

Helping others

Posted by shmirashachaim - 06 Apr 2016 19:13

I am content on my journey, but still making sure that i'm still on it and not letting it dissipate among feelings of sobriety (especially since i'm not sober)

However, as I was trying to focus on my recovery, I have pushed off my awareness of the struggles of others I know. But I realize that i must care about these people as well, so even though I will continue to focus on my recovery, I will ask if anyone has any ideas what i can do for these people.

My father has homosexual relations

My 12 year-old nephew has been using a loop hole on his smart phone to look at inappropriate images

?Any ideas?

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Re: Helping others

Posted by Gevura Shebyesod - 06 Apr 2016 19:17

I assume you meant "relatives".

12 is a bit young to be on GYE. Do his parents know? The earlier he can get guidance and support the better.

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Re: Helping others

Posted by shmirashachaim - 06 Apr 2016 19:27

I guess your right, they are my relatives.

I dont know if they are aware.. im assuming not. What do you suggest i do.

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Re: Helping others

Posted by markz - 06 Apr 2016 19:35

I assume your father you have no control over, although I would try "accidentally" land some SSA pamphlet in his mailbox...

Your nephew?

His parents are the ones youll know if you have a way with. The kid lives in their house, not yours

hatzlacha

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Re: Helping others

Posted by peloni almoni - 06 Apr 2016 20:24

[shmirashachaim wrote on 06 Apr 2016 19:13:](#)

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hi.

is your father religious?

if not, does it bother him that he has these tendencies?

does he want/feel the need on any level to get help?

does he know that you know about what he does?

if yes, is he comfortable with you knowing?

now i am in no way shape or form qualified to give any advice or direction or even to voice an opinion on this, and i won't.

i will merely state that i would not understand how a secular person in a society that progressively believes in the normalization of homosexuality would/could accept that homosexuality is abnormal, let alone actually go and get help for it.

if this logic follows, the ramifications for your father and your role in it should follow as well.

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Re: Helping others

Posted by shmulyz18 - 07 Apr 2016 20:18

Hello Chaim, ok this is a hard topic to discuss. I am going to make this as clean as possible.

First of all, your Nephew is at that age where his reproductive organ (how do i say this this with being triggering?? ok i'll say it.) his organ is getting bigger. there I said it. And his hormones really spike when he see a girl.

I would talk his parents about this and try to get him on a medicine that will reduce his sexual drive and hormones.

Second of all, he is a young curious kid. Which is fine when it comes to robots,cars, social media, etc.

But with this, it'll slowly kill him and he probably will get depressed. Which I do not want. I was depressed there for a while. But when I stopped looking at "Adult Material" I was fine. He should not depressed, instead he should be a happy kid playing with his friends and having fun. Again I encourage you to talk to his parents.

Please note: I am not a therapist. I am merely a concerned poster. I wish you luck.

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Re: Helping others

Posted by shmiraachaim - 08 Apr 2016 00:21

[markz wrote on 06 Apr 2016 19:35:](#)

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hatzlacha

How can I attain these SSA stuff?

and obviously not comfortable speaking to my sister and bro in law about it, and not sure if will do harm or good by doing so. good i guess because they will be more aware and take away the iphone or somehow block it (don't think it's possible). Harm because not clear his relationship is with them, he has other issues including extreme ADHD and social backwardness and not entirely sure how well my sister deals with it. Frankly don't know how well their relationship is as my sister isn't the most stable person. My bro in law i think has a better relationship but not sure exactly what it is.

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Re: Helping others

Posted by Shlomo24 - 08 Apr 2016 01:44

[shmulyz18 wrote on 07 Apr 2016 20:18:](#)

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Please note: I am not a therapist. I am merely a concerned poster. I wish you luck.

Medicine to reduce his drives? No offense, but HUH?! Also if one watches porn it does not mean they are depressed.

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Re: Helping others

Posted by Gevura Shebyesod - 08 Apr 2016 01:49

That is mentioned in the handbook as a last resort, but that's what it is. It's not for 12 year olds going through normal puberty and curiosity. What he needs is love, guidance, and encouragement, not drugs.

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Re: Helping others

Posted by shmiraShachaim - 08 Apr 2016 02:56

[peloni almoni wrote on 06 Apr 2016 20:24:](#)

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if this logic follows, the ramifications for your father and your role in it should follow as well.

To answer your questions:

Yes, my father is religious, and he even considers himself a "black hatter"

I am not sure if it bothers him that he has these tendencies (tendencies? Might be a little more than that). His public image is drastically different than how is with his family and overall see that he is not who he projects himself to be in regards to halacha/hashkafa. But who am I to know what he regrets doing? He has a number of issues and not all to certain how much he is aware of them or how much he cares. As far as being religious or not, he has been having these affairs before my mother died so as far as I can tell religious or not, it is probably something not too "moral".

Don't know if he feels the need for help on any level (that would be based on previous question no?)

I'm pretty certain he doesn't know that I am aware.

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Re: Helping others

Posted by ecstatic - 08 Apr 2016 03:59

I feel very sad for you. I hope that one day your father will settle down and you will be able to be proud of him.

As far as your nephew is concerned, I don't agree that it is a given that his parents should be directly involved. Sometimes parents do not realize that they may not be equipped to handle problems like this themselves. I suggest you reach out to a Rov whom you trust and who knows the family.

This is pikuach nefoshos, and you really must take action, but to personally intervene without the guidance of a wise and experienced mentor such as a Rov might be over your head.

As far as your father is concerned, I will bli neder PM you

Hatzlocho

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Re: Helping others

Posted by Shlomo24 - 08 Apr 2016 04:54

[shmirashachaim wrote on 08 Apr 2016 02:56:](#)

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I can't even fathom what this situation would feel like if I was in it. I don't know how I would

manage. That being said, something that has helped me in dealing with disturbing aspects of my life is the notion that other people are also sick. I don't mean sick in a bad way, sick like I am sick. I held people on such pedestals that when they didn't act accordingly it really affected my inner peace. My father is a very volatile person, I don't trust him at all. He can go from being really smooth and calm to uproariously anger in a matter of seconds. I am trying to view him as another sick person, to have rachmanus on him instead of anger and fear. He's also struggling.

Continuing on that theme, and this is actually my main point, is learning to "keep our side of the street clean." I have codependency up the wazoo and it is very hard for me not to "fix" others. My sponsor has told me, and I have heard countless times, that I have to do what is best for me. Not what is best for others, what is best for me. If I develop and become emotionally healthy, and I still want to help others, then I can. But not from a need-fulfilling place or if I want to come out looking good. It has to be completely about the other person. And even then, there are many situations in which I must sit back because involving myself would cause me and the other party stress.

Hatzlacha.

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Re: Helping others

Posted by pischoshelmachat - 08 Apr 2016 15:08

Hi,

i just want to tell you how I feel for you. I cannot imagine how hard it must be in your situation. May HKB"H give you the strength and peace to triumph over all your challenges.!

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Re: Helping others

Posted by aryehdovid85 - 08 Apr 2016 16:34

"..... It's not for 12 year olds going through normal puberty and curiosity. What he needs is love, guidance, and encouragement, not drugs.

IMHO,I think Gevura is on the money....but it is not easy

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Re: Helping others

Posted by shmulyz18 - 08 Apr 2016 19:31

[Gevura Shebyesod wrote on 08 Apr 2016 01:49:](#)

That is mentioned in the handbook as a last resort, but that's what it is. It's not for 12 year olds going through normal puberty and curiosity. What he needs is love, guidance, and encouragement, not drugs.

Hi Gevura, I totally agree with you but I was on drugs for my ADHD AND OCD. I was on the wrong kinds tho. I agree because Puberty is a part of growing up, and he is most likely fantasizing about woman. I am guilty of this myself. I Know that he needs guidance and his parents hopefully help him and encourage him every day. If there is one thing I have learned on GYE, it is that YOU need to want to change. His parents can ground him and beg and plead with him. to change. But he is the only capable of wanting change.

Now it is not totally his fault, because he's at that age. and some of his "cool friends" have probably introduced him to P and M, and the other things. To sex in general. Which is meant only in a marriage.

Please do not get me wrong.

I Think his parents should help him.

They can give all the love and Guidance in the world. But then what? He may not want the help. It is up to him. With this I am turning down the road.

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