to have only one component which is the emotional connection **without** the ability to lead into the second component the physical part.

So now I understand that till now it was one big mush by me I was looking for "emotional connection followed by physical s..." Which is why I felt let down when my wife told me that she got her period, but hopefully now that I've changed my perspective of what the Nida time is all about, I hope I'll never feel this way again.

Could be I'm not clear enough, but this is the best way I can explain myself, if any of the great writers here have a better way to write it, I'd be honored to have you rewrite so others and I myself can better understand this concept.

Wishing y'all, all the best, Akiva

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Re: welcome everyone my story
Posted by redfaced - 12 Jan 2025 03:46

[rebakiva wrote on 12 Jan 2025 02:56:](#)

I couldn't really understand what's going on, I was in a "ruach shtus" mode, but hashem berov rachmov vachasudov put it into my mind to sit down with my wife shabbos night after the seuda

and the kids sleeping, and we played a game that both of us haven't played since around 4th grade, one of select few games that are maybe ok to play during nida time, {A my name is **Alex** and my husband's name is **Abraham** we come from Australia...} and I for some reason felt a bit better with myself, but on the other hand confirmed that YH is wrong, there absolutely is no separation.

I'm Sure you wrote a very inspirational mushy post. Yet I only saw this.

Your name is ALEX and your husbands name is ABRAHAM?!??

Way to come out of the closet !! While playing a game with your wife too!!!

(Dont you dare say you meant Alexandra)

EDIT- for the sake of honesty I read the whole post twice (not just to see if you messed up anywhere else) . Truly an inspiration

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Re: welcome everyone my story

Posted by chosemyshem - 12 Jan 2025 03:56

I didn't read the post. But the first google result says Alex is a gender neutral name. The second one started saying something about cis-het-quad-afabaf.

Point being how *dare* you assume he's coming out of the closet and not identifying as a turnip?!

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Re: welcome everyone my story

Posted by cande - 12 Jan 2025 19:10

[rebakiva wrote on 12 Jan 2025 02:56:](#)

Basically what happened was that my wife came to tell me one day last week, that she got her period, **and unfortunately my reaction was a really grumpy reaction** {to put in a nice way}, which got me thinking a lot over shabbos, "what's wrong with me, if I'm truly seeking an emotional connection with my wife, why should I feel this way when she's not clean"?

Wishing y'all, all the best,

its ok to be sad when your wife is ????,

like the ??' says the reason why ???? is the 8th day

is because we dont want everyone to be happy and dad and mom to be sad because their ????.

be sad and here's a warm squeeshy hug

cande'

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Re: welcome everyone my story

Posted by rebakiva - 24 Jan 2025 01:45

I haven't posted in quite a while, I've been very busy plus very stressed out due to some worldly stresses.

I had some slips here and there, some small one's and some bigger one's, I was in a bit of a darker cloud over the past few weeks, which prompted me to do some deep thinking into my situation what's going on with me, why am I slipping up, and what's causing it ?

Today I think I finally got to the botto of it:

I signed up here 5 months ago back in September, I was in a very bad state, I felt resentful of myself, hating myself for being a screwed up hypocrite living a chashuva life on the outside, but a very dark low life on the inside, I wasn't even depressed I was just so screwed up that I came to terms with being this disgusting creep of a human being, but was upset about it.

Than when I signed up here, got in touch with HHM and all the chevra here, I suddenly started to get a whole new lease on my life, I was no longer alone, I was told that there is light at the end of the tunnel, and I began to feel the warmth flowing through my veins, which gave me a crazy motivation to just conquer the beast, not because I wanted to reach 90 days or a big streak, "just because I was desperate to be the person I was portraying in public, desperate to break out of my sort of depression, desperate to stop hating myself for being such a traitor", so I was desperate for the hope I saw GYE has to offer.

But what happened is that at about hundred something days, {nothing to do with the streak issue} I began to feel very comfortable with myself, I felt that I was really experiencing the light at the end of the tunnel, was coming to terms with my new self, a good person who's not a traitor any more, and I stopped hating myself.

Now that's really a great thing, but here's the catch; Because my motivation to conquer this beast was coming from a desperation to feel good about myself vs hating myself, now that I sort of achieved that, my motivation began to fade away {at about 100 days (again not talking about streak issue, just motivation issue)} which led to me letting my guard down a bit, which led to me looking at people in the streets where I shouldn't have, which led to me slipping and filter poking just a tiny bit, which led to me letting my guard down a bit more, looking a bit more, poking a bit more... ?????? ??????

So for the past 20 something day's I was in the dark, slipping up, but I just couldn't figure out what's going on with me.

But today after a lot of deep thinking and getting down to the root of my issue's, I finally chopped where my mistake is, my motivation to acheieve true lasting freedom, *shouldn't have been coming from my desperation to break free of my low and bad feelings about myself*, but rather it should've been **"a motivation to change for the sake of doing what's the right thing to do, changing and achieving lasting freedom"**.

I'm not sure if I myself know what I'm talking about, I think it's more of the idea of something like, "don't fight because you're running away from the beast, rather face the beast and fight him there head-on" or something like that.

So going forward I hope to change my attitude to this fight, so that I stay motivated to keep it going **forever**, although I'm not really sure/clear as to what my perspective should be in order to keep the motivation going, so I'd really appreciate all responses, like help me clarify the point I was saying, or if anyone has other ideas please bring it on, I really don't want to slip up again...

Thanks, love y'all.

Akiva

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Re: welcome everyone my story
Posted by altehmirrerr - 24 Jan 2025 03:08

great post! as this is something i'm struggling with as well, i'll add one more point that i'm thinking, maybe we should be motivated in order not be motivated again by the desperation..... waddy think?

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Re: welcome everyone my story

Posted by lamaazavtuni - 24 Jan 2025 05:09

I wish I was holding were you are to give you advice but I got a while till that

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Re: welcome everyone my story

Posted by lamaazavtuni - 24 Jan 2025 05:10

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