

## 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 - 30 Nov 2016 04:15

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[Gevura Shebyesod wrote on 30 Nov 2016 04:13:](#)

Yeah Cords, blame it on the phone. We all know that it's just an excuse to up your post count

Hell, it makes my thread longer. KUTGW Cords.

BTW, I know that I'm on GYE too much because whenever I write the word "cords" on my phone, my keyboard automatically capitalizes it. Ex: iPhone Cords.

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Re: Big Steps

Posted by cordnoy - 30 Nov 2016 04:16

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[Gevura Shebyesod wrote on 30 Nov 2016 04:13:](#)

if i'd wanna up my post count, i'd just type "test" in the box, post it and delete it, like i have seen here plenty a time.

Don't forget, i can see deleted posts as well.

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Re: Big Steps

Posted by Shlomo24 - 30 Nov 2016 04:18

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[cordnoy wrote on 30 Nov 2016 04:16:](#)

[Gevura Shebyesod wrote on 30 Nov 2016 04:13:](#)

if i'd wanna up my post count, i'd just type "test" in the box, post it and delete it, like i have seen here plenty a time.

Don't forget, i can see deleted posts as well.

Hmmm. Some interesting strategies here...

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Re: Big Steps

Posted by Markz - 30 Nov 2016 04:23

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[Gevura Shebyesod wrote on 30 Nov 2016 03:35:](#)

FTFY

NIFTY

**Warning: Spoiler!**

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Re: Big Steps

Posted by Shlomo24 - 30 Nov 2016 04:28

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There are so many people that I love on this forum. Aight, I got to go to bed. 5:30 wake up time!  
Night ya'll.

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Re: Big Steps

Posted by cordnoy - 30 Nov 2016 04:31

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[Shlomo24 wrote on 30 Nov 2016 04:28:](#)

There are so many people that I love on this forum. Aight, I got to go to bed. 5:30 wake up time!  
Night ya'll.

G'night.

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Re: Big Steps

Posted by stillgoing - 30 Nov 2016 15:34

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Test

**Warning: Spoiler!**

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Re: Big Steps

Posted by cordnoy - 30 Nov 2016 16:08

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[stillgoing wrote on 30 Nov 2016 15:34:](#)

Test

**Warning: Spoiler!**

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Re: Big Steps

Posted by Shlomo24 - 14 Dec 2016 04:45

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I want to preface this by saying that I don't feel an obligation to share this with the crew, rather I want to share this:

I realized I might be an alcoholic. The last time I got drunk I ended up in the hospital. I drove tipsy a couple weeks ago (which is really shameful for me to admit). When I'm drunk my sexual sobriety is also at risk. I am fearing Purim already, it's like an impending sense of doom over my head. There are a lot of other details involved here also. However, I don't have the unmanageability of alcoholism like I do with lust. I don't have the craving. Needless to say, however, at an AA meeting that I went to this morning (it's commonplace for me to go to AA meetings) I said "I'm Shlomo and I'm an addict and I'm a potential alcoholic." Those words were very hard for me to say. I was sharing with another addict/alcoholic friend and I started crying as I was talking about the topic. I don't know what that means, but it probably means something. During that talk, I got the same feeling as I got when I first joined SA. I was thinking "Do I really want to give this up?" I also had breakfast with a 3rd friend who is an addict/alcoholic and we talked a lot about this topic. We discussed if this is merely a behavior that I should avoid for my sexual sobriety to progress, like I do with HALT, or if it's an actual manifestation of my disease called addiction. I don't know.

I wanted to share this because this is something that only happened in recovery. While for whatever reason I am putting this thought process on the back burner for now, it is still a gift of recovery. There's no way I would have come to this realization without my advances in recovery and program. I'm getting to know myself on an entirely new level.

Another interesting aspect of this is the feeling of being a rookie all over again. I was at an SA meeting last week and a sober alcoholic was in attendance. It was one of his first meetings. I could sense he had sobriety, and I was right, as he was the speaker of an AA meeting a couple days later. I remember thinking, "How is that possible?" How could someone be working the

12-steps of brutal honesty and not realize right away that their sexual behavior is making their life unmanageable? It didn't make any sense to me. But here I am, in exactly the same position, albeit reversed. I don't know the first thing about being an alcoholic and working an AA program, even though I have been in SA for over 2 years. I feel like a complete newcomer to this, and it's kind of scary. Some of the same diseased attitudes of rationalization and fear and overthinking, which I had made so much progress in my SA program, are back at square one in regards to my (maybe) alcoholic tendencies. For example, "It's just porn, it's not acting out" is "It's just a beer, I'm not getting drunk." Also the fear of giving up drinking is quite comparable to the fear of giving up lust in all forms. I have given up lust in all forms! I will have none of it! Am I perfect? Far from it. But I have made a decision to devote my life to my Higher Power and that includes giving up all lust. That might include alcohol but I honestly don't know now. I am leaning to the fact that I'm actually an alcoholic but time will tell and I'll deal with this when I need to, which thank God isn't right now.

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Re: Big Steps

Posted by Singularity - 14 Dec 2016 07:31

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Bomb. Dropped.

But it's good you have a good background in 12 steps already. Rabbi Twerski explains the program as an electric food processor. It has many attachments. So for sexual addiction you need the SA or SAA attachment. For alcohol you need the AA attachment. One won't work for the other. But the *yesod* is the same. All driven by the same power.

Try not to let your *frum* Yezter Hora get the better of you. If you have a sense of control and you KNOW Purim is going to ruin you, then to hell with all the *halochas*. Take a nap and there you go.

Hatzlocha. It seems your wall of defense is being attacked by many sides. We're here for you brother.

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Re: Big Steps

Posted by Gevura Shebyesod - 14 Dec 2016 11:50

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[Singularity wrote on 14 Dec 2016 07:31:](#)

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Power. With a capital P. You already know how to use It (Him). You have the tools, you have the support framework, both in the groups and here. IY"H you will make progress on this too.

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Re: Big Steps

Posted by Shlomo24 - 14 Dec 2016 13:09

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[Gevura Shebyesod wrote on 14 Dec 2016 11:50:](#)

[Singularity wrote on 14 Dec 2016 07:31:](#)

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Wow. Blast from the past.

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Re: Big Steps

Posted by cordnoy - 14 Dec 2016 13:14

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Recovery on all fronts should be with hatzlachah.

What has your sponsor said?

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Re: Big Steps

Posted by Shlomo24 - 14 Dec 2016 13:19

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He said we will deal with Purim when Purim comes. That's it. He didn't say anything else. I'm going to put this in the "box" for later but I do plan on asking my sponsor for more of an opinion. I'm making no decisions as of now to work an AA program, but I might stop drinking alcohol if my sponsor thinks that would make sense. I will also be describing myself as a potential alcoholic until I get more clarity. Right now priority #1 is to work my SA program. If abstaining from alcohol is part of that program then I will. This is a really long answer.

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