

Hi! I am struggling...

Posted by Shlomo24 - 23 Sep 2014 06:27

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I already posted this on the ssa forum but i dont want to be excluded from everyone else, so i am posting this here also.

ok here goes... I hit puberty young, when i was 10 yrs old. For a solid 2+ yrs i was attracted to **woman**. During 7th grade i was masturbating a lot to women, it really got outta hand. I tried 2 stop but i couldn't, i knew i was doing something wrong b/c i read halachos about masturbating from an english kitzur shulchan aruch. Also during those years my relationship with my father gradually went from rocky to terrible b/c i was developing an attitude and arguing with him a lot. Probably b/c of that i recognized the "love" in gay relationships (this is unconscious obviously) and i started reading about gays in the newspaper. Eventually i got hold of an ipod touch and searched "gay sex" on youtube, that was my first venture into porn, albeit softcore. Fast forward and I end up seeing real porn on my own computer and im hooked. From 8th grade till 12th grade yom kippur it didn't stop. (i started seeing a therapist at the end of 11th grade, i was severely depressed at the time, was having suicidal thoughts). B"h i had an amazing 12th grade and really got back on track. However I couldn't stop looking at pornographic images (not videos) through 1st year b"m. My masturbating habits got much less but I couldn't get rid of it, also I was frustrated b/c my sexual attraction hadn't changed and i was in therapy. Additionally i got in the habit of calling phone sex lines and did it constantly. A couple months ago i had access to unfiltered internet and i watched porn after not watching for a while. That was when I realized i need 2 take the next step and outsource b/c i couldn't control my impulses. I started going 2 an addiction therapist and he recommended this site.

**so here i am**

anything helpful anybody wanna add?

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Re: Hi! I am struggling...

Posted by godhelp - 30 Sep 2014 22:31

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[Shlomo24 wrote:](#)

i had a disturbing night last night.

i had a dream that a toucan was eating my earwax.

are there any deep psychological meanings?

Almost peed my pants from laughing.

have you posted this erev yom kippur I would have had an easy fast.

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Re: HI! I am struggling...

Posted by dms1234 - 30 Sep 2014 23:04

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**Shlomo24**

i had a disturbing night last night.

i had a dream that a toucan was eating my earwax.

are there any deep psychological meanings?

YES!!!! the toucan is you and the ear wax is all the gunk leftover from all your lusting. The dream is telling you to start pecking at the earwax. Did you even here him saying: "What can you do for recovery today?"

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Re: HI! I am struggling...

Posted by Gevura Shebyesod - 30 Sep 2014 23:20

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Get the wax out of your ears and listen to the message...

YES TOU CAN!!!!

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Re: HI! I am struggling...

Posted by ZemirosShabbos - 30 Sep 2014 23:25

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the beak of a toucan resembles a shofar. the shofar is penetrating you ear and removing the

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Re: HI! I am struggling...

Posted by Shlomo24 - 01 Oct 2014 00:52

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wow, u guys are really deep. i never thought about the symbolism of the toucan in these ways...

gevura got it best though. my new motto is from now on "YES TOU CAN!"

KOT everyone. u guys are gr8.

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Re: HI! I am struggling...

Posted by Gevura Shebyesod - 01 Oct 2014 14:19

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Best. Avatar. Ever.

YTC!!!!

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Re: HI! I am struggling...

Posted by Pidaini - 01 Oct 2014 18:13

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[Shlomo24 wrote:](#)

wow, u guys are really deep. i never thought about the symbolism of the toucan in these ways...

gevura got it best though. my new motto is from now on "YES TOU CAN!"

KOT everyone. u guys are gr8.

You may want to put that under you profile picture (go to your profile page, press edit, go to "profile information" tab and add it in the "personal text" box)

It would be great to keep on seeing that every time you post!!

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Re: HI! I am struggling...

Posted by Shlomo24 - 02 Oct 2014 01:00

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you know the "for dummy" books? i think they should make a "how to deal with jerks for dummies". basically i have sleeping issues so i take sleeping pills sometimes. the past couple weeks i haven't been falling asleep, even with the pills. because of that i have missed a bit of seder. my chavrusa dumped me b/c of that, which i could understand. however he proceeded to make fun of me saying that i keep on using the same excuse and that "i am chavrusas with my pillow" (funny guy). then he said "i am going to be sick the whole next zman", meaning we r done. he also had some other warm and fuzzy comments. mind you he did this by text, which ups his jerk points by a lot.

additionally today i feel like crud because sometimes ambien (sleeping pill) can give really bad side effects.

just venting, i already told my gye partner about it and he gave me chizzuk, but i want ur guys opinion.

KOT everyone and YTC!

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Re: HI! I am struggling...

Posted by shomer bro - 02 Oct 2014 03:09

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What a jerk! Unfortunately, common sense isn't so common, and people can be cruel in what they say not realizing that it hurts you. In this situation, it's his loss. You're someone who works hard and is genuine. So he lost out here by not acting like a mensch. What to do? My safta used to say that if you lie down with dogs, you get up with fleas. Meaning you should not steep down to their level. Yea, it's hard. I would suggest that you tell him in as nice and polite way as possible your feelings of hurt. Chances are that he didn't try to hurt you maliciously. Many people just say things without thinking. But he'll never know that he hurt you unless you tell him. Especially since we're so closr to yom kippur. You can do it.

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Re: HI! I am struggling...

Posted by Shlomo24 - 02 Oct 2014 05:04

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im not interested in rebuking him or giving him mussar b/c i am really nogeah bdavar and i will give him biased mussar. i want a rebbi to tell him something but i dont want 2 tell them loshon hara so im gonna ask the yeshivas posek what to do w/o giving him any detailed info. based on what he says i will either tell a rebbi or do what i need 2 myself. he actually half-baked asked me for mechila (i did not respond to any of his texts besides for one "ttyl") by way of text.

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Re: HI! I am struggling...

Posted by shomer bro - 02 Oct 2014 05:11

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I'm not saying you should give him mussar. Just that if someone hurts your feelings, the proper thing is to tell them so.

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Re: HI! I am struggling...

Posted by Shlomo24 - 02 Oct 2014 05:13

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[shomer bro wrote:](#)

I'm not saying you should give him mussar. Just that if someone hurts your feelings, the proper thing is to tell them so.

100% agree, just want 2 know how to do it correctly, i am gonna go over 2 him.

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Re: HI! I am struggling...

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Posted by Shlomo24 - 02 Oct 2014 23:33

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i need to take some time to express my thanks for hashem and gye. although i am still struggling with sa and ssa (they dont go away in 2 weeks) i feel so much more positive in general.

ever since my first post ppl have been gr8 to me here. they have been understanding and very supportive. even though most ppl here dont have ssa, i feel so understood. the chizuk is great. i always feel that i can express myself here w/o anybody judging me.

then i started doing the chat room and i went 2 the next level. i chatted w/ so many ppl, even ppl who have been here for a while w/ many posts, they weren't "shtultzy" at all. eventually i got into a convo with a member (he will remain nameless) and eventually we took it 2 the next step and exchanged numbers. he also has ssa and we have very similar stories. at first we were just texting, and i felt awesome that i had a personal connection with some1 who has my issues. i had been waiting years for this day.

eventually after like 2 days of texting we had our first convo, about going to sexaholics anonymous. it was a 26 min convo and honestly those were the brightest 26 min i have ever had since i realized that i had ssa. no jokes. i feel so grateful to him, and he's just a regular guy with a similar background (i have told him thank you like a billion times).

when i first came to gye, my therapist asked me about going to sa meetings and i said "absolutely not". after seeing how ppl say they have had success there and talking with my "gye man" how it has helped him i feel like i wanna go. the transformation in 2 weeks is amazing.

THANK YOU HASHEM FOR GIVING ME GYE!

KOT everyone! and remember "TOU CAN DO IT, YES TOU CAN"!

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Re: HI! I am struggling...

Posted by cordnoy - 02 Oct 2014 23:56

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Good attitude!

Keep it up!

b'hatzlachah

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