

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 sooooo 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 aryehdovid85 - 23 Nov 2015 17:18

[quote="Shlomo24" post=268855]I member who has a similar situation to me and he says that he doesn't have lust in the bedroom.

cant resist the urge to share my experience.... so to me lust includes the obsession with sex...

so things like thinking about what will happen in bed or what happened in bed...when will it happen again....are all part of the machalah!

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Re: Big Steps

Posted by Shlomo24 - 25 Nov 2015 17:46

I went to a meeting last night and someone shared that there may be a situation in which he can act out with someone he lusts after very heavily. He was saying how there is no way he could stop himself, only if the circumstances don't work out will he avoid acting out with this person. He seemed to be upset about this fact.

Afterwards I gave him some feedback. What he said is a fact for me. I can not stop myself from acting out. It's not a problem, it's just the reality. So I really resonated with what he said. There's no reason to be upset about it, I am not less then because I am powerless over lust. I need a higher power to keep me sober, whether that be god or even the group itself.

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Re: Big Steps

Posted by serenity - 26 Nov 2015 00:35

He's obviously not that upset about it. Please don't confuse powerless with lack of choice.

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Re: Big Steps

Posted by Shlomo24 - 27 Nov 2015 01:22

[serenity wrote:](#)

He's obviously not that upset about it. Please don't confuse powerless with lack of choice.

I am not sure how you would know he wasn't upset. What am I confusing?

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Re: Big Steps

Posted by Shlomo24 - 27 Nov 2015 18:45

I am going through a lot of strife with my father right now. I went to an ACoA meeting (my father isn't an alcoholic) and i felt like someone took my most vulnerable character traits and wrote it down in a book. I felt a very deep intense shame that everyone in the group knew exactly how I am.

I have to realize that just like SA recovery is ODAAT, so too recovery from a dysfunctional relationship is ODAAT. I am really upset at my father and at myself, I feel deficient because he is angry at me. Like I am bad because he is upset. It's hard for me to internalize that he is a sick person and we are on completely different wavelengths, his perception of me isn't who i am. I am who I am, I am not who I am because of him (or my mother for that matter). It's not gonna change overnight and I am still very much intertwined with him and my mother. I feel like an abuser that is going back to an abusive relationship because it's so hard to just break away. I am going to continue therapy to help me develop a healthy, independant sense of self.

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Re: Big Steps

Posted by serenity - 28 Nov 2015 22:49

[Shlomo24 wrote:](#)

[serenity wrote:](#)

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If he was that upset about it, he wouldn't do it. It's sounds nice to us when we say boo hop hoo, poor me, poor me, pour me a nice hot chickseh.

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Re: Big Steps
Posted by Shlomo24 - 30 Nov 2015 00:31

[serenity wrote:](#)

[Shlomo24 wrote:](#)

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I guess that people have different opinions. I don't believe I was ever happy to act out. I was always upset. I also was focusing on the fact that he was upset that he couldn't stop himself...

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Re: Big Steps
Posted by serenity - 30 Nov 2015 04:01

[Shlomo24 wrote:](#)

[serenity wrote:](#)

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I guess that people have different opinions. I don't believe I was ever happy to act out. I was always upset. I also was focusing on the fact that he was upset that he couldn't stop himself...

I understand what you're saying and your point is well taken. My response was what my

instincts were telling me at the time. Maybe I was off. I will say that you won't hear sober people talking that way.

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Re: Big Steps
Posted by Shlomo24 - 30 Nov 2015 20:17

that i agree to

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Re: Big Steps
Posted by Shlomo24 - 07 Dec 2015 19:37

so i've been thinking a bit lately (ya i know #bigchiddush). i lust primarily for men and i am incredibly happy for that. i honestly don't want lust for women, i find women beautiful and pretty and whatnot but there's no lust there and i really have no desire to view heterosexual porn or women undressed or wtvr. i am very content with this b/c i have the opportunity that many guys don't have... i could have sex with my wife (iy"h) and not have it be about me, it could be about the connection or about her, the lust is just not there for me. now this is all hypothetical but that's my outlook for now. i also am a big fan of clothes and design and even certain tv shows that people portray talents on stage, all of those things have women dressed seductively, but it doesn't bother me at all! i am free to enjoy things i have an interest in! the only moral setback i have is that it's not tznius, however i am accepting myself that i really don't care abt that for now, maybe when i get holier, but not for now.

although i am an obsessive person by nature and sometimes images leave a mental footprint that i need to surrender just b/c it's on my mind and i'd rather not think of it. the same thing with romantic fantasy, it keeps me from being present so i surrender. although i must say that my romantic fantasy is primarily for women, about how amazing marriage and love will be. i need to remind myself ODAAT and to surrender.

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Re: Big Steps
Posted by Shlomo24 - 16 Dec 2015 18:29

). it's mildly upsetting but i am trying to let go and let god and not fight it. if god wants this for me now then there must b good reason for it. trying to accept that. much easier said then done.

so my lust for women has been going up. (it's kinda awkward when you look at my above post also i am going to yeshiva/college in january and it hit me pretty hard last night. i haven't been learning full time for a while now, even though i was in yeshiva, but i am making concrete decisions terminating learn full time. i think it's the right thing to do and i am excited, but it's hard for me to accept that i am not my ideal self. my ideal self is this really shtark (but cool also) guy who learns all day and is sweet and nice and everybody loves him. needless to say that is not). so i felt a deep pit in my heart when i realized that last night, i felt like i was giving up a dream. sometimes it's very hard to not let emotions cloud decisions b/c i am confident i am making the right decision in terms of college but my emotions are making things a bit fuzzy. i am going for psychology, for the sole purpose of doing what i feel is my tafkid and for ratzon hashem. in terms of parnassah it's up to god anyways no matter what occupation i have. i may as well move towards something with inherent meaning and something i feel i'm good at (and others in the field believe i would be good at it too). but even with all this good motivation i still felt a little morose last night... i am feeling better now b"h but it's on my mind. which is normal i guess.

additionally i am developing a relationship with my rav and things are going really well. we learn at least once a week and we are in good rapport, we might learn twice this week. had a really good talk with him about the role of torah in my life, felt positive afterwards and feel like he gave me good tools to understand the problem i have in terms of grappling with how torah effects my life. also i'm gonna talk to dov about torah and saving from aveiros. reason being is because i had a long convo with someone last night and i feel confused about that concept in relation to me.

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Re: Big Steps

Posted by Shlomo24 - 22 Dec 2015 01:29

I am going for pre med in college next month. I am really nervous about it because on one hand I don't doubt my intellect and abilities but everyone seems to be saying that pre med is hell on earth. Also the 3 subjects I didn't do so well in were geometry, trig and chemistry. Granted I had terrible teachers on all those courses and many others didn't do well, but still I am nervous because pre med has a lot of math and chemistry. I am planning on studying chemistry and math for the next month to get back in the game but I am nervous. Also i had terrible study habits in high school and i did well based on pure wit. I am nervous that I won't put in the required effort to maximize my potential. I do have one solace which is that in sobriety I have

been doing things that I thought impossible before and I have been taking care of myself much more. I am very motivated to study and do well in school, but only time will tell. I ask god to help me with all of this.

Also I would like to know if anyone who went through pre med can give me some pointers. I also would gladly accept tips from anyone who was successful in college or even those who weren't if they can pinpoint where they were sub par.

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Re: Big Steps
Posted by markz - 22 Dec 2015 04:11

it's gone

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Re: Big Steps
Posted by cordnoy - 22 Dec 2015 04:42

I am slightly uncomfortable with the above post in this thread.

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