

Trueme

Posted by trueme - 23 May 2025 01:38

Hi.

I have a story, but Im not ready to share yet.

Right now I want to focus on trying to not watch innapropriate material, including P and doing M.

This is not who I am and although I have struggled on and off for a while, I want to end it.

I appreciate all encouragement.

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Re: Trueme

Posted by trueme - 26 May 2025 22:11

[daverose wrote on 26 May 2025 20:51:](#)

Just saying that maybe the 2 things you wrote have to do with each other 1-being embarrassed and ashamed 2- I dont want to talk about it.

Maybe If you would talk about it with some of the amazing guys here you will realize that theres nothing to be embarrassed and ashamed of!

Hatzlacha!

Why shouldn't one be embarrassed of doing a sin? We say ?????? ??? ?????? ?????? ??? ????? and all sorts of other such phrases regarding repentance. Isn't sinning against Hashem's will something to be ashamed and embarrassed of? It's terrible! Maybe to plunge into doing good things and gaurding oneself properly is correct, but isn't it still a terribly embarrassing thing?

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Re: Trueme

Posted by ?? ????? - 27 May 2025 00:11

1. I don't think that the word ????? is referring to gye fellows
2. Staying isolated is the cause of a lot of sins
3. I didn't said that you should explain in detail everything explain in detail everything you had watched I also don't do so since I believe that it could be triggering or open new ideas what I did said is that it sometimes important and beneficial to share the struggles in common for accountability purposes and for not being isolated and being embarrassed and feeling all guilty and not getting out of the chain of struggles

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Re: Trueme

Posted by proudyungerman - 27 May 2025 23:15

[trueme wrote on 26 May 2025 22:11:](#)

[daverose wrote on 26 May 2025 20:51:](#)

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Trueme,

Sorry for the lateness, but, welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

I think that what @daverose meant is that there's two different kinds of embarrassment. One is the classic embarrassment of having done a sin. The second type, which dave is referring to, is the embarrassment of struggling with these types of behaviors.

Of course after falling you should feel bad, however, *the idea that you can talk to someone who is totally understanding of this challenge, and doesn't judge you because of this any more than not having ????? during davening, is tremendously freeing.* It enables you to break out of the dungeon of shame and start dealing with issue in the same way you would deal with any other ?????.

(This has been one of the main factors in my personal freedom, along with many of my friends from this Holy site...)

Have you considered connecting with a mentor?

Joining the [Vaad Program](#)*? (click [here](#) for an explanation of what the vaad is)

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me minhamayim - minhamayim1@gmail.com amevakesh - amevakesh23@gmail.com

In general, are you familiar with the tools available on GYE?

Have you heard of the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle.

Posting is a great way to connect, learn, and grow also.

(The [Hall of Fame Thread](#) is an awesome compilation of some the great threads on GYE.)

Lookin' forward to hearin' from you again soon!

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Re: Trueme

Posted by trueme - 28 May 2025 03:08

Thanks PY.

Im thinking about what you wrote.

A big struggle for me is blocking/unblocking "limited" Youtube access.

Theres so much potential to fall.

There are things there that I use for entertainment but even that entertainment is beneath me

Its hard. As Im talking Im blocking access to YouTube. I plan on posting regarding that the block is being kept, aside from P and M.

Its very hard for me and theres alot of backstory. But right now I just need help being disciplined about not going to unblock YouTube.

Anyone with exp. and suggestions?

Thanks.

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Re: Trueme

Posted by sdny - 28 May 2025 04:00

the fact that you are so open about your needs gives me the encrougmint to discuss with the trauma that causes me to watch porn even if its painful

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Re: Trueme

Posted by ?? ????? - 28 May 2025 04:26

[trueme wrote on 28 May 2025 03:08:](#)

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Thanks.

Hi I feel for you dear trueme I used to download videos videos to my basic phone than deleting them then restoring them from the trash folder then deleting them permanently again even from the trash folder then the next day open the recycle bin on my computer to restore them then first upload them to my Google drive in case I'll feel one day that I have to use them I should have it prepared then I downloaded to my phone

Warning: Spoiler!

Watched acted out ?????? ??????

I think the only help for this is 2 things

1. Is a plan that could work meaning we have to be smart and honest with ourselves if we really need YouTube or different sites open at all which could be for anyone else not falling for porn

Warning: Spoiler!

It's not a problem to leave it open but for me it's something that gets me into trouble, and damages myself

Warning: Spoiler!

2. being motivated to stop watching at bad stuff

3. I know there is some filters which you could set someone else to be in charge of any changes you wanna make regarding this device

Keep on strong let me know if you find this helpful

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Re: Trueme

Posted by proudyungerman - 28 May 2025 13:58

[trueme wrote on 28 May 2025 03:08:](#)

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Anyone with exp. and suggestions?

Thanks.

I don't know which filter you have, but, as @?? ????? mentioned, some filters (I know techloq, maybe others as well) have the option of a third party admin who gets all your requests to unblock websites and has to approve them. If (when?) you're ready for a mentor, this is another way they can help.

In general, I'm a major fan of techloq. Very easy to work with and very customizable.

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Re: Trueme

Posted by trueme - 28 May 2025 23:08

[sdny wrote on 28 May 2025 04:00:](#)

the fact that you are so open about your needs gives me the encroug mint to discuss with the trauma that causes me to watch porn even if its painful

I know I left a thank you, but I want you to know that this is very meaningful to me. Thank you for sharing. I'm just here trying to motivate myself and hold myself accountable to clean myself up and really be the trueme and I didnt think anyone would be encouraged at the same time.

On that vein, I am reading some of the threads here and I am very humbled (and inspired) people really worked hard on themselves and changed. They are living life. Vehkam's thread is special but there are many others. Thank you for those that are posting these incredible posts and for those that are thanking so the one posting know his post made a difference. (Or to those that respond or reach out the one that posted)

Another thing I noticed as well. As Im reading the threads, some posts can be triggering. Some seem to be written in a very casual and honest way but are very explicit or crass. Regardless of whether a moderater deems to allow it or remove it, please consider before posting that tens of thousands can be reading on GYE looking for refuge and might end up looking at certain posts just to get a lust high. Same goes for the chat. Just pointing this out, I dont mean to preach and Im not worthy of doing so either, I have to clean up so much...

Anyone relate to the above?

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Re: Trueme

Posted by trueme - 29 May 2025 22:17

Last night I found a way to access YouTube, I believe I can correct the issue with my filter.

However, I viewed inappropriate things. And wasted time..

Although no P and M, It was terrible. Beneath me!!

I took a step by reaching out to one of the former greats here, whom I happen to know personally. Maybe some of you know him by his username, Yechida. He is a treasure trove of wisdom and is so humble and unassuming. He's not active on gye anymore but his written material is super. He agreed to be a **daily** accountability partner for both shmiras einayim and M. As well as some basic productive daily goals.

I just had enough and dont want this to ruin my life.

I also want to be close to Hashem.

So maybe I didnt have to count last night as a fall, but I did.

Cuz I want it to be real. For me thats a fall.

THIS IS NOT WHO I AM!!!!!!

I WANT TO BE THE TRUE ME!!!

Blessings and success to all.

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Re: Trueme

Posted by BenHashemBH - 29 May 2025 23:46

Way to turn things around Brother. Yechida is a true gem.

Hatzlacha!

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Re: Trueme

Posted by trueme - 30 May 2025 04:26

A thought.

Although some people might get sucked into P and M because of simple lust, many others are at least very triggered toward it from pain.

I know I was.

I relate to some threads on this site although I'm still not comfortable sharing, even on an anonymous platform like GYE.

Yet.

So I'm just pondering the following.

Lust is natural. It's supposed to be saved for one's wife. Rav Shimshon Pinkus brings - I think from a medrash - and I don't want to misquote but the main idea is that lust for woman is a natural rule in creation the avoda is not to beat it, but to flee it. Even if your great, choshuv, whatever, it has a magical draw and exposure is the problem - avoiding is the solution. (Obviously lust has its place by a man's wife and that needs a proper perspective but I mean avoiding the bad lusting situations).

So lust itself is not a core issue.

I'm wondering if those of us triggered by pain, a situation, a person, etc....are looking to fill a void and escape the pain by turning to lust. To fantasize oneself in a world of no pain, of pleasure, etc.

We know that Hashem doesn't put a person in a test he cannot handle. So why are so many people screaming they can't handle it, they are in real pain! I remember one night, years ago, literally lying on the floor in emotional agony, screaming how I can't take it any more. If we are able to handle it - why does it seem we can't?

I dont know and Im really here for my own chizzuk but Im wondering if maybe its a mirror image of how we look at a nisayon. Before reading below, know that I'm just musing, and if anyone finds the below insensitive because you are in pain, I'm sorry. I'm just wondering if any of the special people here relate to the below.

Perhaps if we live with a relationship with Hashem that we are truly in his loving arms and we really believe he wants to have a connection with us and we work on feeling his presence...then maybe we will view nisyonos as completely beyond our control and like bending your finger its totally up to Hashem. Totally. And since we are in his loving hands there is nothing to worry. The worry doesnt even register.

There is a special hotline called the menuchas hanefesh hotline. The number is (732) 806-8980. The shiurim are unique and powerful IMHO and given by Rav Aryeh Leib Zelle. He says the following example. If you go on an airplane (and you dont have a unique fear of flight) do you start thinking that "Ill be safe, because the statistics are xyz that the flight should go by uneventfully"? No, you dont think about it at all! It's so built into us that a flight is safe that **we dont even think of the possibility of danger at all**. When a Yid has a real relationship with Hashem, he is living in his arms and is not thinking about whether a situation is good or bad for him. He's safely ensconced in Hashem's arms and of course its good.

A nisayon is painful. A pinch hurts whether you have a relationship with Hashem or not. But it's just a pinch and not an emotional obsessing and wrecking. What hurts more? The actual pain, or the psychological damage we torture ourselves with before and after?

Perhaps if we feel Hashem is real and we have a relationship with him, we wont see ourselves in control and we messed up or we could have done things differently and now we are stuck in a bad situation. Rather we feel that we are powerless and its all Hashem, and we are snuggled in His arms ????? ??? ???. Then, perhaps we will be zoche to yeshuos and Hashem will make thi?gs easier for us. After all we are recognizing its all Him and not us. To the degree that we bring him into the picture, not as I'havdil some unrelated superpower but as the everything - who is also my ?? ?????, He will also help us out with our nisayon.

Once that happens our triggers will lessen and we will be stronger in putting up proper fences and avoiding the situation.

We will also be living with Hashem's intoxicating love and we wont need to escape or fill the void.

Im just thinking aloud and maybe someone wiser can relate and advise.

Makes sense?

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Re: Trueme
Posted by bright - 30 May 2025 04:41

To some degree yes.

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Re: Trueme
Posted by trueme - 30 May 2025 04:58

Please explain, I would love to hear feedback on this.

Thank you.

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Re: Trueme
Posted by trueme - 30 May 2025 05:01

[bright wrote on 30 May 2025 04:41:](#)

To some degree yes.

Please explain, I would love to hear feedback on this.

Thanks.

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