

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 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 markz - 13 Oct 2015 03:47

[Shlomo24 wrote:](#)

Hey y'all! ... god kept me sober over bein hazmanim. Really grateful for that, it's the first b"h that i have been sober the whole time

Guys give him a round of aplauuuuuuuuussssse!!!

Many many lusters are able to keep away from porn in yeshiva, but when push comes to shove like bein hazmanim they're gone with the wind. The true character of a yeshiva bachur is NOT when they are in yeshiva. It's when they're in the land of freedom (of religion, expression, and more).

Shlomo you're a chashuva bachur!!

Keep on shteigin!! You're an inspiration to all of us

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Re: Big Steps

Posted by lomed - 13 Oct 2015 20:25

Great Job!!!! Keep it up!

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Re: Big Steps

Posted by Mesayin - 13 Oct 2015 21:19

[markz wrote:](#)

[Shlomo24 wrote:](#)

Hey y'all! ... god kept me sober over bein hazmanim. Really grateful for that, it's the first b"h that i have been sober the whole time
Good going Shlomo!

markz wrote:

Guys give him a round of aplauuuuuuuuussssse!!!

How about a round of applesauuuuuuuuse!!!

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Re: Big Steps

Posted by markz - 13 Oct 2015 22:14

Apple sauce is what truckers throw at someone that has a fall.

You can add it to your signature as a tool for sobriety

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Warning: Spoiler!

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Re: Big Steps
Posted by Shlomo24 - 25 Oct 2015 01:16

TODAY IS MY BIRTHDAY! WOOHOO!

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Re: Big Steps
Posted by cordnoy - 25 Oct 2015 01:25

[Shlomo24 wrote:](#)

TODAY IS MY BIRTHDAY! WOOHOO!

Happy birthday

May you have many more one days of sobriety.

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Re: Big Steps
Posted by Shlomo24 - 25 Oct 2015 21:41

i went to a SA conference in bp (boro park for non new yorkers, if such a thing exists) with harvey and nancy. harvey has 30+ years of sobriety and his wife is the "queen" of S-Anon. they were talking about forgiveness which got me thinking about my "old man". i just want to bring out that i am not ready to forgive my father and i am still harboring resentments against him. i will talk to my sponsor abt this iy"h. might not b able 2 actually work on it till the 4th step but ODAAT.

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Re: Big Steps

Posted by Shlomo24 - 01 Nov 2015 20:40

I just came back from an extended shabbos for sex addicts. I left a half day early due to circumstances in my life, but I really enjoyed the time I was there. A couple pointers from my shabbos.

1) On friday night by kabbolas shabbos we danced around the room. I told another attendee, "look around the room, every (dang) person here is an addict!" it was really cool. in the sa rooms i relate a lot to ppl but once ur outta the room ur outta the room. over here no matter where i was i could relate on a deep level to everyone (male, wives were also there) i saw.

2) the women's keynote speaker was amazing. i am very intrigued by s anon for some reason. i never met anyone who i knew was in s anon before i went to the shabbos. i think what i took out the most was acceptance. she accepted her husband for who he was, that he has a disease and that her life was not going to go as she planned in her head. that was really powerful. also her husband's mo's where all with men, and she accepted that. which leads me to my next point.

3) i have lust for men primarily. i am attracted to women but i don't really lust after them. i am ok with that, or so i thought. i realized i was ashamed about my attraction to men, that i was being general in my mo description out of shame. after i heard the speech i went over to her husband to talk about it with him. he told me that for him if he is holding something back in his shares then he is not accepting himself for who he is. he said that not all guys who have same sex attraction are sex addicts (which is true, i know some personally). god made him the way he is, he made him lust after men and that is how he is. i resonated with that but it's hard for me to accept it. through so much therapy i have come to believe that SSA is a disorder and not a lust problem. i have had a lot of success in therapy and there are definite truths there. however, for sobriety i think i need to take a 180 flip on my views of ssa. i think that i am going to view lust for men as lust and nothing else for now, i will try to accept that i have ssa, and not try to change who i am. i will accept that god made me this way (i don't believe in "born this way" b/c i wasn't born with ssa, but god did give me ssa later on in life) and that i will try to be myself and utilize ME for my best abilities. i hope to say that i lust after men in my shares, to try to get the shame away. my sponsor has this view already as he shares everything openly (he also lusts after men). i had a view that no woman could accept me for who i am and hearing the speech really reinforced the opposite.

i am no different than any other person in the rooms, i am not a really screwed up sex addict. i am merely a sex addict and a lovable son of god at that. i am getting emotional writing this, tears are forming in my eyes. i guess self acceptance is a really powerful thing. all my problems lie within my head, i am part of the group just as much as anyone else. my problem is shlomo and in order to conquer my problems i need to accept shlomo for who he is.

thanks for letting me share.

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Re: Big Steps
Posted by markz - 01 Nov 2015 21:10

Those that love Hashem are happy with their life G-d gave them, and do not seek to replace it with anyone else's

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Shlomo Keep it UP!!

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Re: Big Steps
Posted by Yudi - 04 Nov 2015 01:16

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Re: Big Steps

Posted by Shlomo24 - 04 Nov 2015 01:27

[Yudi wrote:](#)

Happy B-Day Shlomo!

even when u say happy birthday very late

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Re: Big Steps

Posted by Shlomo24 - 09 Nov 2015 19:35

I had a talk with a rav from the minyan I daven in on Shabbos last night. We talked abt my struggles with tefillah... We came out that tefillah is a siman not a sibah for what is going on with me. I resonated with that. I realized later that tefillah is the only PRACTICAL thing that I feel needs a large improvement in my life and relationship with Judaism. I realized I was over blowing things.

I mentioned to him that I know god loves me and that he exists, but I also believe that he gives me space and doesn't expect me to become R' Chaim Kanievsky (first time mentioned on the forum?) overnight. He responded, "hashem doesn't expect you to become rav chaim EVER", i laughed when he said it b/c i realized that i was getting ahead of myself and comparing myself to an ideal without letting me be myself. I think i am doing a mighty fine job as being Shlomo, not excluding the fact that i still want to grow.

He told me that if i strengthen my emunah then the problems with tefillah will naturally go away. the questions i had would be a moot point, b/c if i have strong emunah then i will follow His will no matter what. emunah pshutah. i like that. i definitely feel that i am growing in emunah, with a huge HH (hakaras hatov) to SA for that. my higher power is the god of my religion (ayin shom l'eiel).

He told me that practically i should talk to hashem abt tefillah and ask him to help me with my emunah. he also mentioned a couple of chassideshe seforim that would help. I am looking forward to taking that step.

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Re: Big Steps
Posted by Bigmoish - 09 Nov 2015 20:05

[Shlomo24 wrote:](#)

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Uh oh. I don't think we can still be friends...

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Re: Big Steps
Posted by Shlomo24 - 10 Nov 2015 00:35

[Bigmoish wrote:](#)

[Shlomo24 wrote:](#)

I mentioned to him that I know god loves me and that he exists, but I also believe that he gives me space and doesn't expect me to become R' Chaim Kanievsky (first time mentioned on the

forum?) overnight. He responded, "hashem doesn't expect you to become rav chaim EVER"

Uh oh. I don't think we can still be friends...

#rightbackatyou

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HA! he thinks we were friends