

Hi! I am struggling...

Posted by Shlomo24 - 23 Sep 2014 06:27

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 AlexEliezer - 03 Oct 2014 22:21

ROCK ON BRO!

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Re: HI! I am struggling...

Posted by Shlomo24 - 05 Oct 2014 06:17

how was everyone's y"k? mine was AWESOME. (take that word in its literal context, as in full of awe, not as in a lot of fun).

i have this issue with crying, i have a hard time shedding those tears. i actually had a an 11th grade rebbi who told me that crying never goes unanswered, he told me this shortly after i told him i liked guys. i was thinking "great, b/c i can never cry".

this y"k was different. because i have been much more honest with myself recently, i kinda opened up to myself. i was really into the tefillos and at a certain point in davening i couldn't STOP crying. it wasn't depressed crying, it was a positive action, showing hashem i really cared and wanted to make a difference this upcoming year. i think i came to the realization that hashem is the one who gave me the tests, and he also is the only one who can allow me to pass them. i felt like i made myself submit to hashem and his will. it was actually a really freeing experience, even though i was giving up control. which is weird because i felt liked i gained some control, or at least that i know that since hashem is in charge i am going to be safe.

YTC everyone!

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Re: HI! I am struggling...

Posted by Shlomo24 - 06 Oct 2014 03:11

im going to israel tomorrow for the first time. AHHHHHH! i'm so excited! im also going to go to an sa meeting there probably, i got in touch with someone through this site. I AM SOOOOOO NERVOUS. any tips for a first timer (israel and sa)?

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Re: HI! I am struggling...

Posted by dms1234 - 06 Oct 2014 04:49

Enjoy!

But don't get caught up in all this spiritual hocky pocky. Remember to be always on Guard, one day at a time!

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Re: HI! I am struggling...

Posted by Shlomo24 - 06 Oct 2014 04:55

[dms1234 wrote:](#)

Enjoy!

But don't get caught up in all this spiritual hocky pocky. Remember to be always on Guard, one day at a time!

what do you mean, "spiritual hocky pocky"?

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Re: HI! I am struggling...

Posted by dms1234 - 06 Oct 2014 05:32

I mean sometimes we think we are so holy that we are above this and we can never fall, even in that state. But thats not true. Usually that holiness that we are feeling is really just inspiration, which is good but we cant rely on inspiration. It won't help us always. Some guys, including, find that right after holy times (like the holidays or a trip to Israel) is hard when we get back because we were soooo inspired. How we could ever slip or fall? This is just our mind tricking us.

Just saying be careful, not worried, but careful.

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Re: HI! I am struggling...

Posted by shomer bro - 06 Oct 2014 06:17

Have a safe trip, and please daven for me.

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Re: HI! I am struggling...

Posted by Gevura Shebyesod - 06 Oct 2014 17:56

I thought "Hocky Pocky" is that thing that Canadians put on the ice and whack with bent sticks.

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Re: HI! I am struggling...

Posted by Shlomo24 - 06 Oct 2014 18:46

hey gevura, that's not nice... americans (like me) play hockey too. although i play goali so im not really whacking any pucks, im gkinda getting whacked by pucks (and sticks on occasion)

going 2 airport soon so my next post on this thread is prob gonna be from israel!

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Re: HI! I am struggling...

Posted by Gevura Shebyesod - 06 Oct 2014 18:57

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Re: HI! I am struggling...

Posted by shomer bro - 06 Oct 2014 20:32

wow. i haven't heard that song in a long time!

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Re: HI! I am struggling...

Posted by dms1234 - 08 Oct 2014 06:21

Thats hockey, thank you very much. THE BEST SPORT IN THE WORLD!

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Re: HI! I am struggling...

Posted by Shlomo24 - 11 Oct 2014 22:44

SHALOM! im sitting in israel typing this... so here's how its going... i feel like i haven't posted in a year

was taking pictures like
crazy. about my flight, it was very solid, but i had to sit next to a lady who smelled SO BAD, it was actually her perfume that was awful, not b.o. or anything. it was a real "au de toilet".

i went to the kosel my first night there and i davened my heart out. i didn't get that spiritual feeling from being in the kosel plaza and i dont think nowadays we can feel kedusha anyways, we get artificial emotions but i dont think we can actually FEEL kedusha. (that is just my opinion wtvr). but i still davened my heart out, for me and all the people on my list, i cried to hashem to let me conquer my sa and ssa and for the listmembers for their respective needs, (amongst the needs were sa, marriage, to have kids, and health). i also davened maariv there and said shmona esrai with a lot of kavanah. my friend took a pic of me but i refuse to smile for pics by the kosel, i wont do it until the beis hamikdash is there in its entirety, bimiheirah biyamainu.

i am staying in the old city and i have to say that y"t was excellent, i am loving the atmosphere of israel, the ppl here are happy with so much less, its amazing. additionally, from being in various neighborhoods all over yerushalayim, i feel that the environment is so much more fertile for spiritual growth then any where that i have been before. at least in the various neighborhoods i have been in, i see that ppl here love judaism and they dont look like they just follow the rules begrudgingly. one of my biggest *sheetas* is that judaism isnt a religion, its life and u should love life, u should love davening, learning, doing chesed etc. when i walk through the streets and i hear kids singing songs about succos, i feel like i am on target with my assessment. also the families here seem to revolve so much more about yiddishkeit then in america, whether they be chassidish, litvish or daati leumi, there are many paths of frumkeit and they all have their lives wrapped around judaism.

call me naive but i feel like in america, the term "modern" generally means less frum (a "modern" person agreed with me on this), but in israel "daati leumi" does not mean less frum at all, and that is a new experience for me. in my yeshiva i am doing well, but it is a bit intense and ridged, in israel i have felt so much more peacefull, i cant really describe it. no i did not get caught up with the spiritual "hockey pockey" (thnx dsm), i have been thinking rationally about this the whole time. i feel that israel is the best place to grow in yiddishkeit and i think that i want to stay here quite a while (i have many siblings here, so loving israel runs in the genes).

additionally, i plan on going to at least one sa meeting here, and so far i have been clean the entire time. i feel like one setback about israel is the party atmosphere that some young guys/girls reinforce. i actually find it really wrong that guys go to "yeshiva" to hang out with girls on ben yehuda. i personally am not a party guy (i used 2 be) and therefore i dont feel like that would be a hard challenge for me.

this is all really elementary and i would like the esteemed gye family to say their opinions. i am trying to be as rational as possible, but i think that i want 2 come back as soon as i can. doing so would entail me leaving my therapists behind (i only really care about leaving one, the other i just started going 2) but there are many options available here, and i personally know ppl that have made major strides in overcoming ssa with therapy here, whether that have conquered it completely or if they are well on their way. also since sa is available here, and i was told it's "much better" then sa in america, i feel like i could work out my sa as well.

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Re: HI! I am struggling...

Posted by Shlomo24 - 25 May 2016 20:14

[Shlomo24 wrote on 28 Sep 2014 22:31:](#)

had a bad night. watched porn twice. i had a friends ipod touch. i hardly watch porn so im very upset. also its aseres yimay tshuvah. im trying really hard to show hashem tha i will do better, this doesn't show that. what do i do?

Shlomo; You're ok. You're a good man with a good heart. Just because you watched porn doesn't mean that you aren't trying. You have a disease that causes you to do these things. It's not your fault. God loves you, more than anyone else in the world, even during aseres yimey teshuvah. What you have to do is pick yourself up and be of service. Connect to God, because he is the only one that can restore you to sanity. You're powerless, it's a fact. There is no shame about it, God made you that way. He has never done anything wron gto you in your entire life. One day you will look back at this moment and you will see all the good that God has implanted in your life and why this night was good itself. I love you Shlomo. I hope you love yourself.

(This is a post of gratitude to GYE, SA, and God. I would like to exit, for now, on a good note).

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