

Gay bochur, trouble with Mom, masturbating

Posted by yitz23 - 14 Apr 2023 22:03

Hi guys

I'm a low-twenties single guy (I'll say it - yeshiva bochur) and this is my first-ever post.

I masturbate almost daily (usually in the mornings - just makes it seem so much easier to face the day...)

The thing is I am not that motivated to stop right now, I just am coming to GYE for the comraderie and to connect with people who share my struggles. Masturbating just helps me so much. If you define addiction as getting in the way of having a productive life, **I am no addict**. I am talented, happy in yeshiva, and pretty popular. I just can't for the life of me stop masturbating.

I have a very precarious relationship with my parents. (I actually think my mom is sexually attracted to me. She's never done anything that would prove it to me beyond a doubt, but its the feeling I get and how she looks at me and certain things she's said/done over the years.) I feel that I **providing an emotional need to mom** that she isn't receiving from her aloof husband (my father). It winds up feeling suffocating for me and I often feel really angry and sulky when I'm at home.

I also am afflicted with SSA, and while I haven't acted out explicitly with other men in a long time, I am always **checking them out** and masturbating about them. It is also manifested in small **touches and pats** that I give and get from my friends (mainly give) without telling them that I am getting sexual gratification for the contact. I never know if they caught onto me, though.

Sometimes when I'm feeling lonely I call gay **phone sex lines** to talk to other men. I have a kosher phone, but I can't filter who I call, so it can be a challenge during periods that I'm struggling with it (it's on and off).

Thanks for reading. If you all out there could respond to some part of my post, or just cheer me on, it would be super nice.

Sincerely,

yitz23

PS Please don't drop any bombs on me or use scare tactics. thank you

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Gevura Shebyesod - 12 Jun 2023 21:15

[yitz23 wrote on 12 Jun 2023 17:31:](#)

Hi I'm just checking in, I don't have any major stories to tell.

Today is 49 days, which are 7 weeks to the Counting.

Pretty crazy, ah?

I went away for Shabbos, and it was really nice to be with other people for a change. There were two really cute boys (upper high school age) that were with me for Shabbos as well, and that was (and is) stuck in my mind. I woke up on Shabbos morning with remnants of a wet dream again, but this time it was truly not my fault.

I chatted with Heeling about it, and he pointed out that the more I get to know them in a non-sexual way, the more I will see them as normal, flawed human beings and not as these gods of confidence and beauty, and that will diminish my longing and desire.

Coming back to yeshiva was a downer, since things are going quite poorly. Keeping a reasonable sleep schedule, learning, and davening are a mess, and my social life is not much better. Working out has taken a hit too, since I'm waking up very late and I'm not feeling good about myself.

It's a miracle I haven't masturbated yet.

Wow!

I was going to tell you to celebrate by staying up all night and learning, but perhaps that's not such a great idea...

But you should definitely celebrate!

KUTGW and KOMT!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitz23 - 13 Jun 2023 04:24

[Gevura Shebyesod wrote on 12 Jun 2023 21:15:](#)

Wow!

I was going to tell you to celebrate by staying up all night and learning, but perhaps that's not such a great idea...

But you should definitely celebrate!

KUTGW and KOMT!

I was going to try to make a lechaim with you on night 37 because of gevurah shebiyesod, but I was spacing out too much.

Snooze you lose I guess.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Ahyid - 13 Jun 2023 06:29

They thought us it's never to late to make a l'chaim

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Posted by Ahyid - 13 Jun 2023 06:29

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Re: Gay bochur, trouble with Mom, masturbating
Posted by chaimoigen - 13 Jun 2023 11:50

[yitz23 wrote on 08 Jun 2023 15:26:](#)

Day 45 ka"h. That's halfway to 90!

I've been "meeting" more and more and more wonderful people here on GYE. It's a wonderful community.

(I think that to generalize, people who are susceptible to big struggles in the sexual arena are also predisposed to being deeper, more emotional, more sensitive people.)

It's actually amazing how special the folks here are.

Deeply feeling, keenly thinking, growing, striving, shining, yearning, burning, healing, soaring, rising souls....

So special. Mind-blowing, actually. Wish I had gotten to know you long ago.

I don't think it's only about being susceptible to struggles in the sexual arena, (though having a Neshoma rooted in Yesod may have something to do with it). I think it may be also because the agony and ecstasy of a Neshoma on fire, pushing back against the darkness, burns very bright. **Our internal life is developed in so many ways that we wouldn't be without the Nisyonos.** Working out every day on the treadmill and obstacle course of the soul gives us far more development than one would get merely lounging on the couch of life... I think this grants us greater opportunities to accomplish, too...

Yitz, you are the champion! You keep trucking onwards against adversity, leaning and pushing forward against the hot wind blowing sand in your face. Your 49 days, your decision to delete those numbers, your honesty and growth is **massive**. You are the Colossus holding up the world. And giving me Chizzuk.

Gonna be a great day. Thank you!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitz23 - 14 Jun 2023 16:53

Yeshiva is really going particularly poorly as of late.

I have shown up to first seder once in the past 2-3 weeks, and second seder has been getting shorter and shorter. And I don't do night seder.

I don't at all enjoy learning with either of my chavrusos. In the ecosystem I'm in though, there is no easy way for me to find other options. (And anyway, my track record is so bad, who would want to learn with me now anyway?)

There are certain things I can do (like hanging a classified on the bulletin board), but I'm sort of getting used to staying in bed till lunchtime (or later) every day.

I want to start learning something like mussar/machshava/chassidus at some point during the day, but again, finding a study partner wouldn't be easy.

I hope to start to meet potential marriage partners in the coming few weeks, and I would much prefer to have these meetings when I'm feeling otherwise generally productive.

The only thing going well for me now is my masturbation abstinence. But the good thing is that while in the past having such a situation would have me falling apart emotionally, now I feel okay pretty much, despite my frustration.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Heeling - 14 Jun 2023 17:03

Sounds tough, its amazing that you can refrain from masturbation even with the frustrating situation you are in.

I wish you all the best with meeting potential marriage partners. I'm curious who will be the lucky one to get you....!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitz23 - 14 Jun 2023 17:10

If anybody wants to send a resume, feel free to PM!!

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Re: Gay bochur, trouble with Mom, masturbating
Thanks
Posted by Ahyid - 14 Jun 2023 17:45

Wow Yitz you keep on amazing is anew each day keep up the great work! Hashem should help you should get out of your situation asap I know it's hell when you don't have a good chavrusa cuz then you have no motivation to get outta bed...

well I can send resumes but no pics

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Re: Gay bochur, trouble with Mom, masturbating
Posted by EccentricComposer - 14 Jun 2023 19:47

Wow, just keep pushing, I know you have what it takes!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by chaimoigen - 14 Jun 2023 21:41

Chazak, my friend. Torah has a way of being Mechayeh us. May I suggest the following? Pick a Sefer the you really connect with, and a time that it's realistic for you to make an extremely short Seder {10 min?} in it. Insert that, as a commitment, in a time that is "dead" for you now - sometime on the morning , or similar. You may find, I think, that the learning itself will open up your motivation and connection to it, in a way that nothing else can.....

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitz23 - 15 Jun 2023 19:25

Question for you guys:

I have a feeling that I've been noticing lately and I wanted to hear everyone's thoughts and whether you guys can relate.

When I see a guy that I am very attracted to, I have a feeling on intense longing and emptiness. I feel a little inadequate next to them, and that if I would only "have" them, I would feel complete and full as a human. This yearning is so strong that it is painful.

(Before you all jump on me - I know that this is only fantasy and that getting to know them or even having sex with them would not help me at all. I'm just talking for my feeling. If I were a poet I would write a poem about it.)

I'm looking to hear from both guys who are straight and guys with SSA to hear if they can relate to this.

Please share your thoughts!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Gevura Shebyesod - 15 Jun 2023 20:21

Exactly!

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Re: Gay bochur, trouble with Mom, masturbating

Posted by richtig - 15 Jun 2023 21:15

Sounds like a similar feeling to how straight guys feel when they see certain girls-

(problem is, the girl likely won't be attracted to him if he needs her that much, only if he's okay without her... paradox).

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