

Can't believe I'm here.

Posted by baalhaboss - 17 Apr 2025 22:08

Hello all.

I can't believe I'm here.

I visited a male P. tonight - the second time in my life. But I'm a frum Baal Haboss. I have a wife and children. I'm successful financially and friends and everything. I've got nothing missing in my life BH. I've even got a married child. I learn once or twice a day and have a pretty good name in the community. I give \$100k plus to tzeddoka annually.

So why?

I'm so lost and confused and disgusted and disappointed- I don't know how to handle this.

For the record, I've never been oiver M"Z. But close enough. Been MZ"L together with the male P.

I'm lost and lonely and worried for the future.

I was brought here by chance. I hope it's a successful journey.

I'm signing off but wow, I'm feeing low.

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Re: Can't believe I'm here.

Posted by baalhaboss - 22 Apr 2025 22:58

Dear all

There's been so many warm and encouraging messages, I can't tell you how much they each mean to me. Each of you have had a part in rebuilding my belief that I can move past this and use the low to achieve a new high.

I am tackling this in the same way I do at work. Focussing on what the outcomes need to be and how to get there. The frequent warnings regarding the chizuk wearing off are all well accepted and familiar to me.

I will write again soon but just wanted to let you all know how grateful I am.

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Re: Can't believe I'm here.

Posted by baalhaboss - 22 Apr 2025 23:04

Thanks! In my post, MZ = Mishcav Zochor.

I'll spend some time to think about your specific points - sometimes it's such a blur and difficult to pinpoint specific triggers or similar. I've got a lot of introspection to do...

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Re: Can't believe I'm here.

Posted by yitzchokm - 22 Apr 2025 23:12

Your trigger might be a situation like social media, or meeting men in specific places, or something emotional that you are trying to gain or run away from. If you have true SSA then it might be something entirely different but given that it was only twice and only after you are an adult I wouldn't immediately assume this to be the case. Take your time figuring things out. You are very sincere about recovery and you are looking forward which is very good.

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Re: Can't believe I'm here.

Posted by SisonYishecha - 23 Apr 2025 05:32

[baalhaboss wrote on 22 Apr 2025 22:58:](#)

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I am tackling this in the same way I do at work. Focussing on what the outcomes need to be and how to get there.

That's really great.

Just keep in mind ???? ??? ??????????, and whilst you may be a ??? ??????? in business, not necessarily will that prove successful here.

Many here before have trodden the beaten path, and they're holding out their hand for you, whenever you're ready to accept it.

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Re: Can't believe I'm here.

Posted by eerie - 25 Apr 2025 06:14

Wow. What a special place. A guy comes on, and all anybody cares about is to offer help, to encourage. Unreal.

Baalhaboss, stick around. And make the time for this!!! Work through it slowly, methodically, but steadily. This will be your greatest investment yet!

Totally encourage you to reach out to HHM if you haven't yet.

We are all here for you, we care about you, and we'll do whatever we can to help you break free

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Re: Can't believe I'm here.

Posted by proudyungerman - 25 Apr 2025 15:43

Better late than never...

Welcome to the warmest family in the world!

As you have seen, here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight, some of them you may not be familiar with.

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle, as you mentioned.

Posting is a great way to connect, learn, and grow also.

(The [Hall of Fame Thread](#) is an awesome compilation of some the great threads on GYE.)

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me minhamayim - minhamayim1@gmail.com amevakesh - amevakesh23@gmail.com

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, KOMT!!

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Re: Can't believe I'm here.

Posted by yitzchokm - 15 May 2025 17:47

How are you doing buddy?

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Re: Can't believe I'm here.

Posted by balancedunicorn66 - 15 May 2025 19:34

Hi harav hachoshev,

i really feel for you and i think like most others that by reaching out here and to the great mentors, you'll move forward beautifully.

I would add one question if I may, how is your shalom bayis in general and specifically in the bedroom?

hatzlacha rabah

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Re: Can't believe I'm here.

Posted by baalhaboss - 14 Jun 2025 22:40

BH I'm 60 days today clean and fresh. I've had some desires but BH have taken it easy and pushed them off and as always, the rear view mirror shows them to be small, surmountable and a figment of my imagination.

To answer someone's question above, BH my home life is great and very physical. I guess I'm what you would call Bi - healthy with my wife but also with a darker side in the SSA space.

It's nice having somewhere to keep a record and watching the days rack up makes it easier to continue not to break the streak.

I wish there was more education around SSA and how it manifests in a frum marriage with children and a wife. Or some sort of support group or similar. Assuming the Jewish people have broadly similar statistics to the general population, there must be hundreds if not thousands of married men with some form of SSA.

As usually though, it seems better to keep these problems under the rug rather than help people struggling alone.

Anyways, preparing for a strong week ahead and wish you all a Good Voch.

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Anyways, preparing for a strong week ahead and wish you all a Good Voch.

If you're lookin' to connect with people who struggled with SSA for support, if you read around the forums a bit you'll find many people who struggled with SSA. Find a story that resonates with you and reach out. Alternatively, you can contact eerie @ 1gimpelovitz@gmail.com and he may have some ideas for you.

Hatzlacha!

KOMT!

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