

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.

=====

Re: Still work to do but there is always hope!
Posted by Human being - 11 Jan 2023 20:24

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

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

You are an inspiration!

=====

Re: Still work to do but there is always hope!
Posted by Eerie - 11 Jan 2023 21:02

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

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

Way to go, my friend! Keep on trucking, and keep inspiring us! You are amazing in all that you have accomplished in your life, I can't imagine many people would be able to put up a fight like you did, to make so many monumental changes. You are an inspiration!

=====

=====

Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 18 Jan 2023 01:57

Just logged **90 days**! Don't know why it shows 89 on the forum but it is, in fact, 90 according to the progress chart.

=====

=====

Re: Still work to do but there is always hope!
Posted by yud909 - 18 Jan 2023 02:01

[Teshuvahguy wrote on 18 Jan 2023 01:57:](#)

Just logged **90 days**! Don't know why it shows 89 on the forum but it is, in fact, 90 according to the progress chart.

Yay! Mazel Tov!

iy'H I'll be there myself in a few weeks.

now we have to work on keeping the momentum up, what's the plan?

=====

=====

Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 18 Jan 2023 02:05

[yud909 wrote on 18 Jan 2023 02:01:](#)

[Teshuvahguy wrote on 18 Jan 2023 01:57:](#)

Just logged **90 days**! Don't know why it shows 89 on the forum but it is, in fact, 90 according to the progress chart.

Yay! Mazel Tov!

iy'H I'll be there myself in a few weeks.

now we have to work on keeping the momentum up, what's the plan?

You are right behind me! That's amazing. We do need to keep it going. Anything I can do to help you, just ask! Thanks for the pat on the back :-)

=====

Re: Still work to do but there is always hope!
Posted by Eerie - 18 Jan 2023 03:56

[Teshuvahguy wrote on 18 Jan 2023 01:57:](#)

Just logged **90 days**! Don't know why it shows 89 on the forum but it is, in fact, 90 according to the progress chart.

Wow! Mazal tov, my holy friend and inspiration! Keep it up! How did you celebrate? It's amazing. Keep posting and sharing good news with us!

=====

Re: Still work to do but there is always hope!
Posted by Hashem Help Me - 18 Jan 2023 12:22

Mazel Tov! Iyh by 900..... but by then iyh the count won't matter so much....

=====

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

Posted by willdoit - 18 Jan 2023 21:36

MAZEL TOV!!

Keep up ur great progress!! You are an inspiration

=====

=====

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

Posted by Teshuvahguy - 29 Jan 2023 13:44

Thank you, Hashem, for

101

clean days!!

=====

=====

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

Posted by Eerie - 29 Jan 2023 20:42

Wow! Hello! You are an inspiration to all of us! Keep trucking, my holy friend, and keep sharing your insights!

=====

=====

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

Posted by ytw - 29 Jan 2023 21:11

[Teshuvahguy wrote on 29 Jan 2023 13:44:](#)

Thank you, Hashem, for

101

clean days!!

WOWOOWOWOWOWOWOW, what an inspiration, you're the man...

=====

Re: Still work to do but there is always hope!
Posted by ytw - 29 Jan 2023 21:13

[Teshuvahguy wrote on 29 Jan 2023 13:44:](#)

Thank you, Hashem, for

101

clean days!!

=====

Re: Still work to do but there is always hope!
Posted by Gevura Shebyesod - 08 Feb 2023 00:43

Hey TG, how goes it?

=====

Re: Still work to do but there is always hope!
Posted by Teshuvahguy - 08 Feb 2023 01:02

[Gevura Shebyesod wrote on 08 Feb 2023 00:43:](#)

Hey TG, how goes it?

Hey, thanks for checking in on me! I just logged 111 days. The last few have been kind of tough but I'm still hanging in!! Hope all is well with you.

=====

====