

Still work to do but there is always hope!

Posted by Teshuvahguy - 13 Oct 2022 02:26

This was posted on another thread and someone suggested putting it on its own thread. I hope this helps someone see that there is always hope...

At the age of 14 I was groomed by a 33-year-old man and had my first gay (or any) sex. I blame myself because I was attracted to him; I was not forced — but I was just a kid. Still, I blamed myself for wanting it.

That set in motion literally 40 years of virtually daily compulsive gay encounters, sometimes several in a day. I was so compulsive that I couldn't work until I satisfied the need. I would just leave my office.

Though raised in a non-religious home, Hashem watched over me and protected me through the AIDS epidemic which didn't stop me but the fear made me much more careful about what I did, so I never got infected. But I was always traumatized and terrified.

In those days, I wanted desperately to stop but I couldn't. I would mark on a paper calendar each day I could go without (kind of a pre-GYE 90 day calendar, but this was before the internet) but it never lasted more than a couple of days. Much of this while married. I felt so guilty and horrible and wanted to stop but it was impossible. It's a miracle I am alive.

After 40 years of that madness, when I was at my lowest point...divorced, at odds with my kids, that a dear friend asked me to go to a Chabad and talk to the rabbi. For some reason I was willing to do that (to please my friend—I was sure it was a waste of time) and literally a miracle occurred. I listened to the Rabbi tell me some hard truths about what I needed to do and what I needed to stop doing if I wanted him to try to help me. The first miracle is that I allowed him to be very frank with me and didn't tell him off. The second miracle is that from that moment, I put on tzitzis and a kippah and never acted out with a man again. That was 15 years ago. So I know the impossible is possible. I have done it. I stopped actually having sex with men.

But the urge to watch porn and masturbate I have not been able to completely control. I can for varying periods of time, but then something happens —stress or sadness/depression and I slip. I used to be afraid to give up having sex with guys thinking I could not live without it. I did give

that up and found that I CAN live without it. So why is it so hard to cross this finish line regarding porn and masturbation? Same feeling exists as though I could not live the rest of my life without it. But I know that is untrue. I've proven it. So why am I falling?

I hope this painful story gives hope to others. I am still attracted to men but at least I am not committing the aveiras associated with having sex with them. Now I need to do more to control my P and M.

Thank you all for being here on GYE. Without you we are all alone.

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Re: Still work to do but there is always hope!
Posted by Captain - 19 Apr 2023 13:36

Hey TeshuvaGuy, we miss you!

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Re: Still work to do but there is always hope!
Posted by chancy - 19 Apr 2023 15:35

Hi Teshuvaguy,

How are you doing? Its been a while. I understand your pain. I know what it means to have that constant desire and lust burning a hole in your brain.

Instead of pushing it away and hiding by not looking either in shul or on the street, (Unlike looking at women, it is not forbidden to see or look at men), the problem s that you turn every scene into a drive for lust.

Your mind is craving that pleasure and it will not let you hide from it or run away! I think you realize now that your mind has incredible power to sexualize everything! So you cant really run away or wish it away.

The only thing that works sometimes for me is to confront it and to be fully honest. Say the following to yourself (out loud is the best).

" I understand the pleasure i will get when fantasizing about men, i know the pleasures of acting out, i remember all too well how that feels and a part of me desperately wants to feel that again, so im not angry at my mind or myself for bringing these things into my mind because there is still a part of me that wants that. Im fully aware of it and im making place for this feeling in my mind and my body.

BUT, thats only a very small part of me that wants to go that route, Me, Myself and I, being that we are the mature and grown up ones that are in charge, DO NOT want that! Why? for lots of reasons, (the more you can state, the better).

1. Im married and i dont want to hurt my wife.
2. I dont want to hurt my holy soul
3. I dont want to disappoint Hashem
4. I know how i will feel afterwards way too much pain
5. I want to be Zoche to eternally greatness in the worlds to come
6. I want to be in charge of my life and not get carried away from everything else just because a small part of my brain wants!

And on and on..... keep on thinking of more things.

What this does is it takes away from the crazy euphoria and it focuses you back into reality, you are aware of what this part of you wants but you are making a conscious decision based on your more advanced part to do whats right.

This practice is part of diffusion, you should look it up and practice it until you see a difference. Its a very powerful tool and it will help you.

Fight smart not hard!

Good Luck buddy!

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Re: Still work to do but there is always hope!
Posted by iLoveHashem247 - 26 Apr 2023 11:27

You are amazing!

you have so many opportunities to come close to Hashem.

you can be the closest to Him, doing His will every waking moment.

you go to Shul and in the middle of the volcano you seek G-d

wow!

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Re: Still work to do but there is always hope!

Posted by Emes-a-Yid - 27 Apr 2023 14:09

Hey T.Guy. Reach out, would love to hear from you

no matter if you are going through something we can try to be there for you

hatzlacha rabah

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Re: Still work to do but there is always hope!

Posted by iLoveHashem247 - 28 Apr 2023 11:39

it always bothered me that the people that walk around there completely undressed like they have no care in the world. The rules of modesty still apply. When you are getting dressed, take your underwear off under a towel. Shower facing the wall. Wear towel on the way to the water, and remove it as you are walking into the water, then put it back on as you step out. It seems very strange that people are going to purify them selves, but conduct them selves in a way that is.... Not idealistic...

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Re: Still work to do but there is always hope!
Posted by frank.lee - 03 Sep 2023 08:06

ILH247 the gemara and halacha discuss it. Great question. One point may be not to make a thing about it. Am I wrong to assume that whoever goes to the mikva has any potential ssa under control? Otherwise even with a towel, there could be some serious triggers ...

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