

Frum Guy with Gay Tendencies

Posted by helplessjewboy - 29 Feb 2012 01:14

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You can view my wonderful thread through my profile or through here:

[www.guardyoureyes.org/forum/index.php?topic=3913.0](http://www.guardyoureyes.org/forum/index.php?topic=3913.0)

If you can sympathize, please do so here.

I've decided that even though I have a problem, I will not let myself give in to the yesser hara. That even though I want to go act to and with a hot guy so badly (and the opportunity has arisen more than once through certain methods that I was able to create), I've decided that nothing I can do will help with the fact that just because I could do it doesn't mean I should.

That is why I've decided to turn a new leaf- to shed my old thick skin for something more lightweight and transparent. Sure, the lessons will hit home harder, but it will allow me to outgrow this disease by making sure that I force myself to work on myself so that no true information about me gets out and ruins my name.

Dov was right. I was hiding behind a username. That just won't cut it now! I cannot allow myself to shirk my duty to myself. I am now esh\_tamid because wherever the esh will clear my path to freedom. Be'ezrat hashem, I will succeed. Beshem Hashem Na'aseh Ve'natzliach.

I will cure myself.

Unfortunately, I don't have the money for therapy (sad truth). Unfortunately, I cannot deal with this in therapy. But I can work on myself to the extent of my abilities. Hashem always give you enough to be able to survive. Baruch Hashem, the filter people at gye are life-savers.

They helped me out tremendously, and it is to them I owe why I'm on this website and not by a guy's house losing myself further.

This is a new post, for a new thread. I do have the power to kill this disease! We all do!

Joey.

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Re: Frum Guy with Gay Tendencies  
Posted by Eish Emes - 03 May 2012 03:43

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Joey,  
At a low point you were reaching out for others to help. It took a lot of courage to do that. From my own experience it's very helpful for overcoming ssa. I hope you took advantage of those who offered to help. If you didn't, just because you are feeling better doesn't mean you shouldn't take advantage. Getting out of isolation and connecting with another is an important part of overcoming lust issues in general and ssa in particular.

Hatzlacha,  
Eish Emes

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Re: Frum Guy with Gay Tendencies  
Posted by helplessjewboy - 11 Jun 2012 23:01

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Hey everyone.

I just lost a battle.

Worse, I had just gone to the mikveh this morning.

Even worse, the filter team here at GYE have been ignoring me, and if I don't get in touch with them soon, I will have to pay a fine of \$1500 or another MacBook Pro if I don't get mine fixed soon (kind of not allowed to download software unnecessarily... and they want it off so that they can fix the mac properly). Can someone get me in touch with the filter Gabbai's? I am in a world of trouble here.

On the other side, I have almost fully committed to the JONAH program. Just need to tweak out some problems and I will be on my way to recovery.

B"h, it all works out.

I need some strength. And reassurance that it will work. I've never actually heard of success stories for this kind of thing. Anybody have anything?

Joey

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Re: Frum Guy with Gay Tendencies

Posted by Gevura Shebyesod - 12 Jun 2012 02:16

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Joey, welcome back!

it's great to hear that you are going to start a program with JONAH. I don't have any personal experience with it but I have heard from many people who have benefited greatly from it. Not everyone will achieve a "cure" and it takes a lot of hard work but it will definitely help lower the intensity of these desires. There are other guys here who have done it and they can tell you more.

But one important thing to keep in mind is that hand in hand with working on the SSA with therapy you need to work on the day to day of not lusting. That means strict Shmiras Einayim, guarding your thoughts from fantasy, and staying far away from anything inappropriate online. If you allow yourself to be caught up in lust you will just wind up attracted to what you are used to being drawn to.

BTW there is going to be a GYE phone group for SSA starting soon. It was announced in the chizuk email recently.

## **Announcement**

**Unfortunately, lust addiction can often lead to - or be interconnected with SSA (same sex attraction). Experience has shown us that about 20% of the guys on GYE struggle with SSA issues as well. We have a special page of resources for SSA over here.  
8 Week Phone Group for Healing Unwanted Same-Sex Attractions Starting Soon!**

This call will launch as soon as we have enough guys interested. Be in touch with [yonatangye@gmail.com](mailto:yonatangye@gmail.com) if you want to join. The time and day will be decided at a later date, based on majority. This call is an excellent opportunity for men with unwanted same-sex attractions to begin learning what steps they can take to achieve real inner change. Given by Jonathan H. - Life Coach and BA in Psychology - and expert in helping others embark on proper sexual orientation change techniques. The calls will focus on first understanding the underlying cause of your SSA and then will provide effective tools for creating a world for yourself where change is possible. The goal is to provide men with a clear vision of what this journey can look like and will jump-start long lasting change for the future. If you struggle with SSA, this is a once a week phone group that you don't want to miss.

Good luck with the computer and with the new program. Please keep in touch and let us know how its working for you.

KOMT!!!!

Gevura!

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Re: Frum Guy with Gay Tendencies  
Posted by alexeliezer - 12 Jun 2012 14:30

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Hi Joey!

Good to hear from you and glad you're still taking up the struggle.

Please re-read the second paragraph in Gevura's post above.

Have a great clean day!

Alex

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Re: Frum Guy with Gay Tendencies  
Posted by Gevura Shebyesod - 12 Jun 2012 15:11

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Alex,

If it looked familiar, that's because I cribbed it from you! (I wish doing it was as easy as writing it)

Thanks for being here for us. You really do "get it".

Gevura!

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Re: Frum Guy with Gay Tendencies  
Posted by helplessjewboy - 13 Jun 2012 15:01

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Thanks Alex and Gevura,

I appreciate the help.

I apologize about anything I may have said or thought about the GYE filter gabbaim.

It is completely my fault that I didn't get their messages (let's just say that the spam inbox will always be checked now...).

I am sorry for accusing them of ignoring me. They have been doing their jobs properly; it is entirely my fault.

B"h, I replied and everything should work out now.

Thanks for all your help guys.

Joey

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Re: Frum Guy with Gay Tendencies  
Posted by Gevura Shebyesod - 13 Jun 2012 15:56

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Glad to hear you got that straightened out. Stick around and keep us posted.

Gevura!

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