

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 Teshuvahguy - 29 Dec 2022 20:33

Found Rabbi Gottlieb's series on Torah Anytime. Thanks, Connected!!

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Re: Still work to do but there is always hope!
Posted by connected - 29 Dec 2022 20:43

There's an older one (the one I heard first)
here: <https://www.simpletoremember.com/authors/a/rabbi-dovid-gottlieb/>

I've spent hundreds of hours on this page... (also on other websites, but let's not get into that right now.)

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Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 29 Dec 2022 20:56

[connected wrote on 29 Dec 2022 20:43:](#)

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here: <https://www.simpletoremember.com/authors/a/rabbi-dovid-gottlieb/>

I've spent hundreds of hours on this page... (also on other websites, but let's not get into that right now.)

So I opened the link and just opened, on a whim, the first thing I saw which was Chosen People-part 1. Listened to about 3 minutes of this guy and...I'm HOOKED. Great resource. I'm going to get into his Derech Hashem talks because I just read it. Can't wait to hear about all the things I didn't pick up on my own :-)!

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Re: Still work to do but there is always hope!
Posted by Human being - 29 Dec 2022 21:33

[chancy wrote on 29 Dec 2022 20:00:](#)

The Ramchal is second to none!

I cannot express my love I have for the Ramchal. Its the strongest love I have for any human that ever lived. He was my imaginary father after disconnecting mentally from my real father. I get emotional when I talk about the Ramchal. The unconditional emes of the Ramchal is overwhelming for me. Its just.....i don't know how to express it. Only feelings can capture it. The fact that an abandoned teenager in the 21st century can find the exact same practical application of such fundamental emes, and can feel the love of someone born in 1707, --all while struggling with all the 21st century has to offer, and not feeling loved by anyone,--- is just such overwhelming love coming from the emes, the source. The love Hashem has for us. The emes of hashems love is emes, regardless of where we are holding. I personally experienced this through the siyata dishmaya of Hashem setting me up so i can feel his love.

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Re: Still work to do but there is always hope!
Posted by connected - 29 Dec 2022 21:44

[Human being wrote on 29 Dec 2022 21:33:](#)

[chancy wrote on 29 Dec 2022 20:00:](#)

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Wow! So beautifully expressed!

You put words to my own feelings.

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Re: Still work to do but there is always hope!
Posted by jackthejew - 30 Dec 2022 11:01

[connected wrote on 29 Dec 2022 20:25:](#)

I recommend learning the Derech Hashem with Rabbi Dovid Gottlieb's shiur - if you dare.

I finished DH four times. Once on my own, once from R' Ari Bensoussan, and twice from Rabbi Gottlieb.

Rabbi Gottlieb can be challenging to follow, but the clarity I gained from his shiur is immeasurable. (As a bonus, he answers questions via email, which I took/take advantage of.)

I finished on my own and just finished with Rabbi Bensoussan. I'll check out Rabbi Gottlieb's.

Thanks!

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

Posted by frank.lee - 31 Dec 2022 22:38

Thank you, I concur. Unbelievable insight and clarity.

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

Posted by Teshuvahguy - 02 Jan 2023 01:53

Starting 2023 at 73 days. Thank you, Hashem and all my friends here at GYE.

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

Posted by chancy - 04 Jan 2023 19:29

Proud of you!

You make me want to work harder when i see that inspiring others can have a real lasting effect.

Keep it up, Let me know how it goes with Rabbi Goetlibb. Im going thru his shiurim right now.

He is the smartest erliche yid as far as i know... his breadth of knowledge in every area makes me crave to go to Ohr somaech and sit there talking with him for weeks.....

BH today we have such great options online where to learn immense knowledge and grow spiritually.

May we use the tools Hashem gave us in this generation for the good only!

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

Posted by Eerie - 05 Jan 2023 01:49

[Teshuvahguy wrote on 02 Jan 2023 01:53:](#)

Starting 2023 at 73 days. Thank you, Hashem and all my friends here at GYE.

So beautiful, my friend! You are an inspiration! I wish you only bracha and hatzlacha....and keep trucking!

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

Posted by Teshuvahguy - 08 Jan 2023 00:46

Just logged day 80. I have to really stick to a "one-day-at-a-time" focus because any time I consider the thought that this is supposed to be for life, it feels very scary. My control has gotten better. My desire is still there. Hoping I can keep it going.

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

Posted by Teshuvahguy - 11 Jan 2023 00:08

Today was logged 83 days. ONE MORE WEEK TO **90!!!**

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

Posted by chancy - 11 Jan 2023 17:24

I hope that you are planning how to celebrate that HUGE milestone..

Start thinking about it. its very important to celebrate and reward yourself on good deeds so as to rewire your pleasure and rewards centers in the brain!.

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Re: Still work to do but there is always hope!
Posted by Emes-a-Yid - 11 Jan 2023 19:14

[Teshuvahguy wrote on 11 Jan 2023 00:08:](#)

Today was logged 83 days. ONE MORE WEEK TO **90!!!**

Well done! very nice good for you TG, awesome

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