

## 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 - 07 Mar 2017 14:27

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Today is 4 months of sobriety! And tomorrow, God willing, will be 90 days of sobriety for alcohol.

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Re: Big Steps

Posted by cordnoy - 07 Mar 2017 14:37

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[Shlomo24 wrote on 07 Mar 2017 14:27:](#)

Today is 4 months of sobriety! And tomorrow, God willing, will be 90 days of sobriety for alcohol.

Great stuff.

And without the fanfare.

Workin' the real one day at a time.

Change from within.

Bravo to you and beneficial for usl.

Continued hatzlachah

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Re: Big Steps

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Posted by Singularity - 07 Mar 2017 14:59

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[cordnoy wrote on 07 Mar 2017 14:37:](#)

[Shlomo24 wrote on 07 Mar 2017 14:27:](#)

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Continued hatzlachah

Hatzlocha! Mazeltov!

I happen to like fanfare..

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Re: Big Steps

Posted by Gevura Shebyesod - 07 Mar 2017 15:57

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Re: Big Steps  
Mazel Tov!! Keep On Armor Plated Monster Trouping!!!  
Posted by MayanHamisgaber - 07 Mar 2017 17:04

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Mazal tov should be with continued Hatzlacha ODAAT

Keep up the great posting they really help me get my thoughts straight

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Re: Big Steps  
Posted by Hashem Help Me - 07 Mar 2017 20:45

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Mazel tov on both accomplishments. Incredible. What an inspiration. You conquered a double doozy.

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Re: Big Steps  
Posted by Shlomo24 - 07 Mar 2017 20:59

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[MayanHamisgaber wrote on 07 Mar 2017 17:04:](#)

Mazal tov should be with continued Hatzlacha ODAAT

Keep up the great posting they really help me get my thoughts **straight**

That's ironic. I've learnt to accept myself and I no longer have to keep my thoughts straight. Just kidding. Thank you.

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Re: Big Steps

Posted by Shlomo24 - 14 Mar 2017 19:26

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I'm writing this because I am aware of my status on this forum and I believe I can send a strong message. I've been struggling a bit for the past two weeks. I've been taking my will back in many areas of my life and it's affecting me. I haven't been taking strong actions of lust, but my discipline has been getting weaker and weaker. It kind of came to a head a couple of days ago. I was watching a cooking show and I was attracted to the chef. I sought comfort in him and I desperately wanted connection with him. He also seemed like a nice guy, which made it more triggering for me. The thought process was, "It's a cooking show, you can watch it!" Even though it was lustful and triggering FOR ME. That was a strong example of unwillingness. I then proceeded to watch YouTube for some hours, watching videos that I knew might have some lustful content in them, even though I thought they would be mostly clean. But I willingly allowed some lust in, which is not a good sign for my sobriety.

As a result of that event and realizing that I need to get back on the horse if I want to stay sober, I did a mini cheshbon hanefesh. I went on the YouTube app and looked at all my subscriptions. I asked myself, "Is any of this necessary for my life?" The answer is no. So I deleted the app and I have been avoiding YouTube since. I still find myself itching for it a bit and I am still escaping. The problem is me, not YouTube. However, I do think it was the right thing to do and I am feeling much more quality of sobriety over these last couple of days.

My main point is that a couple of months ago I talked about this on GYE. I talked about how I watch YouTube and it's not triggering for me. But things have changed and I don't think that it's the right thing for me anymore. I wanted to make this public to show the forum and myself that

- 1) I don't know everything.
- 2) Things change with time.
- 3) Humility is necessary for sobriety.

I also want to show that everyone has their failings and their own issues. I think there's a theme on GYE that some people are infallible (I'm not referring to myself). They aren't. And I want to be up front with how I am holding and not just "talk the talk." It's very easy to do that. But the hard things are usually the things that are helpful for me.

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Re: Big Steps

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Posted by Hashem Help Me - 14 Mar 2017 21:48

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Shlomo, thank you for your super post. So many important lessons there! So much truth and so much humility. Very helpful for me and I am sure for many. You put us at ease when we see the issues still crop up - it happens even to the big guys. May Hashem bless you!

I am no expert, but I think it very wise you deleted the app. Chazal tell us the more gedolim we put for arayos, the more kedusha and hashroas ha shechina we bring in. So besides the obvious benefit of making a nisayon less accessible, you are allowing for more s'yatta d'shmaya.

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Re: Big Steps

Posted by Shlomo24 - 14 Mar 2017 21:55

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I'm happy that you found my post to be helpful.

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Re: Big Steps

Posted by Workingguy - 14 Mar 2017 23:25

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Shlomo,

It was a great post for me as well- especially what you wrote about some people on GYE seeming infallible. It's very hard to be honest about your flaws once people have a different perspective of you. Kol hakavod.

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Re: Big Steps

Posted by cordnoy - 14 Mar 2017 23:29

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Many of the seemingly infallible people on GYE are actually the most honest.

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Re: Big Steps

Posted by Shlomo24 - 15 Mar 2017 03:29

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I also want to give gratitude to my Higher Power that I'm much more self aware. The fact that a short interval of self-will is enough for me to make changes is a big gift. I would have not realized the slippery slope in the past.

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Re: Big Steps

Posted by Singularity - 15 Mar 2017 07:31

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Shlomo, thanks for always being a massive source of inspiration. Keep going strong.

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Re: Big Steps

Posted by Shlomo24 - 26 Mar 2017 17:20

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Over the past while I have been having some very beautiful and interesting experiences. I want to relay some of them. As most of the regular posters on this forum know; I am sexually attracted to men. All of my acting out experiences with other people were with men. It used to define me but it currently does not. However, through talking with another member of SA (my sponsor actually set us up) I have learned to appreciate the gift of homosexual attractions. I used to think that it was the biggest curse. I even told a former therapist that besides death of a loved one or a serious debilitating physical illness, "being gay" was the worst thing that could happen to a person. I don't have that view anymore. Because of what my Higher Power gave me, I am able to relate to certain people in a very unique way. The guy that I was speaking with was seeking me out for my experience, strength, and hope. He even asked me to be my sponsor. (I said no because I'm not ready. It was very hard to say that). I was able to relate to and validate him because I was in a very similar situation to him. I'm grateful that today I have closure about my sexuality, but it was definitely a process. I can see how my Higher Power was guiding me the whole way. I'm so grateful for those experiences, even though some were very painful. There's nothing I need to be ashamed of about my sexuality. I certainly didn't choose it. I'm not "less than" because I'm attracted to men as opposed to women.

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