

frum and gay update i wasnt clear sorry

Posted by seichel - 29 Apr 2015 20:51

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I apologize for the previous post. I realize it may have been upsetting to many people. let me properly rephrase it in the way i really meant:

I enjoy the physical pleasure of my actions but i know it is ruining me further spiritually. I used to be very spiritual (still try to be) and i have had a major fall in the past few years. I am not so totally otd, I keep kosher, I wear a kippa, I still daven (sometimes) and I do believe in HASHEM. I used to be very into kiruv and changed (at least one) lives totally around. I was involved in NCSY, came back from a weekend with them, went to school on monday still wearing my kippa and that afternoon I bought tzitzis. And I just learned from there. I ended up going to a Chabad yeshiva in Israel and became stronger, more dveykus in my spirituality. I had very bad depression a long time ago and went to my best friend. I was feeling more mainstream then. I dont remember the exact events, only some. I believe he put something in my warm milk and tea he gave me and did things to me. some felt good, some didnt, but all was non-consensual. that was my first experience and while i am emotionally and physically attracted to women i have a hard time sexually. so i dropped it and acted out my urges with men. anyway, what i meant to say (but i was using a public computer and didnt have so much time) was I want to get back to that high level of spirituality and although the activities are physically pleasurable and i do want more of them, I know that it is an addiction that I should break away from. I've tried deleting all the inappropriate movies before, only to build it up again. I don't know who exactly to talk to about it as it is slightly embarrassing and I have had good reactions when I've tried to discuss the issue. So my post really meant to say, I like it in the moment but I realize it is destroying me, how can I help this. I do feel like i dont really have any control over what I do and do have a large collection of p\*\*\*\*, featuring women and men. That is really the issue and I apologize sincerely that I lead everyone to believe otherwise and posted that upsetting and extremely inappropriate message when I look back on it on my private home computer. So, how do I get support for SSA addiction.? do I have any peers here, as I don't have 200 bucks for a specialist. I already see a therapist for the rest of my neuroses. She's a Jewish but non-frum woman and I am slightly uncomfortable talking about it because she doesnt understand the spiritual aspect. I hope I made myself more clear and coherent and again, I do apologize for being extremely insensitive and inappropriate and upsetting. I'm hoping you can forgive me, as I was short on time and not thinking straight enough to try and express my feelings.

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Re: frum and gay update i wasnt clear sorry

Posted by gyejew - 04 May 2015 05:58

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Please see our resources for SSA here: [guardyoureyes.com/resources/ssa](http://guardyoureyes.com/resources/ssa)

Another suggestion: Get rid of your porn collections. There is enough of it on the internet, you don't need to have collections of it on your computer too!

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Re: frum and gay update i wasnt clear sorry  
Posted by seichel - 05 May 2015 12:14

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I'm hesitant not sure why. I feel I may need it as a last resort in case it gets too out of hand and I'd prefer watching a video to acting out. I was able to make it through Shabbos without sex. Sun I tried to have sex but Baruch HaShem, He closed my "entrance". I also was able to mostly keep Shabbos this week

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Re: frum and gay update i wasnt clear sorry  
Posted by yiraishamaim - 05 May 2015 14:12

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good for you!

KOT

FYI -you have quite a cheering squad

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Re: frum and gay update i wasnt clear sorry  
Posted by seichel - 05 May 2015 15:38

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Kot?

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Re: frum and gay update i wasnt clear sorry  
Posted by AlexEliezer - 05 May 2015 16:06

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[seichel wrote:](#)

I'm hesitant not sure why. I feel I may need it as a last resort in case it gets too out of hand and I'd prefer watching a video to acting out.

This doesn't sound like sound reasoning. It sounds more like giving up your drug with a dose in your pocket.

Commit fully to being fully sober for one full day.

Then repeat.

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Re: frum and gay update i wasnt clear sorry  
Posted by yiraishamaim - 05 May 2015 16:26

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KOT

Keep On Truckin'

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Re: frum and gay update i wasnt clear sorry  
Posted by seichel - 05 May 2015 17:35

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Thanks yerei. As for videos, I have a lot of stress that builds up as sexual tension. I need to help it at least 1x week to maintain a healthy and balanced personality. Also from a medical standpoint I have a varicose vein of some sort in my scrotum. The only way to avoid it really hurting and interrupting my day, the dr says, is regular maintaiance. Videos are a visual aide to help things along more smoothly

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Re: frum and gay update i wasnt clear sorry  
Posted by yiraishamaim - 05 May 2015 18:24

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go healthy and natural

Run, exercise, work out, take up a musical instrument, start up new habits and routines that gives off positive energy. Things that you enjoy and that interest you -

That's in line with the "NEW YOU" .

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Re: frum and gay update i wasnt clear sorry  
Posted by AlexEliezer - 05 May 2015 18:47

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[seichel wrote:](#)

As for videos, I have a lot of stress that builds up as sexual tension.

Most people have stress in their lives.

Sexual tension builds from sexual thoughts.

No sexual thoughts, no sexual tension. Just tension.

Having said that, for us sex and lust addicts, stress is a trigger to start lusting.

But no lusting, no sexual tension.

[seichel wrote:](#)

I need to help it at least 1x week to maintain a healthy and balanced personality.

Yes, if I'm lusting day in and day out, I will need a release.

No lusting, no need for release.

[seichel wrote:](#)

Also from a medical standpoint I have a varicose vein of some sort in my scrotum. The only way to avoid it really hurting and interrupting my day, the dr says, is regular maintaiance.

This does not make any anatomical sense.

Unless you're building up physical sexual tension by lusting.

Without lusting, a cool pack to the scrotum should do the trick. Motrin is also helpful. These, of course, require a little more commitment to sobriety than masturbation.

[seichel wrote:](#)

Videos are a visual aide to help things along more smoothly

And worth giving up your sanity for?

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Re: frum and gay update i wasnt clear sorry  
Posted by seichel - 18 May 2015 00:40

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This Shabbos and Sunday was also sex-free. I didn't even try this time. Just kinda natural. Really, I haven't felt a compulsion for it again. Yet. I do recognize that I am indeed homosexual and that wasHASHEM's will for whatever reason, I know I cannot and certainly don't want to go through the pain of trying to change. I don't want to start a debate but trust me, I've been fighting this for a long time and been through every possible scenario in my head about how this came to be or how I can "fix" it but I have come to realize that. Although very difficult, it is still easier to accept and try to live to the fullest than attempt to change your psychological makeup. So thanks for the support in my continuing journey away from sex addiction for now. I'm sure if it's not one thing there will be another issue. It's called life. /end rant

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Re: frum and gay update i wasnt clear sorry  
Posted by serenity - 18 May 2015 01:10

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There's nothing to fix chaver. If you're making a choice to live a hetero life, then learn how to have a loving relationship with another human being. If it's about love and not lust, then it's about the other person and not you. If it's about the other person, it can be a female. That's the choice my sponsor made and that's how he lives and he's not religious. Hatzlacha!

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Re: frum and gay update i wasnt clear sorry  
Posted by Markz - 17 Aug 2016 23:55

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[seichel wrote on 16 Jul 1974 07:16:](#)

This Shabbos and Sunday was also sex-free. I didn't even try this time. Just kinda natural.

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Really, I haven't felt a compulsion for it again. Yet. I do recognize that I am indeed homosexual and that was HASHEM's will for whatever reason, I know I cannot and certainly don't want to go through the pain of trying to change. I don't want to start a debate but trust me, I've been fighting this for a long time and been through every possible scenario in my head about how this came to be or how I can "fix" it but I have come to realize that. Although very difficult, it is still easier to accept and try to live to the fullest than attempt to change your psychological makeup. So thanks for the support in my continuing journey away from sex addiction for now. I'm sure if it's not one thing there will be another issue. It's called life. /end rant

I removed what I wrote here earlier cos I misunderstood you

Ok. So what are you struggling with today

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Re: frum and gay update i wasnt clear sorry  
Posted by seichel - 18 Aug 2016 15:59

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Just like how not to use p--- as a substitute for being w my boyfriend. He works crazy hours so it's hard to get time in w him

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Re: frum and gay update i wasnt clear sorry  
Posted by Shlomo24 - 19 Aug 2016 23:26

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How are you in life? Are you being productive? Also, why do you write the word porn funny? Seriously though, I'm wondering about that.

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