

## Big Steps

Posted by Shlomo24 - 21 Oct 2014 17:59

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i came to israel for y"t and i am staying here,  
im going to be going to yeshiva here also.

Why did i switch? well i came here and i was hooked up with a bunch of guys who also have ssa just like me. that is something that i never experienced in america, simply because of logistics and availability. i israel there is a whole support group of guys who are willing to reach out and connect with each other. its amazing.  
hey whats up yall? im in israel now, permanently

additionally, because the gay rights group has a much smaller contingent here, many therapists openly say that they can change ssa. something that i would say is close to nonexistent in america, b/c u could lose your job from saying that, especially if the media finds out. i started going to a therapist who specializes in ssa and so far it has been awesome.

another reason is that in israel the general atmosphere is an atmosphere that is dedicated to torah and growth in yiddishkeit (at least in yerushalayim). i personally see that the level of tznius is much higher here. in america it has become normal for women to wear skirts above the knee, i am not sure who made up that garbage halacha. in israel the percentage of women who are untznus is soooooo much lower.

also, i have started going to sa in israel. what is unique is that i would say 97% of the members are frum, not just that, in fact most of them are in yeshiva/kollel and look like yeshivish guys.

basically, the feeling i am getting is an overwhelmingly positive one. with a lot of seyata deshmaya i have arrived here. i actually have to thank gye, because i would have never gone to sa if not for gye. also i made contact with someone who has ssa through gye and he was the one who gave me the original numbers of other guys that i could talk to.

KOT! YTC!

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Re: Big Steps

Posted by Shlomo24 - 29 Dec 2015 00:49

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I have changed my avatar. The toucan thing was a bit old for me, kinda got bored of it and I hope that my avatar can brighten my or others day. I may edit it in the future, add a couple things.

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Re: Big Steps

Posted by Shlomo24 - 29 Dec 2015 01:27

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Also, I realized something about myself really positive today. A rebbi/mashgiach/shaul umayshiv of mine is going to be speaking with the yeshiva/college that I am going to iy"h. I realized that I have absolutely nothing to hide, no skeletons in my closet per se. Yes, I am a sex addict and that has to be dealt with privately but in terms of the public persona that I display, what you see is what you get. I feel like the outside me and the inside me are very much in line with each other. Which never happened before in my life. I really need to thank SA, and more exclusively my sponsor, for helping me become so genuine. I am not perfect but I at least feel very genuine. The biggest shkoiaich goes to the eibeshter for bringing me along the way, giving me strength I never believed I had, and for making this world tailor - made so I can succeed. So just to be formal, SHKOIACH! (I know he reads my posts).

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Re: Big Steps

Posted by Shlomo24 - 01 Jan 2016 20:47

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I have always had a bad relationship with my father and I realized that there's a lot of dysfunction with my mother also. Something came up recently (not going into details) that my SIL called me about. She is a therapist plus she has internal knowledge of being part of the family. I really respect her opinion. I was going to reveal something to my father which she suggested I don't do. I thought it wasn't going to be a big deal and that although I expected my father to be mad, I didn't expect anything major to happen. I kinda have always blamed myself for the relationship with my father. We talked for a while and she told me straight out that my father is abusive. It's hard for me to view him that way because I always blame myself for everything that happens between us. But thinking about the situation clearly it is very evident that the situation is abusive.

My struggle is to find the balance between calling a spade a spade and not taking it too far. It's very hard to say that my father is abusive, but he is. Thank God not physically, but emotionally and verbally. It's also hard for me because on the outside one would never know that he is. He is a well respected member of the community and we look like a regular normal family on the outside. But most of us have turned out all right but from top to bottom the relationship with us and our father is limited and strained. He isn't an intimate part of our lives for the most part. For some reason that makes me sad. I am not sure where I am going here, kinda just expressing my thoughts and feelings I guess. There's something concrete about putting words to thoughts.

Also a frustrating aspect is that what I wanted to reveal is now going to need to be hidden. Which I don't like. I am in a program of rigorous honesty and now I have to scale back. For my own good, but still it's slightly frustrating. I had no problem lying when I was in active addiction but now I am trying to turn over a new leaf and I have to limit myself.

I was also told to limit the relationship with my parents to the minimum, which is also hard. As much dysfunction as there is, it's still home. I don't have anywhere else where I could raid the . My parents also want me out of the house more, which I am definitely out more often then not, but it's a very strange feeling of not being wanted in my own home. It kinda makes me want to get married so I could have my own home and my own place, someplace I could go to instead of bouncing around all over the place by friends and whatnot.

I hope I made sense. If anybody has feedback I would appreciate it, especially if people have tools of how to navigate an unhealthy relationship.

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Re: Big Steps

Posted by markz - 02 Jan 2016 23:19

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In my experience, a good therapists opinion is gold.

Are you planning to tell your father all the work you've done toward your great recovery. Honestly is something we must have but in the right places

fridge

All the best, and let us know when you're engaged ;-)

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Re: Big Steps

Posted by Shlomo24 - 03 Jan 2016 01:37

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[markz wrote:](#)

In my experience, a good therapists opinion is gold.

Are you planning to tell your father all the work you've done toward your great recovery.  
Honestly is something we must have but in the right places

All the best, and let us know when you're engaged ;-)

That's a good point, I will discuss this with my therapist. Also my father knows about my recovery but I am purposely not telling him my sobriety date or my recovery. It's not supposed to be about him. I would feel very uncomfortable if I told him my sobriety date. They will have to find out how well I'm doing indirectly. Also, it doesn't change him at all if I change so there's no tachlis of telling him. Lastly, I have been advised to have as little contact with him as possible and this will just reign in things more.

In terms of your last (re)mark: I will definitely tell everyone when I get engaged iy"h.

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Re: Big Steps

Posted by Shlomo24 - 07 Jan 2016 20:41

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[cordnoy wrote:](#)

While it's true that there is more feedback there, not everyone understands this type of

addiction, so there might be certain things you should save for here.

Ultimately, the way I see it as a general rule (and I'm no expert) is that this type of addiction or lust desire is the same as others. There was somethin' that triggered our brains and rest of our body at some point in time, and many of us get stuck with that for the duration of our life. It is not the object or person of our desire that makes the difference; it is not the particular fetish that we may have. The common denominator is that it is defined as lust, and we need to learn how to live with it in a healthy fashion.

your road to recovery should be blessed with hatzlachah

[Shlomo24 wrote:](#)

i have 2 therapists and one partner to get down 2 the "kishkes" of my ssa. im here mainly for chizuk and support. i have found that there are a lot of warm, caring ppl on the main thread. prob gonna stick with that. thnx though.

I just saw this and I realized how what cordy said was gold and spot on but I wasn't ready for it. I was too much into, "I'm different because I have SSA, so it's harder for me to get sober." Well I have CLEARLY changed since then. My struggle isn't ssa, it's sex addiction. I have to accept my past self.

#2020hindsight

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Re: Big Steps

Posted by cordnoy - 07 Jan 2016 22:19

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We call it #lust.

When did I write that? 2020?

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Re: Big Steps

Posted by Shlomo24 - 08 Jan 2016 03:53

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lol

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Re: Big Steps

Posted by Shlomo24 - 08 Jan 2016 15:53

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I joined the 90 day chart so I can have a 1 sober day by my profile. I want to remind myself that I can never be sober for more then one day and that it's an ODAAT program. How do I get the number below my username?

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Re: Big Steps

Posted by Gevura Shebyesod - 08 Jan 2016 16:03

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On the chart by your name there's a link that says "Display streak on forum". But how are you  
If you just ignore it  
you drop off the chart after 2 weeks.

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Re: Big Steps

Posted by cordnoy - 08 Jan 2016 16:19

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[Gevura Shebyesod wrote:](#)

On the chart by your name there's a link that says "Display streak on forum". But how are you  
If you just ignore it  
you drop off the chart after 2 weeks.

Doesn't yours stay the same for longer than that?

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Re: Big Steps

Posted by Gevura Shebyesod - 08 Jan 2016 17:01

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The WOH section works differently

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Re: Big Steps

Posted by markz - 08 Jan 2016 18:04

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[Gevura Shebyesod wrote:](#)

The WOH section works differently

I don't update so every day for me is day 90, and the WOH? idk

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Re: Big Steps

Posted by Shlomo24 - 08 Jan 2016 18:27

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ok i still have no idea how it works, woh equals wall of honor. mark has his number set at 90 for a while and i would like mine to stay at one

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Re: Big Steps

Posted by markz - 08 Jan 2016 18:57

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So jump on the 90 day chart for one day only, and don't update after that

It's fine - we know what day you're really upto...

day one for the 200th time or whatever

KOT 1DaaT

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