

My nisayon

Posted by mynisayon - 18 Oct 2011 03:09

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hi. I just wanted to introduce myself and tell a bit of my story. I'm a married guy with kids k'nh and I have been struggling with this stuff since I was 12. The past 5-6 years have really been more of a challenge. Prior to that period, I would fall but I could always get myself out of it and be clean for months and even years. I started masturbating before I even knew what it was. Over time I was able to really stop and I felt a tremendous connection with Hashem. Somehow I always felt that dealing with tayva was my avoda. So when things were going well I felt that connection and when things weren't going well I felt like I was waiting for lightning bolt to strike. Over time i've learned not beat myself up too much when the falls happen, but i still feel like garbage. B'h until about 5 years ago things were pretty much under control but now I feel like I don't know where to turn. I want my special relationship with Hashem back. I know reading this u r thinking. Get a filter, start the 12 step program and u'll be fine. But there is something else. I do have a special nisayon. My issues are with same sex attraction (SSA). Since I was 12 my interests were guys with only a very little attraction to girls. In yeshiva it was torture and I fell at times but it was under control. I never wanted admit that I might be gay and I convinced myself that if I got married it would be fine. Well I was young and maybe not that smart. I have a wonderful family that I love very much but it did nothing to solve the issue. For the past many years I have struggled with this alone. My wife or for that matter anyone else knows nothing. Coming clean in this forum is a first for me. I can't begin to tell you how difficult it is harboring a secret like this. Everyone thinks they know the true me. I learn, I am respected but no one even my own family knows nothing about my issue. Its an awful feeling. At this point I couldn't bring it up to my wife, it would cause too much pain so I try dealing with this alone. My connection to Hashem is most important to me. Without that connection I could never have happiness and that's what keeps me going.

Ok so those reading this may still wonder why ssa lust is any different than any other lust. In my case at least its very different and those who suffer from ssa may get it, but those who don't may not. Let me explain. I have two types of triggers. One is seeing things or thinking things that will trigger me. That's no different that a regular guy who sees an attractive girl in the street. The way to deal with that is shmiyras enayim and gedarim. In the past when i was younger that was the primary trigger and I used these methods to keep it at bay. But in my the last five years as I was in my mid thirties approaching 40 the other trigger became the primary trigger. These triggers are emotional triggers. The feeling of being alone is a trigger. The feeling of not being able to be myself is a trigger. I feel like i'm an actor starring in my own movie. The feeling of knowing as i get older that I will never satisfy my desires is a trigger. The not being able to fully accept my situation is a huge trigger. Sometimes I feel overwhelmed and that feeling leads to porn and masturbation. Of course then I feel disconnected and the cycle starts again. To better understand, picture a normal guy being told he could never be with his wife again. I think his reaction may be the same.

I can't seem to be able to get beyond these "emotional" triggers. These triggers are voids and

unfortunately with these voids comes pain. If there are any ssa guys who have successfully dealt with this, please let me know how. That said I need to clean up my act. I'm hoping by being open about whats going on it will somehow help. On yom kippur I resolved to get beyond it. I sometimes wonder how things would have turned out had I not had ssa. honestly I don't think I would have a porn issue by who knows. Does that mean i'm an addict? I'm not sure. Well that's my story. I'll do my best dealing with my situation

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Re: My nisayon  
Posted by alexeliezer - 04 Nov 2011 17:55

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[mynisayon wrote on 04 Nov 2011 17:36:](#)

Alex, u do make a good point but its a bit more complicated with SSA.

Not doubting it. *Much* more complicated.

But all you can do is all you can do. So at least do all you can do. And if you do, Hashem will do the rest.

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Re: My nisayon  
Posted by mynisayon - 10 Nov 2011 01:46

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Its been a while since I posted. I know I should really post every day but I get busy. Of course there always seems to be time for Porn unfortunately. Forget about anything else. The amount time wasted is incredible.

I have had some falls but I am feeling better now. As you know from my previous posts I kind of blame my behavior on my condition (SSA). I've been thinking about it and it really is a cop out.

Sure its hard but still need to accept my situation and not make excuses. I need to take responsibility for my own actions. I have a habit telling myself that other guys don't get my challenge but truthfully our struggles are more alike than different and I need to feel that we r all in this challenge together. I can't do it alone. The other guys here get it no matter what the fetish is.

Its a great family of guys here supporting and caring about each other. I finally realized that each guy has his fetishes and others here may not get that particular fetish but in the end its all lust and lust is something we all get. Its great not to deal with this alone! Thanks!

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Re: My nisayon

Posted by alexeliezer - 10 Nov 2011 15:56

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Sums it up beautifully.

I'm sending all the new SSA guys to this thread, so look good for the camera!

Seriously, you're doing tremendous work here teasing apart this nisayon into workable parts.

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Re: My nisayon

Posted by Hashem Yaasfeni - 15 Nov 2011 17:58

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Thsats great, you said it straight.

one of the biggest things lv got out of GYE is that we can be honest and give up fooling ourselves, which weve done for sooo so long.

I find my relationship with my wife is a lot better, but it feels great to be clean for 3 weeks plus, aiming for the month ....here we come, one day at a time...

Your bro, HY

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Re: My nisayon

Posted by Strongerthanyesterday - 22 Dec 2011 19:00

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I think there has to be a distinction between people with *Unwanted Ssa* and people that choose to be gay and make peace with it. For people like myself that have unwanted ssa and desire change in their lives then change is possible and know that your not alone for people that decide that they are gay from a place of integrity and they are really serious with themselves and have weighed their options then allni say is good luck to you.

For a person with ssa i think that it is just another manifestation of their insecurities and issues. Just like other people become alcoholics drug users, and gamblers. Their own "stuff" manifest in this lustful way. And just like beating alcoholism and drug abuse are able to be held so is ssa.

I dont beleive there is a genetic predisposition. What is genetic how ever is personalities

Blessings

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Re: My nisayon

Posted by gibbor120 - 22 Dec 2011 19:22

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Take a look over here [drsorotzkin.com/articles.html#Sexuality](http://drsorotzkin.com/articles.html#Sexuality) . He's got a lot of good stuff on a variety of topics.

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