

welcome everyone my story

Posted by rebakiva - 18 Sep 2024 14:48

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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 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 figured 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 baisicly 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 kllal 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 lamaazavtuni - 24 Jan 2025 05:10

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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 BenHashemBH - 24 Jan 2025 05:48

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[rebakiva wrote on 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 achieve 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

Dear Reb Akiva,

Sounds like you hit the nail on the head. Lo amus ki echyeh. Don't just try not to die. Live! Don't think like the yh is chasing you, rather like you are making it hard for him to keep up. When you reach a new height, keep raising the bar and bezH go from strength to strength.

Hatzlacha and kol tov

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Re: welcome everyone my story  
Posted by rebakiva - 31 Jan 2025 06:29

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Big Chizuk tonight:

Was learning today's Daf (???????) there's the famous gemara "????? ???" ???? ?????  
???", and my chavrusa {if you're here, lmk, boy will we hug tomorrow} decided to take a deep  
dive, he ask's me "What's the chidush in this, obviously, a jew is a jew by essence regardles of  
if he sins or not, so why the big deal"???

We looked around in the mefarshim & rishonim, and we found that the ?????? ?????? says a  
different pshat than most rishonim, he says "???" ?????, ?????? ?????' ??????", after thinking and a  
bit of a back and forth between me and my dear chavrusa about what he's trying to say, we  
came up with a pshat:

The name Yisrael was given to Yakkov because "?? ????? ?? ??????? ??????? ??????", meaning  
that you fought a fierce battle **and won** it, in other words a jew in essence is Yehuda not Yisrael  
the name Yisrael is talking about a "winner", the gemara doesn't say Yehuda shechata Yehuda  
hu, that would be no chidush at all, so now the gemara is saying, that even when a jew fights a  
fiercr battle and "doesn't win" just SheChata he falls, still Yisrael hu, he still is truly a winner.

So long as he holds on the fight, regardless of if he wins or falls, Yisrael Hu, he's a winner...

Whether this pshat is true or not, it definitely is agreat chizuk to me, and maybe will be to others.

Thank you my dear Chavrusa {just in case you're here} for always learning in depth, you're  
meaningful insights continue to inspire me.

Love y'all Akiva

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Re: welcome everyone my story  
Posted by Muttel - 31 Jan 2025 09:30

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Beautiful idea.

once we're discussing that Gemara, another idea I had was the mashal used of a hadas amongst thorns (or aravos). Even as it's surrounded by thorns, we'd understand that the myrtle branch is pristine. That would seemingly indicate that the yid is pure, just surrounded by chet. Meaning, the chet doesn't reach the neshama of the yid, it's external like the thorns, it's not ***him, it's an outside struggle he needs to defeat.***

with a ton of brotherly love,

Muttel

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Re: welcome everyone my story  
Posted by rebakiva - 03 Mar 2025 02:31

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[rebakiva wrote on 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???.}

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

And this followed:

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

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!

And I replied:

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.

So here is a quick follow up on these posts from 3 month's ago:

As mentioned, I canceled the reservation for the hotel {for free, because it was enough in advance}, and it happened to be a Hashgacha Pratis, because my wifes sister got engaged the day my wife was supposed to leave to Florida, so she ended up canceling her trip, Now canceling a luxury hotel so close to the reservation date would've costed me a fortune, and I would've looked like a real fool randomly forcing my wife to send the kids away, in order to leave for one night to a local hotel...

**Warning: Spoiler!**



Also as I've said I asked my wife what **she** would like to do for our anniversary, and committed to accept what ever it is that she would want to do, now because me and my wife both feel like we got remarried and we're currently in Shana Rishona, I really thought she would want to do something grandiose, but guess what she chose...

**Warning: Spoiler!**

So now here I am when her trip is finally going to actually happen, and I really hope to Hashem that I'll get through it without any incidents, for some reason I'm feeling a bit vulnerable and afraid that my mind might start running back to those old sickening places that it used to run to, back in the day, but hopefully I'll try to check in here daily and hold myself accountable to you guys for the duration of her absence, and together with all of the GYE'RS help I'll get through this intact.

Thanks Love y'all

Akiva

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Re: welcome everyone my story  
Posted by rebakiva - 30 Mar 2025 19:35

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Just had an inspiring thought.

Was listening to abie rothenberg's song "butterfly" where he starts off the song "there are

sometimes that I stand by the mirror, to take a closer look at myself, but the face looking back at me wishes it was someone else", and he goes on to sing about the butterfly leaving her cocoon and how much only she can achieve.

As I was listening I was thinking to myself, oh how often do I have this scenario standing by the mirror wishing it's someone else, yet I'm stuck with this guy for life it's a life sentence, there's no way out, as hard and as much as I'd wish for it not to be this way, I have no other choice but to make the best out of it, to accept the guy I am for whoever I am, and love myself for who I am, if there's no way out I may as well come to terms with it and make life pleasant and exciting.

So why should it be any different when talking about my wife, as much as I struggle with seeing others that dress more trendy, that look much better, that don't have all the other issues {which I'm not willing to disclose on a public forum} my wife has, I should be able to accept her for who **she** is, for how **she** looks, for how **she** dresses, for how **she** deals with the other things I struggle with, if I can make the best out of my life within this life sentence of being locked up with myself, so can I make the best out of my life being with only this one and only one wife why keep on thinking of others...

I'm not saying the basic idea of acceptance, I think this is something deeper, if the guy who's legs were amputated can live and make the best out of himself without his feet, so can I make the best out of 1. myself. with all my flaws and struggles. 2. my wife. with all her flaws and carelessness to care enough about what I care about.

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Re: welcome everyone my story  
Posted by hashem help me - 30 Mar 2025 22:15

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A masterpiece!

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Re: welcome everyone my story  
Posted by chosemyshem - 31 Mar 2025 12:48

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Powerful.

It's interesting that my wife's imperfections that bug me the most are the ones that remind me of my own imperfections. . .

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