

Frum Guy with Gay Tendencies

Posted by helplessjewboy - 29 Feb 2012 01:14

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You can view my wonderful thread through my profile or through here:

[www.guardyoureyes.org/forum/index.php?topic=3913.0](http://www.guardyoureyes.org/forum/index.php?topic=3913.0)

If you can sympathize, please do so here.

I've decided that even though I have a problem, I will not let myself give in to the yesser hara. That even though I want to go act to and with a hot guy so badly (and the opportunity has arisen more than once through certain methods that I was able to create), I've decided that nothing I can do will help with the fact that just because I could do it doesn't mean I should.

That is why I've decided to turn a new leaf- to shed my old thick skin for something more lightweight and transparent. Sure, the lessons will hit home harder, but it will allow me to outgrow this disease by making sure that I force myself to work on myself so that no true information about me gets out and ruins my name.

Dov was right. I was hiding behind a username. That just won't cut it now! I cannot allow myself to shirk my duty to myself. I am now esh\_tamid because wherever the esh will clear my path to freedom. Be'ezrat hashem, I will succeed. Beshem Hashem Na'aseh Ve'natzliach.

I will cure myself.

Unfortunately, I don't have the money for therapy (sad truth). Unfortunately, I cannot deal with this in therapy. But I can work on myself to the extent of my abilities. Hashem always give you enough to be able to survive. Baruch Hashem, the filter people at gye are life-savers.

They helped me out tremendously, and it is to them I owe why I'm on this website and not by a guy's house losing myself further.

This is a new post, for a new thread. I do have the power to kill this disease! We all do!

Joey.

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Re: Frum Guy with Gay Tendencies

Posted by ontheedgeman - 22 Mar 2012 20:09

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Thanks for the reminder!! I haven't done the prostration in a week, I'm due for a check in.

Did you get bitten by insects?!

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Re: Frum Guy with Gay Tendencies

Posted by Eish Emes - 25 Mar 2012 03:28

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alexeliezer thank you for referring me to that thread.

I'm new to gye and I'm not sure what is appropriate to post and discuss. From that thread it seems there was some negativity towards reparative therapy and a lot of negativity towards people at Jewish organisations that help people with ssa. As someone who has been helped by reparative therapy and by such a Jewish organisation does that mean I shouldn't discuss it? I understand the negativity was about being dogmatic, which I completely understand. I know I don't have all the answers and that what works for me may not work for others. But, at the same time what worked for me might also work for others. I have a lot more to say about that but I don't know if it is ok to discuss on the gye forum.

Eish Emes

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Re: Frum Guy with Gay Tendencies

Posted by alexeliezer - 25 Mar 2012 12:54

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I've only been on this forum a year myself. I think the general hashkafa of the founder is that if something has worked for you, then an open discussion about it is not only allowed, but appreciated. First and foremost, we're all here to get well. So if it worked for you, I'm

interested. No one derech is going to work for everyone. And what worked for one person's situation may even end up being detrimental to another (maybe because it frustrates him and distracts him from what will ultimately work for him.)

Obviously some people have been helped by the Jewish organizations and by reparative therapy. Maybe because the guys here have an additional layer of pathology, namely sexual addiction, these approaches lead to frustration.

Having said all that, I B"H have never suffered from SSA. Perhaps those who do will share a different perspective.

But if you do want to share your experience (and I wish you would), consider starting your own thread in the "introduce yourself" section.

Have a great, clean day!

Alex

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Re: Frum Guy with Gay Tendencies

Posted by Gevura Shebyesod - 25 Mar 2012 15:06

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Hi Eish, welcome to the forum!

Anything related to recovery is Ok to discuss here, as long as it's not too explicit and doesn't degenerate into personal attacks. As Alex said, there are many approaches, and we each share what worked (or didn't) for us, in the hope that others can learn from our experiences. And we

As far as the thread you mentioned, I don't think anyone was putting down the therapy itself, just the perception that some people are pushing it for their own ends. Personally, i have read Arthur's book and some other similar stuff, and discussed it with some of the others here. For

various reasons I can't go to therapy, and I doubt that at my stage it would do a whole lot, but I definitely found that understanding the principles behind it has helped me in some ways. OTOH I do see that there are those out there who tout it as some sort of "miracle cure", which it is definitely not.

There are a few other guys here who have also had past experience with JONAH or similar therapy, maybe some of them will jump in here and you can compare notes.

Hatzlacha and KOMT!!!!

Gevura!

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Re: Frum Guy with Gay Tendencies  
Posted by Eish Emes - 27 Mar 2012 04:24

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According to reparative therapy ,and for me personally it makes a lot of sense, ssa is a developmental issue. I'm very much oversimplifying it, but a necessary stage of development is for children to establish close same sex friendships. For what ever reason if a child misses out on that he ends up having a very strong yearning for those friendships. During puberty when he develop sexual desire that yearning turns in to ssa. Again I'm oversimplifying and there are many more factors that cause ssa, but for our discussion this is enough. The ssa becomes a taavah just like all lust. But in reality the ssa is the mind trying to fulfill the yearning for a close intimate friendship (non-sexual) with another man. When one tries to use lust to fulfill this yearning it get relieved for a few seconds, but in the long term the yearning gets stronger. Eventually one get caught up in the lust and not focus on the yearning, but the yearning still remains. As long as you don't fulfil that yearning, by developing intimate male friendships, it will remain. So the lust and yearning go hand and hand. The lust is there because of the yearning, and by using lust to satiate that yearning you make it worse. It order to deal with the ssa you need to deal with both the lust and yearning. If you only deal with lust and don't work on developing close friendships, the yearning get stronger and therefore the lust will increase. If you only work on developing friendships and not deal with the lust, it will sabotage the whole process and you won't be able to fulfill the yearning for close friendships.

This is basically the theory behind reparative. I'm still in the early stages of developing friendships, but I already am feeling a reduction of the lust, so for me the theory make a lot of sense. Is it true for others? I don't know. Does reparative therapy work for everyone? Probably not. I can only speak from my own experience, but this what I found to work.

Hatzlacha,

Eish Emes

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Re: Frum Guy with Gay Tendencies  
Posted by rontov - 27 Mar 2012 19:32

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I go to Live meetings - talk to my sponcer daily - prostrate myself before Hashem and surrender  
- learn as much as i can and then I do not act on my SSA -

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Re: Frum Guy with Gay Tendencies  
Posted by ontheedgeman - 28 Mar 2012 19:06

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[rontov wrote on 27 Mar 2012 19:32:](#)

prostrate myself before Hashem and surrender - learn as much as i can and then I do not act on  
my SSA -

DID SOMEONE SAY PROSTRATE???? now we are talking!!!

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Re: Frum Guy with Gay Tendencies  
Posted by mifatfait - 28 Mar 2012 23:08

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I don't know anything about this stuff, but the idea sounds very interesting. It sounds very intellegient to try to build the healthy true version of what the lust really wants in order to reduce the drive for the soothing addictive affect. But again, I don't know anything, so don't mind me.

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Re: Frum Guy with Gay Tendencies  
Posted by helplessjewboy - 30 Apr 2012 02:29

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Hi everybody...

A lot has happened since I last posted a few months (it was months, wasn't it) back...

Unfortunately, I have masturbated many times in the past two months. I have looked at many wrong images and found one very powerful way around the filter, a hole which cannot be closed if I cherish my job, and parental relationship...

Unfortunately, I am considering very strongly the genetics side of this battle, and I don't know how much longer I can hold on to my sense of self as a Jew and not allow myself to slip to the (surprisingly) many men who would love to spend the night with me...

Unfortunately, I have made emotional bonds with men, and lusted after them to the extent that I don't know if I'll be able to unravel my feelings out of their grasp.

Fortunately, I have not fallen any lower than I was last time.

Fortunately, some of my friends have returned from Israel and now know of my solemn predicament.

Fortunately, Hashem cares about me so deeply that he reminds me every so often, and even

though the guilt annoys me, it also helps to reassure me...

I have been meaning to post for a while, giving everyone a status update.

My yesser hara has fooled into believing, for a time, that no one cares about me.

Now comes my conflict...

Does anybody know of any true therapy success stories for SSA? Does anybody know how to reassure me it will be alright?

Can anybody please look out for me, and beg me to stop this craziness? Can anybody show me that they love me by reaching out?

Thank you for all your help and love.

Unfortunately, right now, I need more.

Please help out.

Joey

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Re: Frum Guy with Gay Tendencies  
Posted by Eish Emes - 30 Apr 2012 03:38

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Joey,  
My heart reaches out for you. I also suffer from ssa and I'm here for you.

I think the genetic argument is completely irrelevant. Whether we were born with ssa or developed later in life is not important. What is important is to realize that if Hashem says it's assur then there must be a way to overcome it. It might not be easy, and it might take a lot of work to find the solution, but there must be a way. Also, there's evidence that addictions are genetic, it doesn't mean there is no treatment for it (like the 12 steps) or that it's ok to be an addict. Ssa is the same. Don't believe the lies of the gay activist, and the politically correct media that spread their message.

I've been in therapy for a year now for ssa and I find it quite helpful. I still have more work to do, but I'm certainly much better off. This is just an example, For over 15 years I struggled with p\*\*\* and m\*\*\*\*. I have tried so many times to stop. I never made it passed a month and during those times it was like gehnomin. I'm now 157 days clean and it certainly wasn't easy, but nowhere near as hard as it used to be. It's all a gift from Hashem, but my histalodus was going to therapy. I have meant others who therapy has greatly helped them. I even meant someone who is now happily married, who told me before therapy he had no attraction to women and it was impossible for him to get married. Thanks to therapy he was able to get married and have a normal marriage. Therapy very rarely gets rid of ssa entirely, but it does make it so you can control it instead of it controlling you. And yes it doesn't always work for everyone, but I believe it has a much higher success rate than what the gay activist would like you to believe especially for people who are motivated. It all involves Siyata D'Shmia.

We don't know why but Hashem has given us this challenge. Hashem only gives us a challenge if there is a way out of it, so there must be a way of overcoming ssa. But Hashem requires us to take action first. You have to do something whether it's going to therapy, joining SA, or whatever. Once you decide what action to take, you need to daven to Hashem that whatever action you choose should guide you in the correct direction. The most important thing is never to give up and realize Hashem is always with you no matter how low you have gone and how distant you feel from him.

Hatzlacha,  
Eish Emes

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Re: Frum Guy with Gay Tendencies  
Posted by needsyirasshamayim - 30 Apr 2012 20:44

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I'm crying just by reading these posts. I too suffer from SSA and have suffered with it for over 20 years. I feel like a traitor to my wife, kids and Hashem.

So many times have I tried on my own to stop the lust. But like many others have said, there are triggers everywhere.

All I'm doing now is Davening to Hashem for help in this matter. B'H I've been clean for a good



few months. I hope to Hashem that it will stay that way.

But, I do believe that I'm just pushing off the inevitable. We probably do need some type of intervention from professional. As others have mentioned, MONEY is VERY much a factor. Yes, we can put aside money for this and that, but you know what, those purchases are usually a one time deal. Who knows how long therapy will take, will it even work?

I'm sending my son to someone because he suffers, like me, from a lust addiction albeit, different (I hope) from me. I would rather HIM stay clean for the sake that he doesn't go through the hell I went and am currently going through trying to control myself.

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Re: Frum Guy with Gay Tendencies  
Posted by Eish Emes - 01 May 2012 03:14

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My financial situation is quite bad, and I really shouldn't be able to afford therapy. I started therapy because I got a large sum of money somewhere unexpected that paid for my first couple of sessions. I benefited greatly from those sessions and continued after that money ran out. B'H Somehow sh'lo be'derech ha'teva ever since we have found enough money.

Before I started therapy, at my very worst moments, I was close to suicide. The only thing stopping me was that it would hurt my family and that it is assur. At my bad moments I was depressed and hated my life, which was becoming more and more often. Most of the times I just went through the motions of life but felt really sad inside. (I wasn't clinically depressed I was just really down about the way my life was.) I knew I couldn't continue living like this. That's when I contacted Jonah, who recommended that I go to therapy. After speaking to several people who either finished therapy or in middle of therapy I decided that was what I needed. Hashem then sent me the unexpected money. I have now been in therapy a little bit less then a year and I have benefited tremendously. I've not been depressed in many months. But even more important I enjoy life. I have a lot of work I need to do, but I look forward to that work. I realize Hashem gave me ssa so that I can become a better person. Therapy is certainty is worth every cent to me.

My point is not to convince how great therapy is. It might not be right for everyone. My point is that if you reached the bottom like I did you need to do something. Whether it's therapy, SA, or something else you have to find what is right for you. Unless you can't afford your most basic needs, like food, clothing, shelter, etc, you shouldn't let money be a consideration. Your life is far more important then any money in the world and if you are doing the right thing Hashem will help you financially.

Hatzlacha,  
Eish Emes

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Re: Frum Guy with Gay Tendencies  
Posted by helplessjewboy - 02 May 2012 00:35

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Thanks for the love guys.

B"h I will be posting up more frequently.

Until next time.

ETTAHLO.

Joey

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Re: Frum Guy with Gay Tendencies  
Posted by alexeliezer - 02 May 2012 02:42

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Joey,  
Good to hear from you.  
Keep up the struggle, meaning keep turning your lust over to Hashem.  
Don't ever quit. These men that want you are just sexaholics that want to take whatever they can.  
Relationships with them will only lead to misery, and possibly worse.  
Keep calling out to Hashem. This is your life's work. The most important and hardest thing you'll ever do. This is your purpose. You must pass this test.  
With love,  
Alex

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