

Straight male with a crush on his best friend

Posted by bringthemessiah - 16 Feb 2011 00:24

I am 22 years old, very frum, I am great at everything, Thank God, I have an amazing group of friends, rabbeim, really successful in everything i do. I have been dealing with a big problem for around six years now, in tenth grade i had realized that although i am straight I have a crush on a friend of mine, I had this for about a year and then it went away, then a little later on another friend and had it for about three years then it went away for a while, i finally thought i was free, and about three months ago it came crashing back down this time on my best friend, a guy i have really been very close with for a while, we do everything together, and now this is killing me. I went crazy and went to a psychiatrist, I am now on a bunch of meds as well as in therapy every week. The therapy is going really well, but I'm still struggling like crazy. I get suicidal sometimes. This crush means that all i think about is him, i want it to be an exclusive relationship, i hate when he talks to other people. The crush leads to a sexual desire and i am sexually obsessed with him even though other than him i am totally straight. The sexual desire is really not from a sexual pleasure lust, rather its from an extreme need for intimacy and closeness. Looking for any sort of help, recommended readings, chizuk... Just going through some real hell these days and it's really hard. I told him about it and he took it amazingly, he still hangs out with me and is not at all bothered by it, just wants me to get better. Yesterday I was doing really well and then this week a bunch of guys are going to his house for shabbas and i wanted to go but he thought it wasn't smart b/c it would be very hard for me, and this bothered me a lot, and things came crashing down again. Everytime things pick up they just get worse when they fall back down. I hate that i feel like he sees me as being so pathetic and i feel like this whole thing just makes him in the driver seat and me the pathetic guy running after him. I feel like i tell him everything but now its a one way street.

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Re: Straight male with a crush on his best friend

Posted by 1daat - 25 Feb 2011 05:56

Hi BTM.

Couple of thoughts.

Sometimes we "outgrow" a relationship.

Sometimes people need to be angry at someone and find fault with them to get a little emotional

distance to separate.

Maybe you're seeing him more clearly now, and he really is annoying.

But if your negative feelings for him are pretty strong, remember that intensity is intensity, plus or minus. And us addicts LOVE our intensity.

One other point. Have you talked with a rav? I understand you're deep into your therapy, but unless you're seeing a therapist who's also a rav, you're missing an important ingredient in your recovery. Shemzach nisht.

Your honesty and determination stands as an example for every single one of us. y'shkoiach.

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Re: Straight male with a crush on his best friend
Posted by pinokio - 27 Feb 2011 17:03

This thread is very serious!

Hi BTM. would you like a tortilla?

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Re: Straight male with a crush on his best friend
Posted by Moshico - 06 Mar 2011 06:34

I am a frum guy as well and suffer from the same thing.

Pat yourself on the back that you had the courage to write your letter, others would not and to deal with it while you are young.

Your lucky because when I was your age there was no one to turn to.

I to looked for a therapist when the struggle got strong over a friend and I also told him and B"H we are still friends and he thanks me because he use to make fun and not talk nice about guys with attractions to men and now he tells people who suffer to go and seek help.

Remember one thing Hashem gives us these challenges because he knows we can deal with them, if you could not deal with it he would not give you it.

Throw those meds away, the only med you need is Hashem and a good support system.

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Re: Straight male with a crush on his best friend
Posted by pinokio - 06 Mar 2011 15:18

Moshico, i see youv'e found s/one to share with! good for you!

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Re: Straight male with a crush on his best friend
Posted by reallylost - 22 May 2011 06:41

I was so happy to come across this post because I am going through the same exact thing. Just reading this post was a lot of support for me because now I know that I'm not the only one suffering from this issue. Is the only way to overcome this by seeing a therapist??

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Re: Straight male with a crush on his best friend
Posted by tealhill - 23 Jan 2012 04:41

[bringthemessiah wrote on 16 Feb 2011 00:24:](#)

[...] although i am straight I have a crush on a friend of mine [...]

Even though you're straight, consider talking to a Jewish organization that works with homosexuals. That type of organization may know how to help people in your situation. [The "Ex-gay organizations" list in "Judaism and sexual orientation"](#) on Wikipedia lists a few such organizations.

- Atzat Nefesh: I've never phoned Atzat Nefesh before, but Wikipedia says they help people deal with masturbation, "sexual obsessions", homosexuality, and other problems.
- JONAH: I personally am attracted to both men and women, and I've taken advantage of lots of JONAH's services before. They can refer you to support groups all over the world. They run shabbatonim (group therapy weekends). They can refer you to therapists. I don't know any good way to measure whether their services have helped with my same-sex attraction. But I do agree with something that someone on a JONAH shabbaton once proposed to me: No matter whether or not the work I've done has helped me with my same-sex attraction, it definitely has helped me become a better person.

Both these organizations are in favor of therapy methods which Wikipedia says "are denounced by all mainstream medical organizations". But as Arthur Goldberg writes in his book *Light in the Closet*, this may be because many gay lobbyists and supporters have good jobs and no kids. So they have lots of money to spend on influencing people's opinions however they want to.

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Re: Straight male with a crush on his best friend
Posted by Gevura Shebyesod - 23 Jan 2012 05:20

The OP is long gone, but this is good information for anyone with SSA issues.

I have read alot of the information on the JONAH and NARTH websites, and I am actually reading Arthur's book right now. I don't know if I will actually go to any kind of therapy, but just understanding the underlying emotional and social issues and what i need to work on to improve myself in those areas is helping me. I doubt that a complete "cure" is possible, but the knowledge seems to be taking the "edge" off the intensity of the desires. And perhaps these methods can help some of those with very strong or exclusive SSA progress to where they can have a committed and loving relationship with a woman, get married and raise a family. It's definitely worth a try to those who want it.

Gevura!

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Re: Straight male with a crush on his best friend

Posted by KEEPSTRONG - 27 Jan 2012 05:15

I TOO AM A FRUM GUY SUFFERING FROM THESE ISSUES. IT DEFINITELY MAKES IT EASIER KNOWING THAT I AM NOT ALONE. MY MAIN ATTRACTION IS FOR WOMEN, BUT I AM STILL ATTRACTED TO OTHER MEN. DOES ANYBODY HAVE ANY IDEAS FOR ME.

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