

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 yitz23 - 02 Jul 2023 06:31

Since last Thursday:

Day 0

Day 1

Day 2

Day 0

Day 0

Day 1

Day 2

Day 3

Day 0

Day 0

I don't seem to be getting that far since I broke my 2-month streak.

Although I am doing better than before I started my streak.

Not sure what to do.

I'm very excited to start my early morning job. I might be able to start this week, or I might have

It should help me get back on the horse, but I dislike waiting for other things in order to stop masturbating, do I not have any CONTROL over myself?

I hate this.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Eerie - 05 Jul 2023 20:34
to wait till Elul zman to start

Yitz, I was away for a while and I'm just catching up. My friend, these are the things that will make a huge difference to you. When you feel that you are productive, when you feel that you are accomplishing, that will make you feel good about yourself and give you the strength to keep trucking! And being productive is a positive thing in and of itself. Keep soaring! You are a warrior who inspires!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Eerie - 05 Jul 2023 21:14

Yitz, can you explain your signature to me? And I really don't like that last line, but I really have no idea what this is supposed to mean. Please...

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitz23 - 10 Jul 2023 15:03

[Eerie wrote on 05 Jul 2023 21:14:](#)

Yitz, can you explain your signature to me? And I really don't like that last line, but I really have no idea what this is supposed to mean. Please...

Hi Eerie, thanks for the question.

Every hand's a winner

and every hand's a loser

This means that no matter what hand you are dealt (a poker reference, meaning whatever situation life brings you), it is your option to make it into a winning hand or a losing hand. This is what I used to believe.

And the best that you can hope for

is to die in your sleep

This means that the best result that you can wish for in this world is to have left it behind without even noticing you left it. This is what I believe presently.

I imagine that the writer was using irony by placing two lines of such opposing perspectives right next to each other, and is pointing out how we can sometimes move very rapidly between these two frames of mind. I can relate to that very strongly right now.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by chaimoigen - 11 Jul 2023 05:12

[yitz23 wrote on 10 Jul 2023 15:03:](#)

And the best that you can hope for

is to die in your sleep

This means that the best result that you can wish for in this world is to have left it behind without even noticing you left it. This is what I believe presently.

Yitz, this hurts to read.... I'm feeling along with you, for what it's worth....

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Re: Gay bochur, trouble with Mom, masturbating
Posted by hihello123 - 11 Jul 2023 20:41

Sharing ur story is inspiring me to

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Eerie - 13 Jul 2023 00:33

Yitz, my dear friend, I appreciate your words of explanation. And I appreciate your friendship even more. Please reach out for a hug, my friend. We care about you and looking forward to seeing you succeed

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitz23 - 16 Jul 2023 03:44

Day 5!

Furthest I've gotten since the Big Fall. I feel like I'm back in the game again.

I've started a 30-day challenge with HHM that includes no touching down there at all (which I did extensively on my last streak) and texting him every night.

I decided to look seriously into getting pills for my anxiety. It is against my worldview to medicate for something I can improve without using chemicals, but I think I will be so much happier without constant intrusive thoughts of self-criticism and comparison that come up especially when I'm learning or davening.

I'll keep you all posted about how the medication works and how/if affects my masturbation struggles.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by redfaced - 16 Jul 2023 12:05

[yitz23 wrote on 16 Jul 2023 03:44:](#)

Day 5!

. I feel like I'm back in the game again.

Go for it brother . Knock this thing out of the park .

YOU CAN DO IT!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Eerie - 16 Jul 2023 17:17

Hey Yitz, it's so nice to see that you're back and k'nocking! Keep trucking...and share it with us!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by chaimoigen - 17 Jul 2023 11:24

Kaboom! You, my friend, are Back, Badder and Better than ever!!

I can't live without coffee. It's a med, caffeine is an addictive chemical, and I need it. **As a tool.**

If every hand is a winner and every hand is a loser, I am going to utilize every tool I have to hit that ball over the fence, over the stands of adoring fans, and into the parking lot (and damage a Tesla).

You can too, brother. Rock on!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitzchokm - 30 Jul 2023 17:41

Yitz, I am humbled by your courage. Keep on with your good work.

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Re: Gay bochur, trouble with Mom, masturbating

Posted by yitzchokm - 30 Jul 2023 19:39

[yitz23 wrote on 16 Jul 2023 03:44:](#)

intrusive thoughts of self-criticism and comparison that come up especially when I'm learning or davening.

I used to have a lot of self-criticism and I used to compare myself to others. When I was failing in Yidishkeit I used to compare this with my previous success.

I learned over time that I can't compare myself to others as I have unique challenges that nobody else has. I also learned that I can't adequately judge my success against my challenges now versus what they were in the past. Sometimes I succeeded because my challenges were easy and sometimes I failed because everything was up against me. I realized that judging myself belongs to Hashem's domain and not mine. As the verse says "For a person sees with his eyes and Hashem sees to the heart". I realized that this is true even about myself.

I found that celebrating my achievements, as small as they may be, and not zooming in on my failures is what helps me grow. I realize that a great part of my achievements are because Hashem is grasping my hand and helping me succeed so I am humble and I have nothing to boast about. However, I also realize that Hashem dances with joy for every step that I take in the right direction so it is only fitting that I rejoice as well.

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Re: Gay bochur, trouble with Mom, masturbating

Posted by Eerie - 31 Jul 2023 05:19

Loved every word, Reb YitzchokM!

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