

(BIG) LONG SHOT!?

Posted by stillgoing - 30 Apr 2015 18:20

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Sometimes I wonder if being a big shot (since I am the most humble guy I have ever met, I must be a big shot) is such a bad thing. Right now the main thing that is keeping me clean for 6 days so far is the 90 day chart. Why does the 90 day chart work for me, because I know that my name (ok, not my birth name, my rebirth name) is up on the chart for everyone to see, and since I think that I am G-d's gift to the world, I know that if I fall everyone is going to see that I'm a loser (which I am, since I've been losing for more years than I can count on my hands (and feet). Ok I know someone is going to tell me that I'm not a loser, and I would say that to you also, and I would believe it too - when I'm talking about you. Somehow when it's about myself, it's much harder to believe.

So that's why I'm specifically calling attention to my chart so that if I feel myself slipping I will think how embarrassed I will be since everybody will know about it (which hasn't been since high school.)

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Re: LONG SHOT

Posted by stillgoing - 15 Mar 2017 23:06

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No situation is so stressful that a little lusting won't make it worse

A'man!

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Anyway, thanks for listening - assuming that anybody is listening

Re: BIG SHOT!?

Posted by eslaasos - 16 Mar 2017 15:11

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[stillgoing wrote on 19 Jan 2017 15:58:](#)

[cordnoy wrote on 19 Jan 2017 15:50:](#)

[stillgoing wrote on 19 Jan 2017 15:16:](#)

"eslaasos" post=303500 date=1484754098 catid=1

I can and have answered yes many times, and I have no freaking idea if I was being honest. That's just one more little side-effect of years of begin wrapped up in yourself.

Thanks to Cordnoy, I stopped worrying about it because worrying about it gets me nowhere. Dov would likely say that worrying about it is just another self-obsession driven by arrogance (and if he wouldn't say it, I'll say it instead).

The only note I would add is that addicts (even the fake ones) are often very black and white. I would like to believe that this not as simple. Even belief is a matter of degree. I could be wrong, but as I said I am not going to invest a lot of time wondering about it. The book does seem to imply it's as simple as yes or no - nu nu, kasha, not tyuvta. Maybe a basic willingness to accept it might be true is all they're looking for, to weed out the atheists (v'chol hakorei bishmom). Jews are b'teva maaminim, deep underneath all the accumulated junk.

I agree that overly obsessively obsessing wether or not one really really believes that there is a higher power above us or not is probably not that helpful, but I do think that sometimes we live our lives with the assumptions that we are strong in a certain belief and when we suddenly get

tested we fail, and we can't understand how it happened. What we didn't realize was that we were weak to begin with, and had we know that, we could have worked on strengthening ourselves and taking precautions ahead of time.

So says the chovos halevavos I believe.

He says likes whom? (I'm not writing the two options, so you can't just reply 'the latter'.)

Why was I not subscribed to this thread?

I didn't realize there was a disagreement here. I was just elaborating on my vagueness.

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Re: BIG SHOT!?

Posted by stillgoing - 02 May 2018 22:22

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(The gemara says that when you give agift to someone you should tell them about it (so as to increase shalom in the world), how come karma increases are anonymous?)

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Re: BIG SHOT!?

Posted by ieeyc - 03 May 2018 00:30

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hey, i think ill add this to my signature!

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Re: BIG SHOT!?

Posted by stillgoing - 03 May 2018 16:38

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[stillgoing wrote on 02 May 2018 22:22:](#)

(The gemara says that when you give agift to someone you should tell them about it (so as to increase shalom in the world), how come karma increases are anonymous?)

I know that some say that karma's are meaningless, and in some ways they are, but (I'm a big shot, and) I like to think of mine as a reflection of my posts, so it would be nice if you don't raise Just wanted to say thank you to my anonymous karma increaser. It's been stuck for a while.

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Re: (BIG) LONG SHOT!?

Posted by stillgoing - 29 Oct 2018 20:07

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I've come to realize that mental pornography is as bad as visual.

why I ever thought that thoughts were harmless is beyond me...

but I really thought that when I studied that guy in shul instead of studying my gemara, I was 'just looking'. That wasn't pornography, the guy was dressed after all. and how about the mirror? It's impossible for an ssa guy to stay away from men. We live inside the body of one. But that's not porn. It's just a mirror. Just thoughts...

I've come to realize that mental pornography is as bad - or worse - then visual pornography.

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Re: (BIG) LONG SHOT!?  
Posted by stillgoing - 25 Nov 2018 16:44

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greetings t'all

Although this post probably belongs on the Ssa thread, I'm putting it here, just to keep my thoughts organized.

I think that we know how controversially emotionally charged the topic of "conversion therapy is" for many, so just to preempt, what I am about to write does Not refer to conversion therapy.

I was wondering about all of my ssa friends, if anyone had done any therapy - official or casual - as to the root of their ssa - it's possible causes - what we are looking for when we lust after particular men. Something along the lines of Jonathon's weekly calls (and for those new ssa posters who don't know who Jonathon is - you can respond too).

My question is basically

#1, Have you delved into what may have been a cause of your ssa?

#2, Have you found that this line of thought has helped you, hurt you, or something else?

I'm in the process of doing this myself, and I was wondering what the esteemed chevra here, have to say about it. There isn't a right or wrong answer here, so don't hesitate to write your thoughts.

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Re: (BIG) LONG SHOT!?

Posted by stillgoing - 27 Nov 2018 15:39

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[stillgoing wrote on 25 Nov 2018 16:44:](#)

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Hay, don't all respond at once!

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Re: (BIG) LONG SHOT!?

Posted by Gevura Shebyesod - 27 Nov 2018 17:34

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I haven't really done any therapy (although i did speak to a therapist a bit about this). But I relate

strongly to what Jonathan writes about us using SSA to fill what we think is lacking in us. And I use these ideas to combat the fantasies that I get into sometimes (see more [here](#)).

As far as whether this is the "cause" of SSA, my personal opinion is that it may be a part of it. There are probably genetic and/or other environmental factors at play as well. One thing I can say though is that it is clear to me that everything in my life, my personality traits, the way I was brought up, the (sometimes seemingly illogical) decisions that I and my parents made about things like where to go to school and camp, were all clearly orchestrated from Above to set me up for having SSA. I was not given a choice, and the attraction seems to be here to stay. My choices are my actions. Recognizing and accepting this fact was a big step in learning to deal with it.

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Re: (BIG) LONG SHOT!?

Posted by Shlomo24 - 08 Dec 2018 06:03

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[stillgoing wrote on 25 Nov 2018 16:44:](#)

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#1, Have you delved into what may have been a cause of your ssa?

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I'm in the process of doing this myself, and I was wondering what the esteemed chevra here, have to say about it. There isn't a right or wrong answer here, so don't hesitate to write your thoughts.

Haven't been on this site in FOREVER. In my experience, going to conversion therapy did not increase my serenity in any way. In fact, as you probably know, it caused me a lot of trauma that I'm still getting over. In terms of the getting to know the "roots" of my homosexuality, I don't think that anyone can answer that honestly. My conclusion about my sexuality, as of now, is that it's probably super complicated and the only thing I shouldn't trust is if people claim to know what caused my sexuality. Research indicates that there are genetic, hormonal, and environmental causes for sexuality. That all adds up to it being rather difficult to understand. In conversion therapy, they told me all sorts of things about my sexuality. What I find confusing now is that I was told that my relationship with my dad was a big cause of me being gay. But then I know many gay people with great relationships with their fathers. They told some people it was because they had an overbearing mother, but I had a really good relationship with my mother. It seemed like would just switch it to fit the agenda. And of course there are those that had good relationships with both parents. To even further the point, if an overbearing mom or distant dad caused homosexuality, there would be a heck of a lot more homosexuals. Having issues with parents is very common and homosexuality is not. (Although it has always existed and will always exist).

Even if any of the things I was told in conversion therapy were true, there's nothing that can be done about it anyways, more or less. One can always accept their sexuality and try to validate themselves (in a way that works for them) but changing it really isn't an option. For me, the self-love method really improved my serenity, and I leave "the reasons" for my sexuality up to God.

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Re: (BIG) LONG SHOT!?  
Posted by mirror - 16 Dec 2018 18:18

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I hope this post will not be inappropriate for this web-site, but in order to answer Mr StillGoing's question, i will need to describe my therapy experience.

I have sexual feelings and desires towards many men. My therapist questioned me as to the exact nature of my pornographic internet searches. It made me feel very uncomfortable. It also helped me realize that what i wanted so badly from those boys was to be controlled, complete dominance and submission of myself towards them. My therapist asked me why I thought I wanted that. It seemed to me that since I have felt excluded by my peers as a child, if i now controlled them it just means that i am strong, but if they control me then they must be interested in me. I have a purpose in their lives, and I can bring them enjoyment and be of important use to them. In short - they will value me. After thinking about this concept for a bit, i



realized [with a little help from Mr. Dov recordings found on this web-site] that this this feeling of being completely dominated and therefore being of value to someone can actually be realized by my connection to The One Above. In my fantasies i was captured, bound up and completely used however my captures wanted. In truth i Am captured and figuratively bound. I am completely controlled and used by my Creator. Thankfully He is kind and fair, I but I have no option of escape. I am owned and I must answer to Him. I may be free to move around and 'choose' but in reality I have no choice. My soul or whatever, was craving to be controlled. It is a scary world to be alone. I thought that i should be controlled sexually by other guys, but in reality i needed to be controlled be my Creator.

An irony of this, is that i first thought of this while in the mikva. Minutes later an attractive boy walked in. Normally i would have been a goner. This time however, I was afraid to look. I knew that I was owned and I could not - would not let down my owner. either from fear, or love of Him depends on the situation, but I knew that as much as I wanted to look, I wasn't in charge. I was owned. I belonged.

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Re: (BIG) LONG SHOT!?  
Posted by Hashem Help Me - 16 Dec 2018 18:49

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This post is a masterpiece. Keep them coming mr. mirror!

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Re: (BIG) LONG SHOT!?  
Posted by stillgoing - 17 Dec 2018 14:51

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Thank you Gevura, Shlomo and Mirror.

To address one at a time, Gevura, in a sense it sounds like you were kindof using Jonathan's class as a bit of therapy itself. I definitely agree to the acceptance that it is all from Above aspect. Certainty we should not feel guilt for being our self. Shlomo, (big welcome back!), it sounds like a similar idea that you were writing. I'm going to skip over the conversion parts since that's not the topic of discussion. The therapy that I was talking about was simply to be able to better deal with my craving/feelings toward certain other men. It sounds like Mirror had some positive outcome from therapy. But I wonder if that newfound connection to "The Higher Power" is enough to keep you sober alone long term. May I ask if you are sober and for how long? (No need to answer if you feel uncomfortable).

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Re: (BIG) LONG SHOT!?

Posted by stillgoing - 25 Feb 2019 17:26

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Just a thought about Forum etiquettes

If you would go browse on a forum dedicated to Automotive mechanics, I imagine there would be a lot of straight no-nonsense advice "try the carburetor" "got to be a valve leak" "engine overheating" "just do this, I did it it works" and everybody would like it. Because the idea is, just fix the car and hit the road. But on GYE, the focus is on fixing ourselves. We have a whole lot of emotions coming into play that does not allow us to just accept the straight direct advice as is. Since we are trying to change our personalities, we want to connect personally to the person who is offering the advice. Therefore Hardline no-nonsense advice is not appreciated on this forum by many people. If my engine is overheating I would appreciate some clear straight to the point answers. But if I am overheating I don't want to be fixed, I want to be helped. And I want to be helped by someone who I know cares about me.

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