

## 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 - 14 Jan 2016 18:17

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I missed a family simcha this morning and I want to share about it. I completely forgot about it, I was only reminded about it by others later on. I am ok with realizing a mistake and I took positive action to try to make amends. What is bothering me is the reaction I got from others. They all implied that I had just plain overslept and not made an innocent mistake at the wrong time. Had I remembered I would've showed up god willing. I am not the person who sleeps through important stuff anymore. But apparently they haven't realized that yet. That is what frustrates me. My sponsor said, "Yeah, sometimes it's a piss off when we get a glimpse of our former past." Al kol panim I am really po'd right now, something else came up also. I ask god to grant me serenity over my character defects and help me do the next right thing, to imbue spirituality within me so I don't have to seek out lust.

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Re: Big Steps

Posted by Workingguy - 14 Jan 2016 18:23

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We're with you totally. And don't seek out lust; you don't need it. You have plenty of people who care about you on the site, and who want you to continue to be successful.

And obviously the lust won't solve anything. It'll only make things worse.

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Re: Big Steps

Posted by Shlomo24 - 17 Jan 2016 22:56

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Someone from GYE told me he has SSA and wants to talk about it. We chatted on Gmail and everything seemed to be going fine. He said he was struggling with porn and masturbation, and we began exchanging a bit of info about ourselves. Things were going very normal then and he said he was from NY, I replied that I am also from NY. Then things went south. He deliberately asked to hook up with me. I first thought he was joking but he wasn't. I shut him down very strongly but he was not letting up, he got more explicit. The insanity was that I kept on chatting him. I am a sexaholic and I'm powerless over lust, there's no other reason that I would have kept going. It really took me out of my place and the lust shocked me. It's crazy how I can go from a sober mindset to back to lust in one moment. This program is truly one day at a time. I

am and always will be an addict. I physically felt nauseous after chatting with him. I wanted to throw up. I didn't make any sexual advances but the whole conversation was all about lust for me. I shared it and I called my sponsor. I got on my knees and prayed because I knew that without god there was no way I was going to stay sober. I am still shaken up and I am trying to take it one moment at a time.

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Re: Big Steps

Posted by stillgoing - 17 Jan 2016 23:03

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Ouch! I can relate. One can never be too confident.

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Re: Big Steps

Posted by markz - 17 Jan 2016 23:09

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I feel pained for you - it happens when you're trying so hard to help, and then get stabbed in the back - I know all about it.

One thing can raise your spirit - remember your path and your avatar image, and that we are here for you - always!!!!

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Re: Big Steps

Posted by cordnoy - 17 Jan 2016 23:27

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My heart goes out for you.

May you continue reaching out to God.

Please let guard or mods know.

B'hatzlachah

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Re: Big Steps

Posted by Shlomo24 - 17 Jan 2016 23:41

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Thanks for the kind words. I am not trying to portray myself as a victim, but this incident is hitting me hard. It's making me physically sick. I have been incredibly nauseous since the incident and I feel like throwing up. This disease is more than just in the mind, it's a physical disease and I believe I am either going through withdrawal symptoms or the toxicity of it is affecting me. Or both.

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Re: Big Steps

Posted by Workingguy - 17 Jan 2016 23:50

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I feel for you and can't imagine how unsettling it must have been. Just remember that you have many people behind you here.

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Re: Big Steps

Posted by stillgoing - 17 Jan 2016 23:55

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**Shlomo24 signature wrote:**

Don't Worry! BE HAPPY! | "I can't do it, God can help."

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Re: Big Steps

Posted by Caim - 18 Jan 2016 04:47

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You can get the courage to get back up and continue your journey to recovery. No matter what happens dust yourself off and continue. KEEP ON TRUCKING as we say.

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Re: Big Steps

Posted by eslaasos - 18 Jan 2016 15:03

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Hi Shlomo,

I didn't see your post until today. I hope the new day has brought relief from yesterday's upset.

I don't know if this will help you, but at times like this I am sometimes able to appreciate the perspective that in the past I might have had a very different reaction. It is a measure of tremendous progress accomplished that you are so distraught by it.

Wishing you continued hatzlacha.

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Re: Big Steps

Posted by markz - 18 Jan 2016 15:07

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[eslaasos wrote:](#)

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Wishing you continued hatzlacha.

GREAT LINE!!!

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Re: Big Steps

Posted by Gevura Shebyesod - 18 Jan 2016 15:08

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Re: Big Steps

Posted by Eyeglasses - 18 Jan 2016 16:05

Yes Tou Can!!

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Stop thinking about it and keep going, just ignore it.

It's no secret that there are a lot of lost souls in the world, but we try not to be part of them.

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Re: Big Steps

Posted by Shlomo24 - 18 Jan 2016 16:34

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Thanks guys. Much appreciated. I'm still obsessing and fantasizing about it.

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