

Big Steps

Posted by Shlomo24 - 21 Oct 2014 17:59

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 - 23 Nov 2014 01:53

hey guys, haven't posted in a while... b"h i am doing really well in terms of staying sober, better then ever before. i have an sa sponsor who is excellent, he's full of good stuff and he's always available. i call him every day. i am finding myself more comfortable in the sa meetings, i am even volunteering to do things that i wouldn't have done before.

yeshiva is going excellent, i really like it and i really love my rosh yeshiva and my first seder rebbi. obviously, the whole eretz yisroel had a very big shock recently, but we have to realize that everything is hashgacha pratis, even if we don't know the reason why.

my ssa has also gone down considerably and i am feeling really great about it, my attractions have gone down a bunch. i am at a point where i recognize that i like how someone looks, but that is it, no fantasy involved and hardly any lusting. the main thing is that i have lusted at a bare minimum the past 2 months or so.

i also realized that i have very selfish motives for many aspects of my life. however, its not a guilty type of confession, i do not feel like a bad person. i feel that i have room to grow, its a much more positive realization of a chisaron. i am not 100% sure about the ramifications of it though, i will speak with my therapist about it at more length.

i will end by thanking hashem for ALL he has given me, including sa and ssa, it was his will for those things to be happen and i must be happy about it, **tov hashem liolam chasdo** that means that he was and always will be good to us.

YTC! KOT!

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Re: Big Steps

Posted by Metal King - 23 Nov 2014 06:40

[Shlomo24 wrote:](#)

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YTC! KOT!

THAT is a great mindset! I would never have gotten close to Hashem as I feel without this addiction. It forces me to call out to Him every day. Just read your whole thread. Very positive and inspiring. I wish you continued success and will bli neder think of you in my prayers.

Kol Tuv!

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Re: Big Steps

Posted by dms1234 - 23 Nov 2014 07:09

Great work! KOT!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

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Re: Big Steps

Posted by Gevura Shebyesod - 23 Nov 2014 08:43

Hi Shlomo great to hear! KUTGW!!

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Re: Big Steps

Posted by Shlomo24 - 01 Dec 2014 19:35

Going back to when i was a kid, i always had this "thing" with chasidim, (by chasidim i am referring to the sects that wear streimels and have curly peyos). I actually detested them and couldn't bear looking at them. I didn't really know why i couldn't look at them, i realize now that they triggered something deep in my unconscious and i was actually yearning for them. However, because of my "pekelah", the main one being fear of vulnerability, the attraction was guarded.

Over the past couple of months, i have been thinking about chasidus and chasidim a decent amount. I was thinking about their outward love for hashem and their prishus from the garbage society that surrounds us.

This past shabbos i ate by a Bialer (if that's how it's spelled) chasid. I exited his apartment with the weirdest

feeling. I felt very attracted to his outward display of emotion and love for hashem, (i am seeing images of his kiddush as i write this), but at the same time it seemed also logical. It was a feeling that i never had before. I was going to delay making any advances on this "feeling" before talking to my therapist, to see if chasidus is something i should learn more about.

I ordered a book called, "God Of Our Understanding", by Rabbi Shais Taub. Being that I was came to Israel on a very impromptu notice, the book was shipped to America while i was in Israel. I finally received the book today.

Today by mincha i said to hashem, "hashem let it be your will to give me clarity about my feelings/view (i forgot which one) of chasidus".

I started reading the book today because my chavrusa was no where to be found, very uncharacteristic of him. The book is about addiction and it was talking all about the spiritual experience that people with addiction need. He explained that we all have a very strong desire for this experience and we couldn't stand that we didn't have it. Therefore we resorted to our drug of choice which gave us that temporary "spiritual" experience. I really resonated with that.

Towards the end of chapter 2 Rabbi Taub mentions chasidus in context, out of the context the quote appears, "chasidus (the mystical teachings of chasidic masters)". As soon as i read that line i got a really intense feeling throughout my whole body and i started crying. Totally not willingly. I realized that my unconscious desire for a spiritual experience was driving me towards chasidus. For me the outward expression of emotion and love towards hashem was what i craved. Ever since i was a little kid. The thought hit me like a lightning bolt, it

came to me, it didn't come from me if that makes sense. That is why i had the strange feeling after the shabbos meal, i had just experienced a small but genuine spiritual experience. Now i had a full blown spiritual awakening. That is why it felt emotional but seemed logical. Because it was neither and both at the same time.

I davened for clarity today and hashem answered me. The hashgacha of the whole incident is amazing, the fact that i only got the book today, which was the perfect time for me to get it. I mamash see hashems hand. Also my chavrusa was no where, really weird of him.

I want to really learn the true nature of this experience and i plan on speaking with people who can guide me. There's no way to describe how i felt, but i know, somehow deep down, that this is the right path for me.

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Re: Big Steps

Posted by Shlomo24 - 02 Dec 2014 21:09

i talked to my rebbi last night about chassidus and he pretty much said "no". he did give me other suggestions on how to create dveykus to hashem, which i welcome and will pursue but i do still feel a bit hurt. i actually feel like he's correct in his assessment about my personality and my motives for wanting to learn about chassidus, but still i feel like maybe he didn't understand me completely. i am going to ask him if he lets me daven at chassidish batei midrashim and/or eat meals by chassidim. i'm pretty upset actually and i feel like my bubble was busted majorly, i am also feeling a bit of resentment towards him. however, if i don't listen to my rebbi then that really won't make sense. i would be avoiding my rebbi in order to get closer to hashem, that is a pure yetzer hara thought. i'm just having a hard time swallowing what he said...

KOT!

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Re: Big Steps

Posted by dms1234 - 02 Dec 2014 21:47

deep breath yea?

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Re: Big Steps

Posted by Shlomo24 - 02 Dec 2014 21:53

[dms1234 wrote:](#)

deep breath yea?

maybe you can meet up with some chassidish gyers!

i wish. can't really get in contact with any gye'rs in israel. (if i sound pissed it's because i am)

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Re: Big Steps

Posted by shomer bro - 03 Dec 2014 07:10

Hang in there. Very likely your rebbe has had experience with this with other bachurim and can guide you properly.

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Re: Big Steps

Posted by cordnoy - 04 Dec 2014 13:23

To be a member of GYE, you do not need to belong to any particular sex, race, gender, sect, religion, etc.

On my travels thru GYE land, I have met all types: Chassidic, litvish, sfardish, askenazic, tall, short, skinny, bald, etc.

We are all in this together.

Our minyan will daven the recovery tefillah - it will be in the same nusach (perhaps the havarah will be slightly different).

Take it easy on your quest to hook up.....DMS will be there soon....one step at a time.

b'hatzlachah

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Re: Big Steps

Posted by Shlomo24 - 10 Dec 2014 01:47

ok here goes. 1st comes 1st, 9 and a half week of sobriety are done. i am not freaking out about that though, it's not a race nor am i racking up numbers. however, what i am bugging out about is the state that i am currently in. i went on phone sex for 5 hours yesterday which culminated in masturbation. the most embarrassing thing is the fact that i talked to a yeshivish guy from lakewood. even more shameful is that i specifically asked him to talk "yeshivish shprach" while talking dirty. i don't know where that came from. (it was disturbing how the word "geshmak" was used). however, i didn't stop there, i eventually dropped the call and told him that i am in sa and a member of gye so i am not going to be "motzei his zerah" or mine for that matter and i told him there was hope for us. next thing i know though i was back on the line, this time talking to a chassid (could possibly be connected with my desire for chassidus, i hope not), i was actually disgusted by myself for that. eventually after being on and off for 2 more hours on the line my roommate walked in so i hung up. i subsequently went to the bathroom and you know what, even though it was in a urinal. ughhhhhh.

i had made a lot of calls yesterday but i was in this crazy sex zone that i couldn't get out of. i had a really crappy week, couldn't sleep, missed a lot of seder and let my awesome chavrusa down. so that's probably why i had to soothe myself, however once i took that first action of lust my brain felt like something else was controlling it. i am an addict and i am powerless over lust.

however, today i also called the line twice, again i specifically stated in my greeting that i want to talk to jewish guys, even if they said they were jewish i asked if they were yeshivish or chassidish, trying to reclaim the thrill of yesterday. i can't say that i didn't enjoy it, i just didn't want to do what i was doing. the actual act of masturbating i did not enjoy yesterday though. i have not masturbated yet today, but who knows.

basically, i am in this crazy state, and i am trying to be productive and taking positive action, but i think i just need time to get out of this... i have never felt like this before.

even walking in the streets is a sakanah, every mildly good looking guy is a potential sex partner, its crazy. i honestly want to jump on a bus to mir or brisk and find a nice good learning boy to act out with. ya, i really really do.

i have to turn to god and thank him for making me sober this second, which b'etzem is my tafkid. i know the whole "one second at a time" thing, but that didn't even enter my mind during active lusting. yes, dms is going to say take a deep breath and gevura is going to be overly positive. thanx guys i love you.

i need to thank my sponsor also for sticking with me and helping me through this, i also need to thank big moish, you are a rockstar and an awesome guy. your advice really helped me, even though i am crazy. there's another member of gye who i am incredibly close with, you know who you are, i also want to thank you. last but not least, god i love you and my only desire is to get thank you.

wow, writing this felt awesome! thank you gye. hopefully this feeling will transfer forward.

Warning: Spoiler!

close to you, even though i am a crazy nutjob

YTC!

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Re: Big Steps

Posted by Gevura Shebyesod - 10 Dec 2014 02:25

I totally relate in many ways. The way one little hit of the drug brings it all back full force and its like a snowball rolling down a hill fast. Once we're in the mood everything becomes a trigger.

You already wrote my post for me.

OK so you already know what to do. Keep on pushing the thoughts away, think about how you want to be close to Hashem. Don't dwell on the past, what's done is done. Take a deep
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YTCKOMT!!!!

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Re: Big Steps

Posted by cordnoy - 10 Dec 2014 02:47

Now, I feel even worse that we didn't meet....although we did see each other.

~~breath~~-(Sorry DMS

b'hatzlachah friend

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Re: Big Steps

Posted by Bigmoish - 10 Dec 2014 02:48

I think it's okay to fill in for dms, as he is currently in self-imposed exile.

guardyoureyes.com/forum/19-Introduce-Yourself/202690-Dms1234s-story?limit=15&start=375#244643

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Re: Big Steps

Posted by shomer bro - 10 Dec 2014 04:10

Now that you're in a clear state of mind, sit down and try to figure out what caused your fall. Were you frustrated, angry, scared, alone, etc. What were your thoughts leading up to the fall? Were you slacking off in general in the fight and shemiras einayaim? Answer these and plan for the future.

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