

## 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 Shlomo24 - 22 May 2016 16:36

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Hi ya'll. I went to a shabbos for sex addicts and guess who I saw there? Dov! I didn't know that he was going to be there, but then I saw him announce himself. I was in the back of the room, seeing him was like glimpsing moshe rabeinu in the flesh. I couldn't get over it. I went over to him eventually, and we talked for an hour. He remembered my smile when I told him my username, (he also said my real smile is nicer). It was really great to talk to him, to absorb ESH, and to hock GYE. His words were especially potent, specifically because of my exit from relapse. I was very nispoiel. In general, the shabbos was really great and there was a lot of excellent recovery. (Cordy: You should come). I feel much better now than I did last week, but my addictive behaviors don't stop because I feel good. Sometimes they start because I feel good. I am still working a more intense than regular program and hoping to get my life back together. As powerless as I felt during my relapse, my unmanageability was even more and it's good to get back into the swing of things.

After speaking with many people, I have learnt certain things about my recovery that need to be strengthened. I still firmly believe that there wasn't a clear lead up and that my program wasn't faulty, but there are definite areas I would like to improve on. However, most of it is going to be pushed off for the time being. Right now I just need to get sober and get my head out of the clouds. One thing I will share is that I am not going to be making any dating decisions. I will date when God wants me to. When will that be? I don't know. But not for today and that is all that matters.

Thank you guys again for being there for me.

Peace out.

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Re: Big Steps

Posted by cordnoy - 22 May 2016 22:32

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Why?

And why me specifically?

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Re: Big Steps

Posted by Shlomo24 - 24 May 2016 15:55

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Quick update: I'm doing well. Making a lot of calls and trying to go to more meetings. I'm also balancing that with Final exams. But b"h making progress ODAAT. I still have intense gedarim with computer usage, so I'm not going to be posting on other people's threads for the time being. I really want to post on the forums, but I need to be focusing on myself for now and also limiting computer usage, because it can be an escape for me. I'm studying very efficiently, the issue is I have to not study too much in which it would effect my sobriety.

Peace Out.

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Re: Big Steps

Posted by GuideMe - 24 May 2016 16:36

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U can call me as well!

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Re: Big Steps

Posted by Shlomo24 - 24 May 2016 23:54

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Alright guys, I'm back! I won't be posting as much as I used to, at least for now, but I will be posting more. After thinking about it, I don't think that GYE is going to negatively affect my sobriety, provided I don't obsess over it. The good thing is that I don't have a smartphone so it's not always available.

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Re: Big Steps

Posted by Gevura Shebyesod - 25 May 2016 01:11

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It's a joy to have you back!

Re: Big Steps  
Posted by markz - 25 May 2016 01:22

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[Gevura Shebyesod wrote on 25 May 2016 01:11:](#)

It's a joy to have you back!

Ditto

**Heres a Monstah Pillow**



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Re: Big Steps

Posted by Shlomo24 - 25 May 2016 01:34

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Ok, so I'm not exactly sure about my mindset right now and if I can withstand GYE. Here's the reason: Many people preach about Torah stopping porn or masturbation or whatever, but I have yet to see one person get long-term sobriety from "an extra seder." An entire psychic change based on Torah can help, as many teenagers "shtark out" and stop watching porn. But that is not what I'm referring to. I want to know if anyone on GYE has gotten long-term sobriety from "an extra seder." Most people here are adults who have already tried many things, the most logical 1st try is Torah. GYE is meant for help in recovery, not to give false eitzos. I know we have to be politically correct and say that "Torah can work for others," but I'm not interested in that. I would like real-life experience of people who have tried the Torah method and got long-term sobriety. Please don't bring gemaras to back yourself up, I know those gemaras already. I've had a talk with Dov in the past about this, his position is that the same reason that the Mussar and Chassidus movement were developed is the same reason that Torah alone won't solve porn or masturbation.

In short, if anyone on GYE has found long-term recovery from Torah alone please speak up. I'm a torah-abiding Jew, but I hate to see people get so wrapped up in something that may not be

what is needed. Torah can be a great tool, but I would like to see if people found that is ALL they needed.

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Re: Big Steps

Posted by markz - 25 May 2016 01:45

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For me personally Torah worked only at the time I was engrossed in it

Even when engrossed Lust can attack some as explained [here](#)

Engrossed = During Seder or when thinking in learning - but PRIMARILY enjoying it

Unfortunately many bachurim are in Yeshiva for the ride and don't enjoy the chavrusa / shiur, and then...

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Re: Big Steps

Posted by skeptical - 25 May 2016 02:41

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Mussar and Chassidus are Torah - they're not an addition to Torah.

Working on living with a proper Torah perspective has really helped me, and continues to help me.

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Re: Big Steps

Posted by mirror - 25 May 2016 02:55

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I'm not as well informed in the 12 steps as you, but isn't part of it to "let go and let God". It

seems to me that you are a bit obsessed with "disproving" the Torah way. No one is telling you to even taste it. Let others feel their own way without attacking. It won't kill you. Garenteed.

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Re: Big Steps

Posted by jake08 - 25 May 2016 03:43

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Re: Big Steps

Posted by markz - 25 May 2016 12:57

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[mirror wrote on 25 May 2016 02:55:](#)

I'm not as we'll informed in the 12 steps as you, but isn't part of it to "let go and let God". It seems to me that you are a bit obsessed with "disproving" the Torah way. No one is telling you to even taste it. Let others feel their own way without attacking. It won't kill you. Garenteed.

Mirror don't kill shlomo

Shlomo I understood your question from the perspective of wondering aloud if leaving yeshiva to college was mistaken

Would you be sober if staying full time in learning?

Thats what I heard

No one answered the question yet

And the serious masmid in full time learning with Mussar and Chassidus of course (as per Skep), that has his lust YH under control, is unlikely to be on gye at all.

Go to a nice kollel or two and ask around

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Re: Big Steps

Posted by Gevura Shebyesod - 25 May 2016 13:38

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That wasn't his question. Yes it's very possible that being in full time learning can help someone, even with a "big Yetzer Hora", from becoming "addicted". But he was asking if someone who is already an addict, can recover from addiction using Torah alone. That's a whole different can of worms.

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