

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 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 realsimcha - 22 Feb 2016 23:45

[Shlomo24 wrote on 22 Feb 2016 23:35:](#)

I mentioned that I saw a video about this. It showed the guys name and I was able to reach out to him through LinkedIn, I am going to be speaking to him tomorrow iy"h. I am super nervous and excited to talk to him. One of the brachos of the internet is that it is so easy to connect to people who otherwise wouldn't be available for connecting. I'm very grateful to god for it

What you are doing takes courage. Good for you! You should have much Hatzlacha! Keep us "post"ed!

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Re: Big Steps

Posted by Mesayin - 23 Feb 2016 20:31

[Shlomo24 wrote on 22 Feb 2016 21:22:](#)

I almost laughed when I read the above post.

Well I finally made someone almost laugh, I'm getting; there I'm getting; there

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Re: Big Steps

Posted by markz - 23 Feb 2016 20:40

[Mesayin wrote:](#)

[Shlomo24 wrote:](#)

I almost laughed when I read the above post.

Well I finally made someone almost laugh, I'm getting; there I'm getting; there

You just got there ;-)

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Re: Big Steps

Posted by Shlomo24 - 23 Feb 2016 21:24

[markz wrote on 23 Feb 2016 20:40:](#)

[Mesayin wrote:](#)

[Shlomo24 wrote:](#)

I almost laughed when I read the above post.

Well I finally made someone almost laugh, I'm getting; there I'm getting; there

You just got there ;-)

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Re: Big Steps

Posted by Shlomo24 - 26 Feb 2016 19:27

I spoke with the guy I mentioned above that I saw in a video. He told me something that I really connected to. He said that God embodies both the masculine and the feminine, there is nothing wrong with being effeminate or having feminine qualities, it's just another expression of God being flowed through me. I found that really special and positive, it gave a whole different spin on it and I think it helped me embrace those parts of me. He also said that he found certain parts of his life that are masculine and helped him feel confident in his masculinity, his example was that he is a spiritual father to others, (he's a minister or something). I applied that to my life

in terms of limud torah, b"h I have a decent head and I enjoy limud torah, I find it stimulating. Limud torah, specifically gemara, is a classically masculine activity, (if others take offense at this I apologize, but this is my hashkafa). Learning torah is one of the ikkurim of being a frum man and I am pretty good at it! This was a realization for me because I previously thought that masculine activities were limited to handy work such as carpentering, electrical work and mechanics. My father is incredibly good with his hands and I was actively not interested in handy work. But now I know that my definition as a man does not have to be limited to that.

Peace Out. Have a good shabbos.

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Re: Big Steps

Posted by Shlomo24 - 28 Feb 2016 22:54

Warning: I will be mentioning sexual topics, while not graphic, it may be triggering. (Only the first paragraph though).

I had a session with my therapist today and I gleaned a couple pointers from him. First of all, we talked about graphic sexual subjects and I wasn't triggered, by the grace of god. In the very beginning I was getting a reaction and I prayed to God and I also realized that at that point we weren't even talking about sexual content, it was mainly emotional. Well, God took the obsession away for the time being and we had a really informative talk about sexuality and sex in general. I felt like an adult that I was able to talk about such a sensitive topic and I accepted what he said. The main issue is the shame I was giving myself from the last time I acted out, (which was with another person), and how just because it was a wrong thing to do, it doesn't mean that I have to shame myself for enjoying the experience, which was very pleasurable. It segwayed into talking about marital sex and sex with a woman, which was eye-opening for me and I rethought a lot of perceptions I had about sex with women.

We also talked about shidduchim. There is a girl who lives near me who I am very attracted to, not just in a sexual way. I see values in her that make her very attractive to me, such as tznius and spirituality. My therapist actually surprised me by saying that he wants me to pursue the shidduch, as long as it didn't interfere with SA. I felt very confident when he told me and when he explained why he thinks I am ready for shidduchim. I felt so good during and throughout the whole day today. Afterward, I spoke with my sponsor and we talked about dating. We both came to the conclusion that it would be chaval for me to date without at least starting my 4th Step. Also, I internalized the truth that God is my shadchan and I will get married to the right girl,), at the right time and in God's eyes there is no such thing as delaying. So

while it would be cool to date now, I will get married only at the time that is right for me anyways. My sponsor also said that he changed throughout program, which I did majorly also. So waiting isn't so bad after all, I'm only 20 anyways, even though I want to get married sooner than later.

Peace Out.

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Re: Big Steps

Posted by Yesod - 29 Feb 2016 06:18

Hello Shlomo24,

Firstly, great going, I want to compliment you on your valiant struggle(s) and hatzlacha in all, not

The thing i was wondering was,

I stumbled across this thread on Friday, but didn't have time to write, but I couldn't help but make this point

Not to diminish your challenge in any way, but I have noticed in myself, that despite being very much a "Man" and liking "Ladies", (and the more they are lady the better), I am aware that my masculine identity can increase acutely rise with certain stimuli. What I mean in simple English, is that when I am doing activities that are highly active like boxing or working hard in the yard, or similar, I find that there is a marked increase in my testosterone and hence a boost in the feeling of masculinity.

I may add, that the way i dress also effect the sense of manliness. Frankly, when i look around and i see all these fellas with perfectly coiffed hair, clean shaven cheeks, soft cottony tight pants, and shoes that look like they should be on Cinderella they are so delicate, it's a surprise to me that they any of them are interested in women. Their wives are BY FAR more manly then a lot of them.

to mention the shidduch whenever you end up chasing that down

So what i'm getting at, is why not try living a bit more manly on the outside, it may be uncomfortable, but heck if it helps assert your identity as a man, it might be worth it. ??

Just my 2 cents. No offense intended, just trying to address your concern in the dumbest way i can.

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Re: Big Steps

Posted by markz - 29 Feb 2016 10:38

Yesod, I'm not gonna squash what you wrote, as I do not understand ssa, but that boxing or weightlifting idea may be like ringing dumbbells

Following your reasoning - I think I once saw women's boxing on the tube. Are they allowed to drink the wine from havdalla??

Although, Yesod, you did raise one valid point which is something I'm not clear about. I would have thought that SSA is not limited to girly looking men... Perhaps it's only your misconception..

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Re: Big Steps

Posted by Yesod - 29 Feb 2016 16:05

[markz wrote on 29 Feb 2016 10:38:](#)

Yesod, I'm not gonna squash what you wrote, as I do not understand ssa, but that boxing or weightlifting idea may be like ringing dumbbells

Following your reasoning - I think I once saw women's boxing on the tube. Are they allowed to drink the wine from havdalla??

Although, Yesod, you did raise one valid point which is something I'm not clear about. I would have thought that SSA is not limited to girly looking men... Perhaps it's only your misconception..

Simply put.

What would some testosterone increasing activity do to someone trying to assert their identity as a male.

Shouldn't it help? Or will they become women boxers? I dunno?

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Re: Big Steps

Posted by Shlomo24 - 29 Feb 2016 20:13

(Quote didn't work).

Thank you Yesod. Your sensitivity is palpable and I really appreciate that. Many times "straight" people don't understand SSA and they can come across as offensive or belittling without meaning to. I can assure that is not the case here, Great job.

In terms of masculinity, masculinity and testosterone are very different things. If it was the case, then all gay people would simply have a chemical imbalance and that is it. SSA stems from a lack of or confused masculine identity. There are many gay men who have bulging muscles and are covered in hair, their testosterone is not lacking. Similarly, guys wearing tight pants doesn't necessarily reflect how they feel about their manliness, many women like that look and that dress can actually boost masculinity to those guys. I know of a guy in school who was like that.

I appreciate your suggestion about boxing or weightlifting and the like, and what you feel is very normal and appropriate. But different guys have different meanings to what is masculine to them. For example, I play basketball pretty often. To some of my SSA friends, they think it is very manly, I don't think so. I just like playing the game and it's fun, nothing more or less. I agree in theory with your examples, but gyms are a touchy subject for me and frankly I don't have the time to work out or to box. In my past experience, the gym didn't feel masculine, it just made me objectify myself more and look at my abs or whatnot. I am searching for things that are healthy that I can connect with masculinity.

Regardless, shkoiach.

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Re: Big Steps

Posted by Mesayin - 29 Feb 2016 20:17

[Shlomo24 wrote on 28 Feb 2016 22:54:](#)

I felt like an adult that I was able to talk about such a sensitive topic and I accepted what he said. The main issue is the shame I was giving myself from the last time I acted out, (which was with another person), and how just because it was a wrong thing to do, it doesn't mean that I have to shame myself for enjoying the experience, which was very pleasurable.

Ummmm. First of al we are glad to hear that you are making progress, KOT.

But one thing to point out to whoever is reading this, is that it is a serious issur min hatoirah to

take pleasure in a woman or a man unless that woman is married to you.

Maybe in your case shlomo if it helps for you, it's eis la'asois lashem heifeiry toirusechu, I guess.

I don't want burst any bubbles chas v'shuliom, so take it or leave it.

Chazak V'emutz

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Re: Big Steps

Posted by Shlomo24 - 29 Feb 2016 21:11

What you said is previously understood. But I think you may have missed the point.

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Re: Big Steps

Posted by stillgoing - 01 Mar 2016 02:18

[Mesayin wrote on 29 Feb 2016 20:17:](#)

[Shlomo24 wrote on 28 Feb 2016 22:54:](#)

I felt like an adult that I was able to talk about such a sensitive topic and I accepted what he said. The main issue is the shame I was giving myself from the last time I acted out, (which was with another person), and how just because it was a wrong thing to do, it doesn't mean that I have to shame myself for enjoying the experience, which was very pleasurable.

Ummmm. First of al we are glad to hear that you are making progress, KOT.

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Chazak V'emutz

First of all, I dont think that we are disscusing women here. secondly, i dont believe that the question is weather or not to take pleasure from it. It was pleasureable. Call it a anamilistic pleasure if you want, but thats reality. It also is wrong. No one is denying that. The question is, should one get all down on himself that he's bad etc.. because he enjoyed it. Or should he say "i'm human, i enjoyed it. I need to stop it. Here's how..."

and

how do you run spell check on the phone.

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Re: Big Steps

Posted by markz - 01 Mar 2016 02:32

I don't know if we should read too much into or rebuke Shlomo.

Are you in his shoes?

He wrote yesterday that he was writing something triggering and I appreciate that, and I therefore skipped the triggerin paragraph

I think there may be some misplaced understanding going on here. Guys we may never be able to understand other guys mindset, and I assure you some great guys don't understand mine either (do I??)

Shlomo said it was pleasurable. He stated a fact. He wasn't staying if it was a virtuous act

Now I'm gonna quote a Teshuva on SSA, which I came across by a Sefardi Rabbi Zamir Cohen shlita. If it's chizuk for anyone pls let me know

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