

My name is Y'honatan

Posted by jonatrosse1024 - 16 Jun 2025 06:25

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Hello. Shalom. That's about all the Hebrew or Yiddish I know. I am the black sheep of this app, so bear with me. I do not know all the words you guys use. All I know is that I have a sexual lust problem and I need more community and fellowship.

So, here goes.

I began P&M at age 12. I found my dad's stash under his bed. I used it to escape from my fears, my anger, my insecurities. However, I know now, it made life worse.

I went to a Bible college after graduation. It was there I found temporary freedom from the use of sexual content to fill my longings. I realized: I need connection!

I had the connection with my fellow believers for 4 years. Then I got married and moved out of state.

After being married, I thought that would solve everything. Instead, I wanted more!!

I sought p&m more. And when that wasn't enough, I sought out anonymous hook-ups. I hit rock bottom when my wife found my fake email and fake social media account.

We separated. And that was the first of many times.

Fast forward:

After our last separation, I sought recovery and fellowship through SA. I have been attending and serving and leading meetings overall for over 5 years.

I have a great sponsor and a couple sponsees.

I still struggle and have fallen a few times since January of this year. But, I know what I need and am taking action steps to stay focused on recovery.

I am expecting to have my first child in a couple weeks and I do not want to bring this into its world. I want to be a father like my Father in the heavens, heavenly places. I want to continue to serve my wife, my family, and Hashem.

I know I might not belong to this group. But I'm trying anyways.

I look forward to talking with all of you.

Reach out to me if you have any questions or comments, or just want to know more about me.

Thanks.

P.S. My name is actually Jonathan R.

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Re: My name is Y'honatan

Posted by eerie - 16 Jun 2025 18:12

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Hi Jonathan!

As this site can be seen by anyone, I would suggest you keep your identity somewhat concealed

You sound a wonderful person who has really worked on growing and understanding yourself.

This place is a wonderful place, but, in my experience it has not been very helpful for those who are using the 12 step program to deal with their addiction. For them, many of the messages here can be confusing. My own advice would be, the 12 step program worked for you, so keep working that program, do the steps, apply yourself fully to it, and may G-d shower your efforts with loads of success, and may you build beautiful family that brings only honor to G-ds name

With friendship,

Eerie

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Re: My name is Y'honatan

Posted by azivashacheit101 - 16 Jun 2025 20:03

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[jonatrosse1024 wrote on 16 Jun 2025 06:25:](#)

I know I might not belong to this group. But I'm trying anyways.

Welcome to GYE!

Everyone of all levels of jewish backgrounds and religious affiliations belong on this forum. That being said, I can say as a fellow SAer that eerie is correct that much of the info here is counter-productive to those in SA. That doesn't mean you don't belong here just bear in mind that you will have to be your own filter to figure out what is helpful to you and what isn't.

Enjoy and keep in touch with the guys!

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Re: My name is Y'honatan

Posted by jonatrosse1024 - 30 Jun 2025 15:38

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Hey friends.

I have a request to anyone reading this.

Since I do not know much of what you all mean when you use Yiddish words, can someone volunteer to teach me some of the more commonly used words you all use here?

Thank you so much. I just want to be a part of this, but it's just difficult being the outsider.

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Re: My name is Y'honatan

Posted by azivashacheit101 - 30 Jun 2025 16:05

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Daven/davening -pray/the act of prayer

learn/learning -the study of torah

Gemorah -the talmud

Chumash -The 5 books of Moses

The oilam -literal the world, an expression to mean the guys

Daf Yomi -the study of a daily page (double sided of talmud)

Amud Yomi -the study of a single sided page of talmud a day

halachah -Jewish law

Rav -rabbi

Rebbe -also means rabbi

Shul -synagouge

sefer/sefarim -torah book/books

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Re: My name is Y'honatan

Posted by redfaced - 30 Jun 2025 16:09

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Truly, the simplest thing to do is whenever you feel lost, chime in with a question.

One of our friendly dementors will get back to you with 5-7 business days.

We're all in this together

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Re: My name is Y'honatan

Posted by azivashacheit101 - 30 Jun 2025 16:16

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bochur -single guy usually in yeshiva

IY"H -abriviation for Im Yertzeh Hashem, If G-d wants it or G-d willing

Yiras shamayim -fear/awe of heaven(G-d)

Kal Yisrael -the nation of Israel aka jewish people

Shabbos -sabbath

Motzei Shabbos -sat. night after the Sabbath ends

Shacharis -morning prayer

Minchah -afternoon prayer

Maariv -night prayer

Minyan - 10 adult males (over the age of 13) to pray with

Chas Veshalom -G-d forbid

Yiddishkiet -judaism

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Re: My name is Y'honatan

Posted by keepmekadosh - 30 Jun 2025 16:31

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Hey Jonathan. We are a family that is here to help you should you need. This is the most supportive family. Keep posting and we'll be your boost!

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Re: My name is Y'honatan

Posted by jonatrosse1024 - 01 Jul 2025 03:53

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Thank you, brothers.

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Re: My name is Y'honatan

Posted by keepmekadosh - 01 Jul 2025 03:56

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Jonathan, I am having trouble messaging you.

Do you have a rav?

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Re: My name is Y'honatan

Posted by jonatrosse1024 - 01 Jul 2025 11:42

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I am not allowed to message anyone until the next 7 days in GYE. Unless you meant email. I will get back to emails today. Thanks!

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Re: My name is Y'honatan

Posted by jonatrosse1024 - 01 Jul 2025 13:18

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Ok guys. I'm sorry to bother you with translation helps... Can you help me know what these words mean?

Kedai: Chizuk:Nisayon:Kedusha: Kmat: shalom bayis:

Thanks!

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Re: My name is Y'honatan

Posted by jewizard21 - 01 Jul 2025 14:19

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Welcome to GYE,

No bother at all. In fact, ask more!!

Kedai - Worth it

"Its Kedai"

Chizuk - Give strength, encouragement, reinvigorate

Giving/receiving Chizuk

Nisayon - Challenge, Hardship

"This Nisayon can be overcome!"

Kedusha - Holliness

People tend to refer to the nisayon of porn, masturbation, and other Lust related struggles with Kedusha issues. I think that they refer to them as that, but don't actually use it or internalize it in the right context.

I believe they think that its a kedusha issue because using porn and masturbation lowers their kedusha. In reality this is just scratching the surface of why it is a kedusha issue.

One of the holiest creations is sexuality, and one of the holiest acts is sex when done properly in marriage. When you are truly free of lust and you are there for your wife, you bring down the shchina (Hashem's presence) together into your home.

When we use porn, masturbation, and other forms of lust we are corrupting that kedusha (holliness). That is imho (in my humble opinion) the true meaning of "struggle with kedusha".

Kmat - almost, very close

"you are Kmat there"

Shalom Bayis - Peace of the Home

Shalom means Peace, and Bayis means Home

"Overcoming Lust and being there for our wives and children greatly increase Shalom Bayis.  
When indulging in Lust we cant have true Shalom Bayis"

Keep on Trucking, One Day At A Time!!

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Re: My name is Y'honatan  
Posted by keepmekadosh - 01 Jul 2025 16:36

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Thanks jewizard21. Though my user name is KeepMeKadosh, its a reference to my eyes and sexual acts. Only looking where my eyes belong is keeping me kadosh. And not releasing through M is also keeping me kadosh.

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Re: My name is Y'honatan  
Posted by jonatrosse1024 - 02 Jul 2025 12:16

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