

To tell or not to tell?

Posted by beamer - 22 Nov 2009 14:21

I am thinking of discussing these issue with my Rabbi. Hopefully, he won't pass out from the shock.

My question is?

Has anyone had good or bad experiences with this?

I don't need the riot act read to me because I read it to myself every day and I know it by heart. Can a Rabbi really be sympathetic and continue to maintain a relationship with you without you feeling like rubbish? In a way, you want him (or her, I guess) to know the 'real' you in the hope that they can help you but on the other hand...

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Re: To tell or not to tell?

Posted by the.guard - 22 Nov 2009 23:06

Beamer, please see tool #9 of [the GYE handbook...](#)

P.S. Is your Rabbi a woman?

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Re: To tell or not to tell?

Posted by Momo - 23 Nov 2009 06:42

[guardureyes wrote on 22 Nov 2009 23:06:](#)

P.S. Is your Rabbi a woman?

I don't think so. Beamer wrote "I am thinking of discussing these issue with my Rabbi.
Hopefully, **he** won't pass out from the shock."

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Re: To tell or not to tell?
Posted by the.guard - 23 Nov 2009 12:59

But he also wrote:

In a way, you want him (or her, I guess) to know the 'real' you in the hope that they can help you
but on the other hand...

Unless he meant for others? :D

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Re: To tell or not to tell?
Posted by beamer - 23 Nov 2009 13:16

No, Rabbi is a guy. Just trying to be PC!

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Re: To tell or not to tell?

Posted by Kedusha - 23 Nov 2009 15:33

Beamer,

If your Rabbi has e-mail, I would suggest communicating with him that way using a pseudonym (I've done that). You can always reveal your identity later, if you see the need.

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Re: To tell or not to tell?

Posted by beamer - 23 Nov 2009 15:42

[Kedusha wrote on 23 Nov 2009 15:33:](#)

Beamer,

If your Rabbi has e-mail, I would suggest communicating with him that way using a pseudonym (I've done that with my Rabbi). You can always reveal your identity later, if you see the need.

That is a good idea, although I still don't feel good. What was your experience like? Has anyone had experiences where they told their Rabbi?

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Re: To tell or not to tell?

Posted by Kedusha - 23 Nov 2009 16:04

You only want to tell your Rabbi if there's a need. It's like anything else: you wouldn't say to

your Rav, "my wife is going to Mikvah tonight" if there were no purpose in his knowing.

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Re: To tell or not to tell?

Posted by Eye.nonymous - 23 Nov 2009 18:30

You can always test your Rabbi out first with something lighter and indirect.

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Re: To tell or not to tell?

Posted by imtrying25 - 23 Nov 2009 23:17

Rage!!!!!!!!!!!!!! I dont think theres an ounce of normalcy in any and i mean any of your posts!!!!!!!!!!!!!! (btw thats my way of saying i love your posts man. Keep 'em pumpin)

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Re: To tell or not to tell?

Posted by the.guard - 23 Nov 2009 23:18

Rage, please see tool #9 of [the GYE handbook...](#)

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Re: To tell or not to tell?

Posted by yrts - 24 Nov 2009 04:32

Maybe you should have your rav muvhak, and a rabbi with who you talk to about whatever issues youd like to get off your chest

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Re: To tell or not to tell?

Posted by bahava - 24 Nov 2009 07:50

[yrts wrote on 24 Nov 2009 04:32:](#)

Maybe you should have your rav muvhak, and a rabbi with who you talk to about whatever issues youd like to get off your chest

I agree with yrts on this.

I found a rav that I've spoken to only about these issues.

He was totally understanding.

I was comforted when he told me that others had approached him with the sane issue. Then again, that was before I found this amazing community.

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Re: To tell or not to tell?

Posted by Eye.nonymous - 24 Nov 2009 13:47

[Kedusha wrote on 23 Nov 2009 16:04:](#)

You only want to tell your Rabbi if there's a need. It's like anything else: you wouldn't say to your Rav, "my wife is going to Mikvah tonight" if there were no purpose in his knowing.

Hey, that's a good point.

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Re: To tell or not to tell?

Posted by kanesher - 24 Nov 2009 19:26

I'm gonna go with Rage here; many Rabbis are still in denial about this issue - I know this from first hand experience (not being open myself, but with discussing "issues" with them) - though anyone who is more open, involved in marriage counseling/at risk youth/kiruv should be very aware. Really depends on your circles and your rabbi; as I mentioned in another post, another masgiach suggested a bachur should learn more hilchos shabbos. gee. Useful.

A close friend who is the understanding type could be a better idea. Of course, many halachic shaalos can come up from fighting this addiction - and then clear honesty is necessary with the right Rabbi (anonymously?)

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