

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 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 Aryeh821 - 18 Apr 2016 04:29

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Ah I can already see it

GYEs got talent

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Re: Big Steps  
Posted by Shlomo24 - 18 Apr 2016 04:32

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Lol, of course I watched the one's that made Simon cry. I also like the Golden Buzzer ones a lot. Hmmmm, good idea Aryeh...

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Re: Big Steps  
Posted by Aryeh821 - 18 Apr 2016 04:45

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Would trucking be considered a talent ?

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Re: Big Steps  
Posted by Shlomo24 - 22 Apr 2016 07:06

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I'm in Israel, and I would like to share, but it's annoying to do so on my phone. So I'm sharing that.

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Re: Big Steps  
Posted by ehrliche.bochur - 22 Apr 2016 09:36

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[Shlomo24 wrote on 17 Apr 2016 05:26:](#)

In my sick mind, if I'm gonna delay dating for a year for this, then it's gotta be worth it.

Maybe because you do not have wife this is why you are having SSA? Because you do not

it says on kiddushin

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have healthy outlet now. IY"H you will find wife and be happy soon.
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Re: Big Steps
Posted by Shlomo24 - 22 Apr 2016 11:14

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For my own sanity, I will answer you in short: While I cannot answer that question, because I am not married and never have been married, I really do not think that that is the reason.

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Re: Big Steps
Posted by stillgoing - 22 Apr 2016 14:39

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Ehrliche, it's good that you're ehrliche, and what you wrote could make sense, but the reasons for ssa are very deep and are different for each person. There are many married people here with ssa (myself included) who have not seen any improvement in ssa despite a happy marriage without actively working on the reasons that caused the ssa.

Its nice that you want to help.

(Shlomo, kudos to you for your calm answer)

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Re: Big Steps

Posted by Shlomo24 - 22 Apr 2016 14:44

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Yup, I'm proud of myself too.

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Re: Big Steps

Posted by Crabapple18 - 22 Apr 2016 17:44

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[Shlomo24 wrote:](#)

Yup, I'm proud of myself too.

I second that Shlomo24

and why do people say healthy outlet..

it doesn't change argh!

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Re: Big Steps

Posted by stillgoing - 22 Apr 2016 18:00

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[Crabapple18 wrote on 22 Apr 2016 17:44:](#)

Well, to be fair, a marriage can be a healthy outlet. That certainly is the ideal. Accomplishing that is another story. Possible, but far from automatic.

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Re: Big Steps  
Posted by Workingguy - 22 Apr 2016 19:29

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SG,

That may be one of the most concise yet profound lines ever (at least for me)- accomplishing that is another story. How true!

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Re: Big Steps  
Posted by Shlomo24 - 24 Apr 2016 20:51

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!????, (that's Hebrew by the way). I am in Israel for pesach. Very happy to be here, I am enjoying. I was davening by the kosel and I thought to myself "I don't want to leave!" That might sound familiar for those who have read my thread from the beginning. I shortly went into obsession afterwards, planning out my life in Israel. It's not going to happen right now. I will be going back to America. I need to learn to be able to enjoy my experiences while they occur, and not try to take it too far. I do feel that I have an emotional and spiritual connection with Israel, specifically Yerushalayim, but I think that America is the best place for me to live. I was actually crying when I put on tefillin the other day, it was so surreal to be in Israel. It's validating to feel my emotions, something that was not very prevalent when I acted out.

Today I wasn't feeling well and I was in bed the whole day. My parents weren't in the apartment that I was staying in, and I was alone. I always doubt myself when I am not feeling well. I shame

myself and say that really I feel fine and I'm just faking it. It's hard for me to accept myself. Regardless, when I am sick it's like HALT on steroids, I was lusting a lot. I had a lot of wet dreams throughout the day and a lot of lust was going through my mind. At some points I was so disoriented that I couldn't even surrender audibly and I just thought it in my mind really hard. I guess that was enough effort because it worked. After I finally got out of bed, at 7:30 pm, I ate a little bit and my sickness was confirmed. I have a stomach virus. For your sake I won't go into details. Needless to say, I'm pooped. (C'mon I was asking for it).

Peace Out.

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Re: Big Steps

Posted by realsimcha - 25 Apr 2016 02:56

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[Shlomo24 wrote on 24 Apr 2016 20:51:](#)

always doubt myself when I am not feeling well. I shame myself and say that really I feel fine and I'm just faking it. It's hard for me to accept myself.

This was amazing to read. I have exactly the same thing. Every time I am not feeling well I have this guilty insecure feeling that I am really faking it and that if i "really wanted to" I would be able to get out of bed. Over time, I think I figured out where it comes from and I wonder if the same would go for you. I think that inasmuch as I am not faking, I am getting something from it. When I am not feeling well, in a way, its also an escape [not as much "fun" as acting out...but then again neither way makes us feel really happy] . So even though I didnt cause this, it still makes me feel guilty because it is providing me with cover to not engage with people, not do my responsibilities, and - when its a weekday - to watch as much tv as I want.

In an case, enjoy the holy land. Come back to America and bring some of that ruach back with you.

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Re: Big Steps

Posted by ehrliche.bochur - 25 Apr 2016 06:53

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Yup, I'm proud of myself too. I second that Shlomo24

and why do people say healthy outlet..

it doesn't change argh! I just want try to help and share what helped me with SSA. I still have some struggles by SSA but it is less now I am married and I have healthy outlet. I do not think it matters what SSA thoughts is in my head if only I use them for my healthy outlet.

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