

## 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 cordnoy - 26 Mar 2017 23:18

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Brutal honesty once again.....precious.

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Re: Big Steps

Posted by Shlomo24 - 02 Apr 2017 03:25

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Something I'm learning: Validation is wonderful. Both giving and receiving.

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Re: Big Steps

Posted by Shlomo24 - 07 Apr 2017 12:44

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5 months of SA sobriety today! And if my Higher Power keeps me sober tomorrow it will be 4 months of AA sobriety! Woot!

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Re: Big Steps

Posted by Markz - 07 Apr 2017 13:11

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[Shlomo24 wrote on 07 Apr 2017 12:44:](#)

5 months of SA sobriety today! And if my Higher Power keeps me sober tomorrow it will be 4 months of AA sobriety! Woot!

Hell of a long day

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Re: Big Steps

Posted by Shlomo24 - 07 Apr 2017 14:56

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I went on the Cordnoy call today. I enjoyed it. I won't always have the opportunity to go on it but I think it's a great resource.

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Re: Big Steps

Posted by MayanHamisgaber - 07 Apr 2017 17:02

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We all appreciated your share thanks

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Re: Big Steps

Posted by Aryeh821 - 07 Apr 2017 19:33

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[Shlomo24 wrote on 07 Apr 2017 14:56:](#)

I went on the Cordnoy call today. I enjoyed it. I won't always have the opportunity to go on it but I think it's a great resource.

i thought he stopped that but i guess i was wrong

same time?

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Re: Big Steps

Posted by Shlomo24 - 07 Apr 2017 20:45

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I wouldn't know if it's the same time. It was my first call.

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Re: Big Steps

Posted by Hashem Help Me - 10 Apr 2017 04:01

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Mazel tov Shlomo Keep up the great work!

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Re: Big Steps

Posted by Shlomo24 - 10 Apr 2017 17:35

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I think it's very important for me to share when I am struggling. I also think it's something that is very helpful for GYE in general. So here goes:

I have been in a very weird place since Saturday Night. A lot of sexual dreams and lusting and fantasizing. I am not at home for Pesach and it can be very intriguing for me to be in different areas. My disease wants to "check out what's available" and cruise around. I felt it very strongly. But I was serene about it because my Higher Power keeps me sober and just because I am feeling one way doesn't mean it's going to happen. So I was calm. But then I found myself posing sexually in front of my mirror, to see what would be a good profile picture for an acting out service. I got scared. Very scared. It was the most triggered I have been in months, probably since my last relapse about 5 months ago. Ultimately my Higher Power did keep me sober, and I am grateful for that. But I had incredibly sexual dreams last night and I was even thinking about resetting my sobriety date. I have decided that I don't need to because I was half-asleep when I was thinking about the situations which caused me to ejaculate. I even went to an SA meeting in the morning and I still didn't feel better. But I kept on taking action, whether it be calling or sharing or being of service to others. Still my Higher Power decided that I was to be triggered. Which is totally ok. But it feels really crappy.

I started to do stepwork and that helped me a lot. If my disease is a spiritual sickness then my stepwork is my spiritual surgery. Meetings are great. But for me, and my sponsor, stepwork is where it's at. But you know what? I'm still feeling vulnerable and a little nervous. But I feel much more serene. I texted my friend, "You know you're a sexaholic when you have a date set up with a girl but you still want to ask out the guy behind the counter." It was said in jest, but it was true. I can't control my disease, but I can put in work. My Higher Power is in charge of the results, but I am in charge of the efforts. "Without me he won't." These past couple of days highlight my powerlessness, which I am grateful for. The same disease that tells me I shouldn't be triggered after 10 months of quality sobriety (overall, with a few slips and falls) is also the one that makes

me lust. In fact, thinking that I'm "too big to fall" is my first drink. I'm most powerless when I try to take my power back. One of my many paradoxes.

Wishing everyone a Chag Koshur V'Samayach.

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Re: Big Steps

Posted by Shlomo24 - 14 Apr 2017 02:05

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I've learnt something from my trip so far. I have been heavily triggered by the area that I am staying in and my mind has been going to some unhealthy places about it. But I am sober. I've learnt that just because I have crazy thoughts doesn't mean that they are going to happen. My HP is so much stronger than a simple thought, compulsion, or recall. I have been able to be serene even while triggered. When I get a trigger I reach out to my Higher Power and let him do what he wants. If he decides to keep me sober or if he decides not to keep me sober is up to him. All I got to do is connect with him though. And then I continue with my business. I haven't been getting bogged down because of thoughts. They're just thoughts! Who cares! I used to think that I was God. If I desired something than it would happen. It's actual a psychological feature known as thought-action fusion. I used to think that thoughts automatically caused actions to happen and now I do not believe that. I feel like I've reached a milestone with this and I'm very grateful for it.

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Re: Big Steps

Posted by Shlomo24 - 20 Apr 2017 23:05

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GYE makes me laugh.

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Re: Big Steps

Posted by cordnoy - 21 Apr 2017 03:38

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[Shlomo24 wrote on 20 Apr 2017 23:05:](#)

GYE makes me laugh.

Which is a good thin'.

Sometimes it makes me cry. Sometimes it makes me sad. Sometimes it makes me real happy, or happier. It used to get me angry, but thank God, hardly ever any longer.

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Re: Big Steps  
Posted by Hashem Help Me - 21 Apr 2017 11:18

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[Shlomo24 wrote on 20 Apr 2017 23:05:](#)

GYE makes me laugh.

What do you mean by this?

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Re: Big Steps  
Posted by Shlomo24 - 21 Apr 2017 14:01

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Lots of funny people.

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