

Little Moishelle`s Journey

Posted by moishelle - 07 Mar 2025 18:37

Hi, I'm little Moishe`lle, and boy am I little, I just keep on belittling myself.

Since about 10 yrs old {literally "little moishelle"} I would fantasize about my girl neighbors, not doing anything about it, I figured out about M... at about 13, didn't know what I'm doing or if it's wrong, it just felt great, at some point more at around 14 I started to feel that it is wrong so I was getting upset at Judaism and would at time's M... on a sefer r"l, along with doing other bad Aveiro's, which I'm still to ashamed to admit.

At around 19 I was exposed to P... by a friend, and ever since then I'm in the rut, I BH managed to stay clean for about 120 day's, but then I fell again, which was when I decided to sign up to GYE, just by being a lurker I was able to hold strong for exactly 40 days, but then 2 nights ago I fell again {now you know why I'm "really little"}, so I decided to join the community and start posting...

Honestly I dont know if I'm ready for friendships as I see many people here have, because I do think that I have a lot of analyzing of myself to do, why did I get so upset at Yiddishkeit and needed to M... on a sefer r"l, why did I have to do the other bad Aveiro's I did back then, why do I have some fetishes till today that nothing can replace, not even a great bedroom life with my dear wife who I love so dearly, and she loves me so dearly, and yet my fetishes still don't ever get fulfilled making me hungry and keep on falling again???

Is the answer to all theses questions that I'm just simply a rotten disgusting control freak??? I don't know, but I need time to figure myself out and see what the root of problem is, before I can accept any friends, maybe a therapist can help me dig deeply into myself, but I'm penniless haven't paid my rent in quite a while, and I hope to hashem that I dont get evicted, so I just can't afford a therapist now, and also my wife will start to ask questions if she sees that I'm not home during my usual schedules, so I don't know.

The only reason I decided to post is for the warmth I see people are giving and getting, and I'd love to get some warmth as well, and be able to come to a place, where I feel comfortable enough to forgive myself for the terrible things I've done, P&M and the other bad Aveiro's.

Thank you for listening and sorry for the rant, I just had to get out of my system...

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Re: Little Moishelle`s Journey

Posted by moishelle - 27 Mar 2025 17:41

And who's talking about an Issur?!?!?!?

The guy who steals has a taiva that gets fulfilled to some extent (assur or not) when he's 1M richer than before the robbery, VS P... that Lefy Kul Hanizcar Le'eil there's now way to get any "richer" at all...

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Re: Little Moishelle`s Journey

Posted by iwantlife - 27 Mar 2025 18:12

[vehkam wrote on 27 Mar 2025 12:12:](#)

Thank you for your very honest post. **The truth is that in all probability if your fantasy of two wives were to become reality, eventually your real relationship would become less meaningful and you would lose that intimacy.**

One can Accept the fact that animalistic thoughts will come into our mind from time to time and that it is up to us to decide whether or not to pursue those thoughts. Moving on from them for the sake of our relationships with our wife, with hashem and with ourselves is an opportunity to ratchet up each of these relationships to a higher level.

I'd add one more thing to this excellent point, which is that the same would likely be true of the other wife. Meaning to say, in all probability, you'd tire of the 'hardcore' second wife, and all of the sudden what was the 'woman of your dreams' is now old news. And so you'd go looking, on a never-ending and **never-satisfying** journey of lust. Just ask anyone here, we've all experienced this, whether in the context of porn that used to excite us, or those who've tired of porn and moved on to in-person encounters..

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Re: Little Moishelle`s Journey

Posted by vehkam - 27 Mar 2025 19:01

"but Im Kein Kunt Ois that Hashem gave us a desire that there is no way in the world to fulfill for no money, so then why were we given this desire?!?!?"

in order to give you the ability to say no and achieve endless pleasure in the next world

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Re: Little Moishelle`s Journey

Posted by chaimoigen - 27 Mar 2025 22:46

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?????? ???????? ?????? ????? to TAKE WHAT HE WANTS. "I conquered " adds a sweetness to the pleasure that is not there without it. The pleasure of the hunt, the win, the conquest, makes it sweet.

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Re: Little Moishelle`s Journey

Posted by moishelle - 06 Apr 2025 05:55

Why am I that guy who just can't play the game??? Why can't I forget??? Why can't I forgive???

One of my favorite line's is "if you hurt me I have the right to be hurt and yell ouch", there are the majority of people who when hurt by a loved one, they'll push it under the rug, play the game as if nothing happened, when being told sorry by the hurter they'll say no it's nothing it's ok blah blah blah... but I'll say either apology accepted or how dare you do such a thing...

Sometime's the hurter will say, you're just overly sensitive, I didn't mean to hurt you, I just had to do what I had to do, and it's you're problem for deciding to feel hurt... whereas the majority of people will buy that and move on.... but I'll say my favorite line mentioned above, "how dare you shut me up, you hurt acknowledge it, and if you didn't mean it at least be sorry for doing something without thinking that maybe someone will be hurt by your actions, so I have the right

to feel hurt AND to yell ouch"...

While most people will just move on in life, I'll never forget what has been done to me whether intentionally or not, I'll just wait and show you that I'm upset at you until you buckle under and beg me for forgiveness...

While most people will forgive at that point, I'll still need to feel that you really mean it, you really admit to your guilt and you own your mistake, in order for me to be able to forgive...

Why? Why? Why? Why am I like this?!?!? Yeah I know my wife says I'm just a very "real" person, I don't do all the diplomatic b.s., but that's only till she's the one that I'm upset at... (which just happened...)

Sorry for my rant, just Pesach is coming up and being by my parents is inevitable (I can't pack off to Israel like I did Purim) and my anxiety levels are sky rocketing like crazy, I just can't stop thinking of being there with all my siblings, quiet and reserved in my corner, feeling judged by everyone around me...

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Re: Little Moishelle`s Journey
Posted by chaimoigen - 07 Apr 2025 00:04

ouch. ouch.

it hurts.

it's a positive not to pretend (to yourself) that it doesn't hurt when it does. but that doesn't make it feel better...

I'm happy that you can talk to us here, that something. I hope that things get a bit better inside...

Here's a warm hand,

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Re: Little Moishelle`s Journey

Posted by moishelle - 07 Apr 2025 05:32

Thanks my dear mentor @chaimoigen, I can feel your warm hand.

But why? Why if I'm the most successful person in my family, I'm the only one holding an esteemed job, I'm a known public figure, beloved by the people in my community, talented in many areas beruchnius ubegashmius, yet at home I'm still just a stupid extra thing that's just a shame that was born in the end, I know I might be over exaggerating, but it's just the way I'm made to feel every time I'm together with family, nobody values what I say or my opinions, my successes in all areas of life are just a coincidence it's got nothing to do with me personally, the only thing they see in me is my flaws (which fyi everyone has some flaws...) and other than being able to use me and my talents, I'm utterly worthless, this is just how I feel around my close ones.

But I must admit, writing these thoughts in a vulnerable way which I never voice to anyone including my dear wife (other than just in a critical way, but never in a vulnerable way) does help me get it off my chest a bit, just like writing my dark secrets about p&m help me stay away from it, and gives me the ability to have some mercy on the poor @moishelle who's in pain, and the real me can have mercy on him just like I have mercy on my children or any other person other than myself, so being that @moishelle is not the real me I feel his pain and try to give him a "warm hand". Thanks for listening and letting me rant.

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Re: Little Moishelle`s Journey

Posted by icanbreakfree - 07 Apr 2025 05:32

Moishelle!!

This is an extremely interesting thread!

I am fascinated by that Kasha you asked about why does H' give us the desire for non-true-

intimacy sexual activities.

I'd like to let that Kasha Koch for a little while...

I don't want you to feel patronized, however I also second and third guess people's complements. even people who normally I trust.

In your last post I heard myself talking, but when I saw it coming from someone else It sounded different...

You wrote:

"Why am I that guy who just can't play the game??? Why can't I forget??? Why can't I forgive???"

and then a few lines later:

"how dare you shut me up, you hurt - acknowledge it, and if you didn't mean it - at least be sorry for doing something without thinking that maybe someone will be hurt by your actions, so I have the right to feel hurt AND to yell ouch".

Also, in an earlier post you wrote how you want true intimacy but also p*** etc.

And how you harbour negative feelings to your father for constantly beating up on you, but on the other hand so much understanding and respect for him!!

DUDE you are so real and cool and beautifully complicated!!!

We are FULL of Stirros! We want but we dont want. we care but we dont care. we love but we hate.

Listen to this Vort:

Eliyahu HaNavi comes to H' complaining that Klal Yisroel are not keeping their Bris with H'. And that he alone IS.

He's a man of Emes! Bringing that Emes to H'.

But H' tells him "Lo Braash H', Lo Ba'aish....Kol Demmama Daka..."

H' then commands him: from now you will be Eliyahu Malach HaBris...

WHAT??!! Wasn't Eliyahu looking negatively at Klal Yisroel??!! I would have expected someone who sees Klal Yisroel as Shomrei HaBris to be the one to be the Malach HaBris?!

I wonder if the Pshat is H' was telling Eliyahu: You are Mr Emes, be Mr Emes fully!

In the positive too! See Klal Yisroel as both Non-Shomrei HaBris and as SHOMREI HABRIS!!

Eliyahu was Matzliach in reaching that Madreiga.... and maybe we can strive to do that too....

I think its called "Dialectic thought".

Its the ability to see/perceive/understand something in two different ways that are EXACT opposites!!!

I wonder if the sooner we accept our Dialectic'keit, and show OURSELVES compassion, understanding and respect no matter what!

The more easily we can develop ourselves and be able to show compassion, understanding and respect to OTHERS!

Hatzlacha Rabba!

I feel a real warmth in my heart for you my dear friend Moishelle!

It might just be b/c its 1:32 AM, but I might just be 2nd guessing myself. LOL

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Re: Little Moishelle`s Journey

Posted by moishelle - 07 Apr 2025 05:39

Thank you @icanbreakfree I felt just hitting the thank you button ain't "real" enough for a post that really warmed my heart. so **thank you!!!**

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Re: Little Moishelle`s Journey
Posted by icanbreakfree - 09 Apr 2025 01:22

And it warms MY heart to hear that my post warmed your heart. I am practically floating away from excitement.

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Re: Little Moishelle`s Journey
Posted by chaimoigen - 11 Apr 2025 17:26

Here's a warm hand.

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Hope that your Yom Tov is full of the Taam of Cheirus, my friend.

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Re: Little Moishelle`s Journey
Posted by moishelle - 11 May 2025 04:42

Hi everyone it's been a while since I last posted (I simply didn't have much to say, all was more or less fine) but I was reading a lot here and I must say there is a lot of inspiring threads here.

There's nothing really I can blame it on, which is a good thing because now I was forced to take full responsibility for my failure, so I did a lot of deep thinking into my life and what I'm doing. This past Thursday I fell once again after about 47 days. Wrong, I came to this conclusion.

I've been on GYE for a good few months, I've BH came a really far way, my life has changed in so many ways for the better, and most importantly going from using p&m as my sleeping pill, my boredom pill, anxiety pill, my run to for "love" after a fall out with my loved ones, etc. to BH getting to a place or more accurately a solid mindset that I don't need it at all p&m is overall a no-go, and for the first time in years I was able to fall asleep without any of it, I was able to deal with anxiety, and fall outs...

But here is my shortcoming, although I was willing or better yet excited and motivated to cut p&m out of my life, yet when it comes to basic shmiras eineiyim, just looking at women in the streets, is something that not only was I not working on, but in a way I really am not looking forward to working on it, in a way I want to continue looking and simply enjoying the sites.

Up until now I wasn't afraid of continuing to look, because until I got to the above mentioned mindset of p&m is an overall no-go, when I would see a woman in the street that would tick me off, I would go into zombie mode for the rest of the day just fantasizing about her until I would get home at night and lock myself up in the bathroom for privacy and go for a full blown episode of p&m, but since I got to this new mindset of p&m is a no go, I had basically no struggle at all seeing a triggering woman and nothing would happen to me because if there is nothing I can do about it, then why go into zombie mode.

But I'm not just looking, in a way I'm really addicted to looking, I often find myself driving in places where I know there will be lustful sites, (I call this my "lust drives") I'll try to stick to the route and lane closest to the sidewalks so I can ensure I don't "miss" that passing woman (who once close enough I see that she's not even so gorgeous...), or when waiting for my wife whilst she's shopping I'll try to find a parking spot at the intersection to ensure I don't "miss" any passing women...

The problem is though that when I think about trying to put in the effort to cutting this out, I get this feeling like "no I'm not ready for this, I was happy and willing to give up on the p&m, but I

outright don't want to give up looking at women, it's just asking too much from me", and I think IMHO it even makes sense that I feel this way, because everyone knows that pornography is a screwed up way of thinking which more or less didn't exist until about 40 - 60 years ago, but looking at women is a natural desire a person has which is around since the day of creation of mankind, and to be honest it doesn't even feel so wrong, although it is wrong but it just doesn't feel like anything as bad as pornography, so why should I just want to and feel motivated and excited to cut it out of my life.

But the reality is that look what it caused to me, I felt comfortable with my new mindset, I wasn't afraid to take some lust drives after all I'm not going to act out and I didn't go into zombie mode because p&m isn't an option, so I was also not afraid to go filter poking for hours... until I fell...

So now I know that I shouldn't have gotten so comfortable with just this mindset, and being totally Hefker with my shmiras eineiyim, I have to really work on it just as importantly as I worked on p&m, but I will need hard work and I'm open to any ideas and help anyone can offer.

Thank you all my dear GYE brothers.

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Re: Little Moishelle`s Journey

Posted by chaimoigen - 11 May 2025 11:56

There's honesty and growth in this post. You're growing and changing. It's ok if it doesn't happen all at once! Keep going!!

Remember, working on "regular" Shmiras Enayim isn't a "all-or-nothing" choice.

Every day, there are many challenges that will come a person's way. Even if you feel that you're not yet ready to take on the idea of being super-careful and cutting out all casual looking, you can still take steps to upgrade and enhance your day, to have it be less lustful and more Taharadik. So choosing a more sheltered parking space while waiting for your wife can be an active choice you make, even while it's still hard to look away when someone walks into your field of vision...

The reality is that true change is usually born of the growth that comes of a thousand small choices.

Making small changes will help you grow and get to the place where you'll be wanting and ready to grow further. (And a thousand small licks of lustful looking will pull you down and make it more likely to fall into worse shmutz). Every small choice has the special taste of "Uvacharta BaCHAIM". And that's a gift!

Keep trucking, friend.

Here's a warm hand,

Chaim Oigen

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Re: Little Moishelle`s Journey

Posted by chancyhk - 14 May 2025 19:18

Reb Moishele,

What you are describing is a sign of your growth and its perfectly normal. A lot of us went thru the same thing.

I had the same thought process you described.

Since we are so used to defile our holy eyes nebech, we have forgotten what Holy eyes mean.

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Do you remember seeing porn for the first time? Or any indecency? I remember it like it was yesterday.. I can still hear my soul being ripped apart like a horcrux (If you dont know what that means, dont ask.....) (if you do, lets be friends).

The same feeling i had when i was shlepped to the theater for the first time.

That feeling of waking up and seeing the world in a different color! Where there is no beauty and innocence, only pleasure even if its disgusting. It was jarring! cynics call it innocence, i call it my neshama.

With time, we get used to this reality(!?) And we think this is the truth, everyone feels like me,

there is no way around this, we cant fight it lets indulge.

Once we learn how to fight back and we stop acting out, one before the last part is to get our Neshama back, get our Eyes to become holy again!

can you Imagine how much holier we would be if we NEVER saw anything bad? Ribono Shel Oilem!

Well, Hashem with his infinite kindness created something called Tshuva before He even created this world. That means we can fix EVERYTHING we did! It aint easy but its crucially important that we win.

So BEFORE you go on the street, think for a few minutes about how amazing your eyes are, how delicate and intricate they are.

Its a miracle to be able to see, Hashem gives us the power of sight every second, are you going to take His power of sight and hurt Him? Thats not ok.

The more you practice this, the more ingrained it will become and you will start 'seeing' a different world.

Good luck

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