

"Creepy" sexual attractions

Posted by Human being - 02 Dec 2022 06:55

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**DISCLAIMER! This post in no way shape or form is encouraging those with "alt' feelings to be complaisant, and just accept themselves. When I say we need to accept ourselves, it doesn't mean you don't need help.**

**DISCLAIMER! If there is any reason to believe you may need assistance controlling your desires, GET HELP. Don't be ashamed, we don't choose our feelings. You a human being who deserves love, respect, concern, safety, acceptance and support just like the rest of us. Most of us with "alt" desires have a history of challenges that deserves and sometimes mandates reaching out.**

So many of us humans have desires that we think "aren't regular/common and retarded to have".

I've met and spoke to so many people who are attracted to so many different things. Teens, ssa, older people, specific looking boys, specific looking girls, children (I've never met anyone personally but its definitely out there, as i will bring in the links and foot notes in the next post) an age group of boys, an age group of girls, specific nationality's, tall, short random fetishes, fake and fantasy fetishes too. In other words every different type of thing on the planet.

Thing is, it seems from my various conversations and interactions here on gye and in general, that many of us feel like we are hiding "a really bad secret" of "really disturbing feelings and desires" that cannot under any circumstances be talked about or shared, for fear of us "creeps" getting "exposed" .

Let me tell everyone a secret..... they are regular and common feelings and desires, we are just embarrassed to share them. We hide them, squash them and make believe they don't exist for fear of someone "exposing us".

Yes, you got it right. Random/weird/unique sexual fantasies are common human feelings/desires. Fetishes, Pedophilia (sexual attraction to prepubescents (less common, but your not alone) ), hemophilia (sexual attraction to post-pubescent teens ages 11-14 ), SSA, Various specific attractions, and ephebophilia (sexual attraction to teenagers), are COMMON FEELINGS. Its common to FEEL that way. Its NOT OK to ACT that way. I'm not saying its the norm. I'm just saying its not out of the norm and unexpected. So is various random fetishes and fantasies. Yes "THAT" included. (whatever your "THAT" may be.) Your not creepy or a molester.

I personally am attracted to only teenagers, (boys or girls) (ephebophilia). It is not "retarded and creepy that im attracted to them" It would be creepy if i acted on my desire. I am not bad, crazy, weird, or "an other" Not the norm, but not crazy or inherent pervert.

We are just scared to share our feelings and desires because were scared of people thinking we are creeps/molesters etc. You are NOT a creep/molester if you have these FEELINGS or DESIRES. A molester is someone who ACTS on his feelings or desires.

*You are normal and healthy person with some unhealthy parts of you. You deserve to be loved and cared about and embraced and respected and looked up to, you can be a counselor, go to the mikveh, hug your kids, kiss your kids, pat your camper on the back. **(If you need help controlling your desires/feelings, or you feel that going to the mikveh or patting your campers on your back-will cause your desires/feelings to be aroused or triggered within you- and you don't know how to regulate those unhealthy feelings/desires in a healthy way- then please do not go to mikvah or touch those that can trigger you. But there's nothing for you to be ashamed about. We don't choose our feelings and desires.)*** Relax about being "exposed" breath easy, share yourself with your wife, with your friends, with yourself. -if you share your feelings, you have way way way less of a chance of acting on them. Share your feelings, be open be honest, *get help. Reach out. Your loved. While your a part of you may not be "normal", YOU are normal and healthy and theres nothing to be ashamed about.*

Please, chime in everyone!

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Re: "Creepy" sexual attractions

Posted by Human being - 08 Dec 2022 21:39

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[frank.lee wrote on 08 Dec 2022 12:26:](#)

HB, I think you agree on many things but there are some things left in disagreement.

Is this true? You think that we can not change or curb our thoughts, feelings, attractions etc? It follows that the Torah does not instruct us to not have bad thoughts?

Additionally, you feel that thoughts or feelings of sexual attraction to minors is not intrinsically bad or unhealthy? I am NOT talking about Common or not common. What about thoughts of violence towards others? Towards babies? Sexual attraction to a neighbor's spouse? To other men? I say intrinsically, not strategically. Meaning maybe for a strategy of getting more healthy, better self acceptance, one should accept and think/pretend it is fine. Intrinsically?

You are obviously very well read, so maybe you are more informed on this - does CBT not help you stop having troubling thoughts?

Thanks!!

Thanks!!! I would love to answer you post, there are like 5/6 questions that are intertwined. Can you edit your post into individual questions? thanks.

Btw you are very knowledgeable and smart yourself. Ive enjoyed getting to the truth with you and @jack the jew.

?This forum right now is very hard to read, because every post is so long, and the conversation

is hard to follow. Bh after "finishing" responding to all posts, i want to start another column that's more readable, with the same conversation so people can see all the arguments clearly. Maybe we can argue privately over email. Im doing that with @jackthejew too. I think its important to leave all the "correcting" "i really meant to say this or that" "definitions" off the thread, in order for people to actually know the real argument taking place. As well as sorting through what we are actually arguing about.

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Re: "Creepy" sexual attractions  
Posted by Human being - 08 Dec 2022 21:57

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[frank.lee wrote on 05 Dec 2022 00:25:](#)

Thank you for speaking up and spending time and energy on this important topic. I agree that people may think they are creepy or crazy because they have disturbing thoughts and feelings. I agree that these people can be wonderful and special people. I love you all!

I myself used to have interesting thoughts and still real with them sometimes, and I worked on myself, to respect myself for who I am, separate my self from my feelings, and I try not to identify myself as a sick person.

I spoke to a therapist about it. He shared with me how other people who are otherwise normal, can have crazy sick disturbing thoughts running around their heads, and how we need to learn how to deal with it, change how we relate and deal with them...

Wow you are the exact person i am addressing in these posts. Unbelievable. It looks like you had the courage to look deep inside yourself and look the scary truth in the face, and learn how to work with your feelings, to get healthier and happier. Inspiring!!

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Re: "Creepy" sexual attractions

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Posted by Human being - 08 Dec 2022 22:03

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[frank.lee wrote on 05 Dec 2022 00:25:](#)

Not sure why you are trying to say the thoughts are normal. Seems like a stretch, playing with the words. Not the normal, but the normal, add italics...

IMHO, Hashem gave men certain interests and feelings, in order for them to build homes. They are attracted to people who are relevant to them, namely females in the similar or slightly younger age brackets. That is what we call healthy, normal, natural attraction. From Hashem. For the kium haolam, sustainable families and society.

Other attractions, regardless of how common they may be, are not normal, again IMHO. The people can be wonderful, but the feelings, even if common in certain elements of the population. That does not mean any offense, trigger or microaggression, towards those who are different in this area.

As I responded to @jackthejew. I made a mistake. By using the word "normal". What I meant by normal, was the word "common", and we dont ask for our feelings or desires so its nothing to be ashamed about.

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Re: "Creepy" sexual attractions

Posted by Human being - 08 Dec 2022 22:35

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[Hopeful2022 wrote on 05 Dec 2022 12:13:](#)

There has been a lot of virtual ink spent on this post and having a discussion about anything is helpful and worthy of the time and effort put into some of the replies.

I have to say that I feel that the original post concentrated too much on certain very subjective words. "Creepy, Normal, Good and Bad, Healthy" and a few others. Why did you spend so

much time concentrating on the minutiae or the meanings of the words? They are far too subjective and do not help solve or improve the problem. They are actually meaningless.

Very simple in fact. We concentrate on the definitions and the minutiae of words when there is a logical argument taking place, in order to get to the truth. If we are arguing over if something is "normal" or "not normal" it may be helpful for the parties arguing to know, that they are using "normal" in different ways.

It sounded strange to me that you would say such a thing. Especially in such a passionate when you said "*They are actually meaningless.*".

But then I understood why the answer to to why you said it.

I opened this argument to get to the truth about an important topic of "alt" desires. The only way to get to the truth, is to bring our logic to the table and debate something based on truth. When debating to get to the truth definitions matter, data matters. Percentages matter.

You responded with emotions and passions instead of logic. I don't blame you. I am passionate about my beliefs just as strong as you. But unless you want to debate facts, logic, and reason, I have nothing to respond to you. I don't see the point in getting passionate about something I believe is important as this topic. So id love to here your arguments, please share them!!

?If you'd like me to respond with passion then please notify me and I will post what my feelings are about this topic.

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Re: "Creepy" sexual attractions

Posted by Hopeful2022 - 09 Dec 2022 10:56

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I'm sorry that you took my reply in that manner. My point was to spend more time and effort trying to get to the bottom of the problem rather than just defining it. Being sexually attracted to

children (call it anything you like) is more than fodder for an online forum. It is a crisis situation and hopefully you treat it as such.

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Re: "Creepy" sexual attractions  
Posted by Human being - 09 Dec 2022 18:01

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[Hopeful2022 wrote on 09 Dec 2022 10:56:](#)

I'm sorry that you took my reply in that manner. My point was to spend more time and effort trying to get to the bottom of the problem rather than just defining it. Being sexually attracted to children (call it anything you like) is more than fodder for an online forum. It is a crisis situation and hopefully you treat it as such.

Im happy to see you continue the conversation! looking forward to responding after shabbos!  
Good shabbos!

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Re: "Creepy" sexual attractions  
Posted by Human being - 11 Dec 2022 03:12

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[Hopeful2022 wrote on 05 Dec 2022 12:13:](#)

The problem is you are sexually attracted to underaged children. That is a problem by any definition.

First of all I am attracted to teens. Not "children". Which is less common and more unhealthy.

Secondly, I guess what you are saying, is that ephebophilia which is fairly common, is a problem *for you* by any definition. Because its not a problem for me thank god. [And I feel sorry for whoever it is a problem for, because its a hard challenge]. At one point in my life it was really really challenging and a problem. (when I was a teenager, and in the dorm with all my triggers).

So i guess its something you have a problem with. I don't have any problem with the desire,

save for the fact that the neglect, trauma and abuse that caused it, should be dealt with in order to heal and be a healthy and happier person.

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Re: "Creepy" sexual attractions  
Posted by Human being - 11 Dec 2022 03:17

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[Hopeful2022 wrote on 05 Dec 2022 12:13:](#)

Why not spend the time to figure out what to do about it?

Are you asking if I have spent time getting healthier and happier? Because if you are asking, the answer is yes. I've been to therapy for 3 1/2 years. Plus I'm seeing a physiatrist, even though I don't believe in 3/4 of the world of psychiatry. And what about you? Are you in therapy? (NJZ) feel free to ignore the question.

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Re: "Creepy" sexual attractions  
Posted by Human being - 11 Dec 2022 03:30

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[Hopeful2022 wrote on 05 Dec 2022 12:13:](#)

If you feel that it is OK to have those feelings as long as you don't act upon them, that is your right, even though I could not disagree more.

I'm happy to argue about that. We can agree to disagree here. But, I wonder if your opinion would change if you dug deep and got in touch with all your deepest desires. Because regardless of if its the same desire or a different desire, we human being have strange desires my friend.

I have a feeling that you know that having those feelings are a problem or you would not have written about it in the first place.



I wrote about it, in order for our world to be a kinder, safer, and less judgmental place to be. Where people can get help for their challenges, as apposed to feeling like if they reveal their challenges they will get skinned, burned, and made to walk naked down main street with a sign proclaiming

**"THIS IS A MAN WHO HAS DESIRES THAT HE NEVER WANTED, DIDNT ASK FOR, AND WANTS TO WORK ON. SHAME ON HIM.**

That is why i wrote it in the "first place". Because i believed that it would be worth getting scream at, shunned and looked down upon to facilitate healing and safety.

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Re: "Creepy" sexual attractions  
Posted by Human being - 11 Dec 2022 04:32

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[Hopeful2022 wrote on 05 Dec 2022 12:13:](#)

Quoting statistics and making analogies (excuses) to justify those thoughts are dangerous.

There is NEVER a justification for having sexual thoughts about minors, NEVER!!!!!! Saying "as long as you don't act upon them" is extremely dangerous".

I think, "mentally illness-ing" people. Unnormalizing desires, calling *desires and feelings* dangerous **is the most dangerous thing in our community**. How many children would have been spared the fear, shame and trauma of molest If people with challenging desires would feel that its safe to share their feelings without being called mentally ill and dangerous?

How many people would have been spared violence and pain, hurt and shame, if people with challenging desires would feel that its safe to share their feelings without being called mentally ill and dangerous. *How many people would not be mentally ill and dangerous, save for the fact that people call them mentally ill and dangerous.*

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Re: "Creepy" sexual attractions

Posted by Human being - 11 Dec 2022 04:57

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How many kids wouldn't get bullied, if instead of looking at the behavior of our children, we would instead **accept** and focus on the feelings causing their behavior, sharing with them that **their feelings are ok and normal**, but action is not?

How many bullies are feeling unsafe, empty, fear, shame and self hatred inside that will never be dealt with, because instead of looking at the feelings that are causing the unacceptable behavior, we look at behaviors and then label them as "mental illness" instead of telling our bullies that their feelings are normal and then FOCUS ON HELPING THEM REGULATE THIER EMOTIONS AND BE FUNCTIONAL AROUND OTHERS.

How many mothers would be able to be a "good enough mother", if the feelings of guilt, shame and anger sitting inside them, causing them to lash out at their children, **would be accepted and embraced**, and they wouldn't feel stupid telling all their friends from the 1980s they went to get professional help, instead of labeling them with all kind of titles based off their behavior, which would hinder anyone's desire to turn to help.

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Re: "Creepy" sexual attractions

Posted by Human being - 11 Dec 2022 05:05

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When will we realize how stupid, backwards and foolish it is, to look at people based on their desires/symptoms, when we can be accept, embrace and help them heal the feelings causing their desires/symptoms?! Why we focusing on the symptoms? a) *When we accept people's feelings and their normalized, that's when people reach out and can get help for challenging feelings!* b) *besides acceptance, in order to help a person with a challenge, we have to address what's causing the issues. Not his behavior he's doing caused by the issue! That's not what's going to help him heal, whatever is causing his issue will still remain.*

*Think about a leak in the ceiling that is ruining your dining room floor and rug. There are 2 approaches you can take to make sure your floor and rug don't get ruined. 1) Get buckets and*

*capture the water spilling from the broken pipe, or 2) fix the pipe! Getting buckets wont fix the problem! There will still be a leak.*

It means our focus should be on fixing the pipe. Focusing on giving someone with "strange desires" a mental illness diagnosis, and putting that as the important thing to focus on, while not focusing on accepting feelings and helping the person get healthier, is just like focusing on using a bucket to try to fix a leak. The leak/desires wont get fixed! Focus on the desires and the problem. Not on the behaviors associated with the problem. This doesn't mean that we shouldn't use "buckets" at all. Meaning we cant let people do behaviors that are harming himself our others, but that cant be the focus. That's just silly! *Lets fix our leaks, drop the buckets.*

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Re: "Creepy" sexual attractions

Posted by Human being - 11 Dec 2022 05:06

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"Hopeful2022" post=388949 date=1670242436 catid=1

Good, Bad, Creepy, Normal?? I don't care what you call it, you have a sickness, no different than a broken arm, and it needs to be addressed. Mental illness is a disease and should not be treated any differently than cancer or heart disease. There should be no shame in it, I hope you have supportive people in your life. I am confident that it can be "fixed". Having you on GYE is a good start, and shows you want to live a better life.

## FACT CHECK "MENTAL ILLNESS"

There's a reason doctors don't look at someone and say "hay, he's coughing, is red and out of breath" *"ok he has lung disease!"*. First there are tests to see WHERE THE SYMPTOMS ARE COMING FROM. BECAUSE WE GET A DIAGNOSIS BASED ON WHERE THE SYMPTOMS **ARE COMING FROM**. NOT THE SYPMTOMS THEMSELVES. Symptoms can't be a disease. Symptoms come from somewhere. Symptoms come from diseases. HENCE THE NAME SYMPTOMS. Strange desires ARE A **SYMPTOM** OF NEGLECT, ABUSE AND TRAUMA AND MANY OTHER THINGS.

Imagine a doctor giving medication for a medicine, based on the symptoms for lung disease,

without seeing or caring about where the symptoms are actually coming from!? What if the symptoms are stemming from a chest infection!?

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Re: "Creepy" sexual attractions

Posted by Human being - 11 Dec 2022 05:06

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## SO WHAT IS MENTAL ILLNESS?

It doesn't mean the same thing as physical illness! When we diagnose a physical illness we are not diagnosing symptoms. We are diagnosing a disease. *We are diagnosing where our symptoms come from.* When psychiatrists diagnose mental illness, they are diagnosing symptoms. When we use the word disease and mental illness, it doesn't mean the same thing as regular "illness" or "disease". In order to diagnose mental illness a psychiatrist comes to understand that your group of symptoms meet a certain criteria, to say "this person is suffering" in this or that specific symptoms category. *It doesn't mean they took a blood test and found red blood cells that carry a pathogen called "depression" "anxiety" or "oppositional order disorder".* Its just a group of symptoms that we can classify as "This person is suffering" in order to GIVE THE PATIENTE RELIEF OR HELP.

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*That is not a disease.* That is just a group of symptoms. If I have symptoms 1, 5, 2, and 8, And you have symptoms 1, 2, 6, and 4, And mine meet the criteria and yours don't then I have a disease and you are "normal"?!?. That stinks like left wing progressive math to me. How dumb can we be.

Its the most dangerous thing in the world to label peoples desires as "mental illness" and dangerous. It is the most safe thing in the world for people to know that they can reach out and be helped because they aren't mentally ill.

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