

"Creepy" sexual attractions

Posted by Human being - 02 Dec 2022 06:55

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**DISCLAIMER! This post in no way shape or form is encouraging those with "alt' feelings to be complaisant, and just accept themselves. When I say we need to accept ourselves, it doesn't mean you don't need help.**

**DISCLAIMER! If there is any reason to believe you may need assistance controlling your desires, GET HELP. Don't be ashamed, we don't choose our feelings. You a human being who deserves love, respect, concern, safety, acceptance and support just like the rest of us. Most of us with "alt" desires have a history of challenges that deserves and sometimes mandates reaching out.**

So many of us humans have desires that we think "aren't regular/common and retarded to have".

I've met and spoke to so many people who are attracted to so many different things. Teens, ssa, older people, specific looking boys, specific looking girls, children (I've never met anyone personally but its definitely out there, as i will bring in the links and foot notes in the next post) an age group of boys, an age group of girls, specific nationality's, tall, short random fetishes, fake and fantasy fetishes too. In other words every different type of thing on the planet.

Thing is, it seems from my various conversations and interactions here on gye and in general, that many of us feel like we are hiding "a really bad secret" of "really disturbing feelings and desires" that cannot under any circumstances be talked about or shared, for fear of us "creeps" getting "exposed" .

Let me tell everyone a secret..... they are regular and common feelings and desires, we are just embarrassed to share them. We hide them, squash them and make believe they don't exist for fear of someone "exposing us".

Yes, you got it right. Random/weird/unique sexual fantasies are common human feelings/desires. Fetishes, Pedophilia (sexual attraction to prepubescents (less common, but your not alone) ), hemophilia (sexual attraction to post-pubescent teens ages 11-14 ), SSA, Various specific attractions, and ephebophilia (sexual attraction to teenagers), are COMMON FEELINGS. Its common to FEEL that way. Its NOT OK to ACT that way. I'm not saying its the norm. I'm just saying its not out of the norm and unexpected. So is various random fetishes and fantasies. Yes "THAT" included. (whatever your "THAT" may be.) Your not creepy or a molester.

I personally am attracted to only teenagers, (boys or girls) (ephebophilia). It is not "retarded and creepy that im attracted to them" It would be creepy if i acted on my desire. I am not bad, crazy, weird, or "an other" Not the norm, but not crazy or inherent pervert.

We are just scared to share our feelings and desires because were scared of people thinking we are creeps/molesters etc. You are NOT a creep/molester if you have these FEELINGS or DESIRES. A molester is someone who ACTS on his feelings or desires.

*You are normal and healthy person with some unhealthy parts of you. You deserve to be loved and cared about and embraced and respected and looked up to, you can be a counselor, go to the mikveh, hug your kids, kiss your kids, pat your camper on the back. (If you need help controlling your desires/feelings, or you feel that going to the mikveh or patting your campers on your back-will cause your desires/feelings to be aroused or triggered within you- and you don't know how to regulate those unhealthy feelings/desires in a healthy way- then please do not go to mikvah or touch those that can trigger you. But there's nothing for you to be ashamed about. We don't choose our feelings and desires.)* Relax about being "exposed" breath easy, share yourself with your wife, with your friends, with yourself. -if you share your feelings, you have way way way less of a chance of acting on them. Share your feelings, be open be honest, *get help. Reach out. Your loved. While your a part of you may not be "normal", YOU are normal and healthy and theres nothing to be ashamed about.*

Please, chime in everyone!

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Re: "Creepy" sexual attractions

Posted by jackthejew - 04 Dec 2022 10:00

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[Human being wrote on 04 Dec 2022 08:22:](#)

[jackthejew wrote on 04 Dec 2022 07:58:](#)

[Human being wrote on 04 Dec 2022 07:39:](#)

[jackthejew wrote on 02 Dec 2022 10:06:](#)

[Human being wrote on 02 Dec 2022 06:55:](#)

Please, chime in everyone!

1. For someone SSA, going to the Mikvah can be a problem. For someone attracted to children, it's a bad idea to become a Rebbe, teacher, or counselor. Because you're then putting yourself into a dangerous situation. The same way a heterosexual person shouldn't go to a strip club and tell himself he won't look. The gemara says someone who deliberately walks past a place where there will be improperly dressed women is called a Rasha if there's another way to go **even if he didn't see anything**.

2. Many sexually deviant attractions have underlying psychological causes. While having such feelings **Does Not make one a bad person unless he acts on it**, that does not mean the feeling or attraction itself is normal. When people (mostly academic sexual and gender studies professors) call pedophiles MAPs, for example, it is intended to say feelings of pedophilia are normal, and don't require introspection to see if there's any underlying psychological cause. The same way gender dysphoria is rapidly being changed from a disorder in the previous DSMs to a normal and legitimate feeling.

Thank you for disagreeing. I respect your opinion and I agree on the first point that *some* people

should avoid the mikveh, being a rebbi etc. On the second point i wholeheartedly disagree. Under each heading is a spoiler. In the spoilers are the paragraphs and details of my arguments. I did it with this format for easier reading. Id love feedback from whoever has the patience to sit down and read through it. I put much time into preparing and bringing the links to the footnotes supporting my arguments, so enjoy!! Please comment below! Cant wait for everyone's comments- negative or positive!

Disclaimers

**Warning: Spoiler!**

Arguments(i mostly agree) about the first point of jackthejew who we love so much even though we disagree (about an SSA guy going to the mikveh)

**Warning: Spoiler!**

**Arguments about the second point of jack the jew who we love so much even though we disagree.**

**Warning: Spoiler!**

**WHILE EACH DESIRE/FEELING INDIVIDUALLY IS LESS COMMON; GROUPING THEM TOGETHER MAKES HAVING STRANGE DESIRES COMMON.**

I want to reiterate. I'm not saying everyone has these feelings. It isn't *THE* norm. You should not expect the people around you to be challenged with your specific subset of feelings and desires, but rather that enough people have these feelings for us to be deemed within-the-norm of regular human beings.

Out of the 20 or so percent of us who have 'different' desires we are further divided into multiple categories. So each category alone isn't too common. *(Lets average it out based on the research. We are talking about around 3% of people are attracted to pedophilia, 5% to hebephilia, 8% ephebophilia, 4% gerontophilia, and 4% SSA, and 1% numerous other things,- fetishes included. So we are talking about a small but significant amount of people for each attraction group).* Yet when put together, it becomes more than just significant. It becomes within-the-norm of human desires to have interesting attractions. You are not a creep, you are not a molester. You are within the norm-of-human desires. While we have desires that may not be *the* norm. We are still not "an other".

**CHAPTER 2. WHY WE THINK WE ARE CREEPS AND WHY OTHERS THINK WE ARE CREEPS TOO.**

-- So why do so many people not understand how common it is?

--Why do so many people think they are "crazy" "molesters" "creeps"? I think the answer is simple.

Firstly, so many of us have desires we have never even met, because they are too dangerous for us to bring to our consciousness, so we squash them as if they don't exist in order to feel more comfortable.

Secondly, the people who don't have the challenge of being attracted to a forbidden genders/age groups/fetishes and don't know how common it is and think its bad/unhealthy/wrong, will never gain the trust of anyone who has this challenge to share their challenge with them. Why would anyone share their challenge with someone who will tell them "your unhealthy" Your unwell "get help quick", so the people who think its uncommon stay blissfully ignorant. Yet the people who have the challenge of having an attraction that they cant act on and have the courage to be open about it, can gain the trust of others who share the challenge too. And yes, the percentage of people who shared with me their struggles and it included an aspect of "creepy" different/not as common "hidden desires" that can NEVER EVER be leaked, is astronomical. And yes you'll never know how normal it is if you think its not normal because no one wants to share feelings with someone who will say their not normal..

## **THE QUESTION OF UNHEALTHY VS HEALTHY. AND SHOULD WE GET HELP. DO WE NEED THERAPY OR NOT?**

### **1) ARE THESE DESIRES HEALTHY OR UNHEALTHY**

Well what is the definition of healthy? What is the definition of unhealthy? Lets look to the dictionary.

[www.merriam-webster.com/dictionary/unhealthy#](http://www.merriam-webster.com/dictionary/unhealthy#):

~:text=an%20unhealthy%20climate-,%3A%20not%20in%20good%20health%20%3A%20sickly%2C%20diseased,%3A%20injurious%2C%20bad

**-unhealthy, [adjective](#), un-?healthy, [??n-?hel-th?](#) : not conducive to health**

What is unhealthy emotionally? First we got to figure out what emotional health is. This is the best definition I found for emotional health.

[www.samaritans.org/how-we-can-help/schools/deal/deal-resources/emotional-health/emotional-health/](http://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/emotional-health/emotional-health/)

**"Emotional health is about how we think and feel. It is about our sense of wellbeing, our ability to cope with life events and how we acknowledge our own emotions as well as**

**those of others. It doesn't mean being happy all of the time."**

**We can then give the definition of 'emotionally unhealthy' as something "not conducive to our sense of well being, our ability to cope with life events and as well as being not conducive to an ability for self acknowledgment and acknowledgment of others. So its really based on the general consensus and of individual opinion.**

Does the public view *pedophilia* as "not conducive to our sense of well being" -I think yes. Does the public view pedophilia as something that hinders our ability to "cope with life events"?  
-Some yes some no.

Does the public view *hebephilia* as "not conducive to our sense of well being" -I think yes. Does the public view hebephilia as something that hinders our ability to "cope with life events"?  
-Some yes some no.

Does the public view *ephebophilia*, *gerontophilia*, *SSA*, or *fetishes* as "not conducive to our sense of well being" -I think no. Does the public view *ephebophilia*, *gerontophilia*, *SSA*, or *fetishes* as something that hinders our ability to "cope with life events"? -I think no.

And this is all public perception. So with the exception of pedophilia and hebephilia, the public in my opinion considers almost all unique attractions "emotionally healthy"

i believe that the footnote below is the publics perception of attraction to teenagers and the like.

*Ephebophilia* is used only to describe the *preference* for mid-to-late adolescent sexual partners, not the mere presence of some level of sexual attraction.[1] Generally, the preference is not regarded by [psychologists](#) as a [pathology](#), as long as it does not interfere with other major areas of one's life. It is not included in the [Diagnostic and Statistical Manual of Mental Disorders, 5th Edition \(DSM-5\)](#) or the [ICD-10](#). [2]

-What about personal opinion? This makes a big difference. Unlike physical health in which the definition is black and white, either its good for the body or not, whether something is emotionally unhealthy, varies by the person. For one person Ephebophilia might be very "unconducive to our sense of well being" and might make him very unable "cope with life events", while for another person feelings of pedophilia might very well be "not conducive to our sense of well being" (i think we can all agree on that) it may nevertheless not at all hinder him

from "coping with life events".

Point is, its a person to person basis if something is conducive to them or not. I'm sure in countries where the legal age of consent is lower, it is very conducive, while in country's of older consent is is lesser. It varies by religion. It varies by how strong ones desires are. It varies if that is the only attraction one has or its one of a few or many.

aka--- [worldpopulationreview.com/country-rankings/age-of-consent-by-country](http://worldpopulationreview.com/country-rankings/age-of-consent-by-country)

In summary, If various unique desires are emotionally healthy or not, varies on many variables. Every person is different, pedophilia being the exclusion.**2) DO WE NEED HELP**

I think you now know the answer. If your attraction is emotionally unhealthy *for you* then its time to reach out for help, because if it is "not conducive to your sense of well being, or your ability to cope with life events and it also is not conducive to helping you grant yourself self acknowledgment and? acknowledgment of others" then it is time for you to help your life be better. So of course you should reach out for help.

### **3) DO WE NEED TO GO TO THERAPY**

Here's were it gets simpler. Going to therapy means going to a professional. If you need a professional then definitely go to therapy. We all have different opinions of what are examples of "you need a professional" I think there are definitely a few we can agree on. 1- Your at risk for hurting yourself or others. 2-your at risk for doing things illegal. 3- As a result of your desires/feelings you cant function with day to day responsibility's. 4- Because of your feelings/desires, you are unable to have safe stable relationships. 5-Becouse of your feelings/desires you are overeating, using an addictive substance, gambling, drinking or doing anything else dangerous or damaging to avoid your feelings. There are countless more, but that's up to everyone's personal opinion.

I do want to add, that one who needs a professional and instead goes to a rebbi/mentor/chizzukdude/ is not only not helping himself, he is damaging himself. If you need a professional- **GO TO A PROFFESIONAL.**

### **WHY THIS IS INTEGRAL TO HEALING OURSELVES**

Why is this so important? It is hugely hugely hugely important. I cant stress it enough. If we are scared to explore and accept and face our desires, we wont be able to fight the proper fight against our desires and we will have so much less clarity in how to control our desires. We will have a harder time reaching out. A harder time being authentic. Relationships that are less



intimate. Less vulnerable. A common misconception we have, is that if we hide our feelings or squash them as if they don't exist , they'll have less power. *Unfortunately feelings and desires have more power over us if we hide them.*

I thank you for and value your opinion. However, I still disagree with your assertion that you can be your own arbiter of what is based on healthy thought patterns and what isn't. To give an extreme example, a schizophrenic will always believe his own hallucinations, but just because HE believes he's healthy doesn't mean he doesn't need psychiatric help. That is the entire basis of involuntary commitment. Which has fallen out of favor by the liberal establishment in charge of many major US cities and has led to a catastrophic homelessness problem. The "rock bottom" of SA is partly a realization that "I'm not doing fine, and I can't function", but until hitting bottom, most people can't bring themselves to admit to something as monumental as that. TO ADMIT I'VE BEEN RUNNING MY LIFE WRONG for any reason? SO it may take a loooong time to recognize that reality. So some of the signs something may be mentally not right include interesting sexual attractions. Someone who has a desire for violent fetish, WHICHEVER side of the equation he visualizes himself on, probably has something underlying that should be worked on.

I see this perfectionism. So we can disagree to disagree. I think we all have wierd parts. They are parts of us and must be accepted loved and welcome. If all.....

I would say not everything is a life altering issue but some things are decent indicators. Perfection is not required, and is frankly unattainable. I would also point out the seemingly inherent contradiction between saying that having feelings (and even maybe acting on them...) doesn't reflect on or impact the actual person and accepting the feeling as part of you. The issue is also not even really the pedophilic feelings as long as one doesn't act on them, as much as the underlying psychological trauma that usually drives those feelings and which should be worked on. But as long as we're calling the feelings normal, then there isn't an indication that any deeper problem exists. Leading real problems and trauma to go untreated for the sake of being compassionate only begets more problems for those truly in need of help

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Re: "Creepy" sexual attractions

Posted by Hashem Help Me - 04 Dec 2022 12:30

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This has been one majorly therapeutic thread for some of our chaverim here. Thank you GYE for giving us a platform to share - and by doing so - giving us the opportunity to think a lot as we express our thoughts and concerns in a healthy safe place. A major anxiety buster as well as feeling accepted as part of a community of sorts which is so important for the many of us that struggled alone for so long with no one to share our pain with.

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Re: "Creepy" sexual attractions

Posted by Gevura Shebyesod - 04 Dec 2022 15:40

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Your statistics are somewhat simplistic. They do not distinguish between opposite-gender and same-gender attractions. Also, is the "unusual" attraction exclusive? Or does it come along with "normal healthy" attraction to age-appropriate members of the opposite gender? And some people check more than one box.

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Re: "Creepy" sexual attractions

Posted by Human being - 04 Dec 2022 21:03

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I have redone my original post. I left many holes in my op-ed. And many unanswered questions. I recently answered all the questions that @jackthejew and @shmuel asked but I realized that it didn't come to the bottom of the forum as a new post, I had accidentally just edited my old post, so you couldn't see the updated version on bottom of your questions. Well here it is! I would be honored if people would take the time to look through it and share with me their opinion on any of it! Thanks! @GevuraShebeyisod, my updated version should answer your questions as well.

P.S. if you would like to debate or ask for sources on a specific portion of the op-ed, please quote just that portion, as the message is quite long.

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Re: "Creepy" sexual attractions

Posted by Human being - 04 Dec 2022 21:04

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Thank you for disagreeing. I respect your opinion and I agree on the first point that *some* people should avoid the mikveh, being a rebbi etc. On the second point i wholeheartedly disagree. Under each heading is a spoiler. In the spoilers are the paragraphs and details of my arguments. I did it with this format for easier reading. Id love feedback from whoever has the patience to sit down and read through it. I put much time into preparing and bringing the links to the footnotes supporting my arguments, so enjoy!! Please comment below! Cant wait for everyone's comments- negative or positive!

1.- Disclaimers

**Warning: Spoiler!**

2. -Arguments(i mostly agree) about the first point of jackthejew who we love so much even though we disagree (about an SSA guy going to the mikveh)

**Warning: Spoiler!**

3.- Arguments about the second point of jack the jew who we love so much even though we disagree. (About whether unique desires/feelings are normal or not)

**Warning: Spoiler!**

4.- While each desire/feeling individually is less common; grouping them together makes having strange desires common.

**Warning: Spoiler!**

5. -CHAPTER 2.Why we think we are creeps and why others think we are creeps too.  
**Warning: Spoiler!**

6. -The questions of unhealthy vs healthy. And should we get help? Go to therapy?  
**Warning: Spoiler!**

## 7. -WHY THIS IS INTEGRAL TO HEALING OURSELVES

Why is this so important? It is hugely hugely hugely important.

If we are scared to explore and accept and face our desires, we wont be able to fight the proper fight against our desires because we wont have self awareness about what our desires really are. And we will therefore have so much less clarity in how to avoid triggers and control our desires. We will have a harder time reaching out. A harder time being authentic. Relationships that are less intimate. Less vulnerable. Feel guilty, feel ashamed. fell like the worst human being in the world. A common misconception we have, is that if we hide our feelings or squash them as if they don't exist , they'll have less power. *Unfortunately feelings and desires have more power over us if we hide them.*

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Re: "Creepy" sexual attractions

Posted by Gevura Shebyesod - 04 Dec 2022 22:01

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You still haven't differentiated between adult males attracted to teenage girls (very normal), and adult males attracted to teenage boys (not so normal).

and your population numbers are skewed because you are working off the total population, half of who are female plus many children. Especially the Lakewood number where fully half the town are children.

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Re: "Creepy" sexual attractions

Posted by Hopeful2022 - 04 Dec 2022 23:31

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[Gevura Shebyesod wrote on 04 Dec 2022 22:01:](#)

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Being attracted to Teenage Girls as an adult man... IS NOT NORMAL

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Re: "Creepy" sexual attractions

Posted by Human being - 04 Dec 2022 23:35

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[Gevura Shebyesod wrote on 04 Dec 2022 22:01:](#)

your population numbers are skewed because you are working off the total population, half of who are female plus many children. Especially the Lakewood number where fully half the town are children.

Absolutely agree. Thank you for pointing this out! I'm going to change the numbers right now!

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Re: "Creepy" sexual attractions

Posted by Human being - 04 Dec 2022 23:44

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[Gevura Shebyesod wrote on 04 Dec 2022 22:01:](#)

You still haven't differentiated between adult males attracted to teenage girls (very normal), and adult males attracted to teenage boys (not so normal).

**Part 4.** of my article i believe answers your questions. Please tell me if you are still unhappy with my answer. Id love to continue gaining clarity!

Some "unique desires/feelings" are more unique then others. Of course. And yes there are for sure many more people attracted to teenage girls then boys. Of course there is a huge differentiation. The point i was trying to make *was not* that each individual attraction/desire/feeling is common. My point was, *That while a specific attraction/feeling/desire may not be common on its own it is never-the-less normal to have "unique/strange" feelings/desires/attractions.* My heading is quoted below.

***"While each desire/feeling individually is less common; grouping them together makes having strange desires common."***

And inside the spoiler was my point explained in detail.

**Warning: Spoiler!**



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Re: "Creepy" sexual attractions  
Posted by Human being - 05 Dec 2022 00:21

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[Hopeful2022 wrote on 04 Dec 2022 23:31:](#)

[Gevura Shebyesod wrote on 04 Dec 2022 22:01:](#)

You still haven't differentiated between **adult males attracted to teenage girls (very normal)**, and adult males attracted to teenage boys (not so normal).

and your population numbers are skewed because you are working off the total population, half of who are female plus many children. Especially the Lakewood number where fully half the town are children.

Being attracted to Teenage Girls as an adult man... IS NOT NORMAL

Id love to know why you think so? Can you give some background to your opinion?

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Re: "Creepy" sexual attractions  
Posted by frank.lee - 05 Dec 2022 00:25

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Thank you for speaking up and spending time and energy on this important topic. I agree that people may think they are creepy or crazy because they have disturbing thoughts and feelings. I agree that these people can be wonderful and special people. I love you all!

I myself used to have interesting thoughts and still real with them sometimes, and I worked on

myself, to respect myself for who I am, separate my self from my feelings, and I try not to identify myself as a sick person.

I spoke to a therapist about it. He shared with me how other people who are otherwise normal, can have crazy sick disturbing thoughts running around their heads, and how we need to learn how to deal with it, change how we relate and deal with them...

Not sure why you are trying to say the thoughts are normal. Seems like a stretch, playing with the words. Not the normal, but the normal, add italics...

IMHO, Hashem gave men certain interests and feelings, in order for them to build homes. They are attracted to people who are relevant to them, namely females in the similar or slightly younger age brackets. That is what we call healthy, normal, natural attraction. From Hashem. For the kium haolam, sustainable families and society.

Other attractions, regardless of how common they may be, are not normal, again IMHO. The people can be wonderful, but the feelings, even if common in certain elements of the population. That does not mean any offense, trigger or microaggression, towards those who are different in this area.

With love!

Frank L

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Re: "Creepy" sexual attractions

Posted by Human being - 05 Dec 2022 00:28

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[Gevura Shebyesod wrote on 04 Dec 2022 15:40:](#)

Also, is the "unusual" attraction exclusive? Or does it come along with "normal healthy" attraction to age-appropriate members of the opposite gender? And some people check more than one box.

Check out **Part 6.1** where I address your question.

*"Point is, its a person to person basis if something is conducive to them or not. I'm sure in countries where the legal age of consent is lower, it is very conducive, while in country's of older consent is is lesser. It varies by religion. **It varies by how strong ones desires are. It varies if that is the only attraction one has or its one of a few or many.***

*In summary, **If various unique desires are emotionally healthy or not, varies on many variables. Every person is different, pedophilia being the exclusion.***"

What do you think? Is your question answered?

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Re: "Creepy" sexual attractions

Posted by Human being - 05 Dec 2022 00:52

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[frank.lee wrote on 05 Dec 2022 00:25:](#)

Thank you for speaking up and spending time and energy on this important topic. I agree that people may think they are creepy or crazy because they have disturbing thoughts and feelings. I agree that these people can be wonderful and special people. I love you all!

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Other attractions, regardless of how common they may be, are not normal, again IMHO. The people can be wonderful, but the feelings, even if common in certain elements of the population. That does not mean any offense, trigger or microaggression, towards those who are different in this area.

With love!

Frank L

We are in agreement with most of what you wrote.

We are using the word "normal" differently. You "normal", as in "unhealthy" I, "normal" as in "common".

Regarding whether or not it is healthy or not, I think depends on various circumstances..  
Can you check out **PART 6.1** for reference and tell me what you think?

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Re: "Creepy" sexual attractions  
Posted by Gevura Shebyesod - 05 Dec 2022 04:25

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[Human being wrote on 05 Dec 2022 00:28:](#)

[Gevura Shebyesod wrote on 04 Dec 2022 15:40:](#)

Also, is the “unusual” attraction exclusive? Or does it come along with “normal healthy” attraction to age-appropriate members of the opposite gender? And some people check more than one box.

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*In summary, **If various unique desires are emotionally healthy or not, varies on many variables. Every person is different, pedophilia being the exclusion.***"

What do you think? Is your question answered?

You addressed the first part of my paragraph, but not the second. You can't add the percentages up and get a total because many people have more than one of the attractions listed. Personally I can check off at least 3 boxes.

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