

## 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 markz - 17 Feb 2016 16:28

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Shlomo

Thanks for the share!!!

I have more exclamations to mention, but I don't want to be banned because the previous user already used that letter 3 times (keyword stuffin')

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Re: Big Steps

Posted by cordnoy - 17 Feb 2016 16:41

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Gevaldi''''''''

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Re: Big Steps

Posted by Mesayin - 17 Feb 2016 20:52

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Speechless

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Re: Big Steps

Posted by Mesayin - 17 Feb 2016 20:53

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Speechless





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Re: Big Steps

Posted by Gevura Shebyesod - 17 Feb 2016 22:12

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That's a pretty long speechless, I'm not sure the Oilam can sit through it.

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Re: Big Steps

Posted by Shlomo24 - 18 Feb 2016 22:27

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This was in the chizzuk email today: How does this help? Do non-addicts find this to help them stop?

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Re: Big Steps

Posted by Shlomo24 - 18 Feb 2016 22:33

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This was in the chizzuk email today: Does this help people stop watching porn? I would prefer if people had actual answers, not just speculative ones. Although those are also welcome.

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Re: Big Steps

Posted by Shlomo24 - 22 Feb 2016 06:14

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I recently have been pondering if I have ADD. I made it through high school on brains alone, but studying is torture for me along with many other things that I struggle with. It's impossible for me to follow shiur if I am not writing notes, I have tried countless times. Even listening to a shiur in an Ipod is incredibly hard also. I constantly go back on the track because my mind wanders all

over. There are other things also. I spoke it over with my therapist and he said that he definitely heard the tzad and I should speak with my doctor about being prescribed a stimulant. I talked it over with my doctor and guess what? I have ADD. So I'm not crazy after all, (ok hold the comments). I am getting my medication soon.

This is a relief for me because I was always so hard on myself about studying, or the lack thereof. I always shamed myself that I should just put in more effort and study like everyone else. I honestly believe that if I studied through high school I would have aced everything. There were certain subjects that I didn't do well because I couldn't focus and it was very hard for me to study. I never thought that maybe it is harder for me then most people. It's incredibly validating to know that I'm not just a walking problem who is a lazy tuches who won't study. I shared it with a couple other SA members and apparently I'm not the only one. In fact I'm far from it. I spoke with 4 people and 3 of them have ADD or ADHD. My sponsor is on meds for ADHD. I am kinda rambling right now but I'm just grateful to have this clarity in my life and hopefully the medication will help. I am nervous about how it will affect me though but I am in god's hands.

Peace Out.

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Re: Big Steps

Posted by Shlomo24 - 22 Feb 2016 08:44

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I don't hide it on this forum, but my lust is primarily for men. I b"h am at peace with that and I'm ok with it. However, one thing I do struggle with a lot is a feminine identity/mannerisms. I don't feel like a woman, not like a transgender thing, but I do have a pretty strong feminine identity. I am very sensitive, pretty flashy, I care how I look very much, among other things. I also have very feminine mannerisms, I was made fun of being gay in high school and honestly I completely understand where it was coming from. I am not trying to hide anything and I am being myself for the most part and that is just how it comes out. No pun intended. I struggle a lot with that because on one hand I want to be myself but on the other hand I kind of hate the feminine part of me. I just saw a video on an ex-gay website about a man who also struggled with it and he was actually giving a video explaining it. He seemed so at peace with himself about how he acts that it made me feel really good on the inside. I want what he has to some extent and I want to be confident with my personality and traits. What it comes down to is that I judge myself while reflecting and saying others are judging me. Whenever my mannerisms are even slightly confronted by another person I feel insecure about myself. But the problem starts and ends in my head. If I was at peace with myself than I wouldn't care what others think. I ask god to help me accept myself for who I am. I am not interested in being Mr. Super Buffman and I really just want serenity with how I am right now. I am also nervous about shidduchim that girls are going to think I'm gay and not want to date me. That is also a reflection of self-beliefs.

Peace Out.

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Re: Big Steps

Posted by Mesayin - 22 Feb 2016 21:16

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[Shlomo24 wrote on 22 Feb 2016 08:44:](#)

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Peace Out.

I'm no expert in this (or in anything for that matter) but this is what I think:

The feminist mannerism probably comes from your body trying to impress guys and not your natural being, the sensitivity is not entirely feminist and the flashy and trying to look good part is you trying to impress men, so there is no ray'ah that you have feminist mannerisms.

And I believe that the last thing a girl you are dating is going to be thinking that your gay based on your manners.

Adrabah if you come up anything let us know.

POT (Peace OuT)

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Re: Big Steps

Posted by Shlomo24 - 22 Feb 2016 21:22

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I know that you mean well Mesayin and I really appreciate your care but you are far from being correct. I know the psychological meanings of why I act the way I do. I harbor no resentment towards you at all but I almost laughed when I read the above post. I hope you don't take offense. Maybe I will explain later, not enough time right not. I have class in 4 minutes. I just want to feel better about myself, self-knowledge avails me nothing. I need actions to help me.

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Re: Big Steps

Posted by Gevura Shebyesod - 22 Feb 2016 21:32

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Re: Big Steps

Posted by Shlomo24 - 22 Feb 2016 22:20

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[Gevura Shebyesod wrote on 22 Feb 2016 21:32:](#)

I see we've graduated from Woodford to Weed

YOOOOOOOOOOOOO DUUUUUUUUUUUUDE, IT'S THE STUFF!

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Re: Big Steps

Posted by realsimcha - 22 Feb 2016 23:27

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Dont forget that there is nothing wrong with these feminine parts of your identity. Many people - men and women - would say that some men could use a little more feminine side to them. There is a huge difference between having a more feminine side and mannerism and lusting or acting out with men. So, i dont have the answers, but I do think that to some degree you can embrace that feminine side that might help you understand women better (and many of us can ) and to understand iy"h your daughters better, and be able to show a more gentle and vulnerable side to people. The world is too macho!!

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