

"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 Human being - 11 Dec 2022 05:42

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[Hopeful2022 wrote on 05 Dec 2022 12:13:](#)

Good, Bad, Creepy, Normal?? I don't care what you call it, you have a sickness, no different than a broken arm, and it needs to be addressed. Mental illness is a disease and should not be treated any differently than cancer or heart disease. There should be no shame in it, I hope you have supportive people in your life. I am confident that it can be "fixed". Having you on GYE is a good start, and shows you want to live a better life.

Refer to previous posts on why this is completely false. Mental illness is not at all comparable to physical illness. It is not "a sickness" it is very different then a "broken arm". And the biggest lie of all is that mental illness is a disease. Simply not true.

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Re: "Creepy" sexual attractions

Posted by Human being - 11 Dec 2022 07:44

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[future paltiel wrote on 06 Dec 2022 15:56:](#)

**Warning: Spoiler!**

Id love to hear which ones!

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Re: "Creepy" sexual attractions

Posted by Human being - 11 Dec 2022 07:48

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[frank.lee wrote on 08 Dec 2022 12:26:](#)

HB, I think you agree on many things but there are some things left in disagreement.

Is this true? You think that we can not change or curb our thoughts, feelings, attractions etc? It follows that the Torah does not instruct us to not have bad thoughts?

Additionally, you feel that thoughts or feelings of sexual attraction to minors is not intrinsically bad or unhealthy? I am NOT talking about Common or not common. What about thoughts of violence towards others? Towards babies? Sexual attraction to a neighbor's spouse? To other men? I say intrinsically, not strategically. Meaning maybe for a strategy of getting more healthy, better self acceptance, one should accept and think/pretend it is fine. Intrinsically?

You are obviously very well read, so maybe you are more informed on this - does CBT not help you stop having troubling thoughts?

Thanks!!

Will respond tomorrow. bh Love the questions! Thanks.

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Re: "Creepy" sexual attractions

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Posted by Hopeful2022 - 11 Dec 2022 10:45

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That is the stigma attached to Mental illness. You give it a separate category and different meanings. That is why people stay in the shadows and don't deal with the problem. This a a great example of the problem...You go to great lengths to change the issue to something other than what it actually.

There is no shame in getting treatment for a broken arm, but there is for a mental illness.

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Re: "Creepy" sexual attractions

Posted by Human being - 11 Dec 2022 19:14

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[Hopeful2022 wrote on 11 Dec 2022 10:45:](#)

That is the stigma attached to **Mental illness**. You give it a separate category and different meanings. That is why people stay in the shadows and don't deal with the problem. This a a great example of the problem...You go to great lengths to change the issue to something other than what it actually.

There is no shame in getting treatment for a broken arm, but there is for a mental illness.

*Because strange desires are not like broken arms. A broken arm is the cause of symptoms. Strange desires are a symptom of a cause. We treat a broken arm because it is the thing causing symptoms. We want to heal the broken arm. For some reason by mental health, we treat the symptoms, instead of the cause.*

That will not heal the cause. That's like trying to heal a broken arm by treating the pain (symptom) with painkillers. That wont fix the broken arm. (cause)

**I believe you did not address my challenges, to your calling of symptoms "an illness".**

## FACT CHECK "MENTAL ILLNESS"

There's a reason doctors don't look at someone and say "hay, he's coughing, is red and out of breath" and then diagnose him *"ok he has lung disease!"*. First there are tests to see WHERE THE SYMPTOMS ARE COMING FROM. BECAUSE WE GET A DIAGNOSIS BASED ON WHERE THE SYMPTOMS **ARE COMING FROM**. NOT THE SYMPTOMS THEMSELVES. Symptoms can't be a disease. Symptoms come from somewhere. Symptoms come from diseases. HENCE THE NAME SYMPTOMS. Strange desires ARE A **SYMPTOM** OF NEGLECT, ABUSE AND TRAUMA AND MANY OTHER THINGS.

Imagine a doctor giving medication for a medicine, based on the symptoms for lung disease, without seeing or caring about where the symptoms are actually coming from!? What if the symptoms are stemming from a chest infection!?

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Re: "Creepy" sexual attractions

Posted by Human being - 12 Dec 2022 04:08

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[frank.lee wrote on 08 Dec 2022 12:26:](#)

"frank.lee" post=389157 date=1670502388 catid=1

ok awesome questions. Here are my answers. Id love to hear your opinion.

1)Do You think that we cannot change or curb our thoughts, feelings, attractions etc?

We can change our thoughts and feelings. Attractions are way lot harder to change, but its possible. (Takes a very very high amount of self awareness, memory and mainly time. I think the vast majority would not be able to lose an attraction.) I do think **gaining** a new attraction, as well as "watering down" an attraction we already have is doable and common. (Not for everyone. Some people cant) Both those goals are quite realistic for many people. (not all) -our brains can and is, always changing. Its called neuroplasticity.

2) It follows that the Torah does not instruct us to not have bad thoughts?

Nope the Torah does indeed tell us not to have bad thoughts. (Ayin Mesilas Yesharim Perek Daled, He learns it from Nazir.) Also look at [Shulchan Aruch EH 23:3](#)

3) Additionally, you feel that thoughts or feelings of sexual attraction to minors is not intrinsically bad or unhealthy? I am NOT talking about Common or not common.

4) What about thoughts of violence towards others? Towards babies?

I believe its not at all *intrinsically* **bad**. I do believe that in 99.99% of cases it is **very unhealthy**.

5) Sexual attraction to a neighbor's spouse?

Not intrinsically bad at all, very normal in fact. This is why we have an issur of "???? ?????  
???? ????? ????? ????? ??? ??? ????? ??????" Because we desire it in our hearts.

6) To other men?

What is wrong in the the Torah is the particular sexual act, NOT the person. "Thou shalt not lie with a man after the manner of a woman: it is an abomination." The Torah is not judging the person; only the behavior. ?????????????? ????? ?????????????? ?????????????? ??????????  
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So not intrinsically bad at all. Not intrinsically unhealthy. It depends on a lot of variables. (is he attracted to woman too, what type of boys, how strong is the desire, how stable and in control he is etc etc etc.) I would say that yes, many times it is unhealthy, Although many times its not. Depends on the person.

7) You are obviously very well read, so maybe you are more informed on this - does CBT not help you stop having troubling thoughts?

It can definitely help. It is fairly limited in helping, because it doesn't focus on feelings that cause thoughts, but rather on the thoughts that are a result of feelings. What CBT calls "Core Beliefs" is where CBT needs to end, and healing needs to take place on what is causing the "core beliefs. Hint; feelings.

?So i want to be clear. Not only is CBT helpful, it is a must. We need to work with thoughts too. But if we primarily focus on thoughts and not the feelings causing thoughts, we won't heal. Instead we will be mitigating the damage. All progress starts with CBT, almost all progress needs to continue with feelings based work.

You have to understand that CBT was developed in the 1960s. The world of neurobiology, psychology and anything brain-related has exploded. Dr Perry, Bessel van der Kolk, Peter Levine, Francine Shapiro, Janina Fisher, Judith Herman, Richard Schwartz, Pat Ogden, Janice Webb, Stephen Porges, Alexander McFarland. The list is endless. There is mountains of new research which explains how our brains work. Hint; our brains revolve mostly around our feelings, which then affects our thoughts. We can know something consciously, for example I'm safe or I'm smart, but if he doesn't feel that way, it didn't help him heal.

Judith Beck herself, --the leader of the CBT Beck institute (they train CBT therapists worldwide, over 120,000 have been trained by the institute) who runs the therapy developed and passed over by her father to her, --- said, that if a client knows something cognitively but doesn't feel that way, other modalities are needed!! **Feelings work is needed, because CBT can't address feelings underlying "core beliefs".**

You can listen to her on Mordechai Weinberger's, emotional awareness hotline. 718-298-2011 Its extension 3, then number #951 Its somewhere about 45 minutes into the interview.



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Re: "Creepy" sexual attractions  
Posted by frank.lee - 13 Dec 2022 00:58

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Thank you so much, I think that clears up a lot of my questions.

another point, hirhurei aveira kashin me'aveira atzmo...

So I think we should differentiate between a general feeling of attraction towards a group, or actual thoughts of committing an aveira with them.

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Re: "Creepy" sexual attractions  
Posted by Human being - 13 Dec 2022 06:54

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[frank.lee wrote on 13 Dec 2022 00:58:](#)

Thank you so much, I think that clears up a lot of my questions.

another point, hirhurei aveira kashin me'aveira atzmo...

So I think we should differentiate between a general feeling of attraction towards a group, or actual thoughts of committing an aveira with them.

Absolutely. Thinking about doing an act is definitely wrong. The missilas yescharim actually says its the worst form of znus. In Perek Daled as well.

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*"In this manner, the Sages prohibited on the matter of forbidden relations all that resembles and draws a person close to forbidden relations, however way that may be, namely, whether it be in deed, in sight, in speech, in hearing **or even in thought.**"*

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"Regarding "thought" our Sages already mentioned in the beginning of our Beraitha: "you shall keep yourself from every evil thing" ([Devarim 23:10](#)) - From here R. Pinchas b. Yair said that a person should not have [impure] thoughts in his heart, and thus bring himself to have impurity at night" ([Ketubot 46a](#)). **They further said: "thoughts of sin are worse than the sin itself"** ([Yoma 29a](#)) and scripture says explicitly: "evil thoughts are an abomination to G-d" ([Mishlei 15:26](#))."

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Re: "Creepy" sexual attractions  
Posted by Human being - 13 Dec 2022 06:55

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Lol i just realized that i quoted what you already quoted in your post. lo freaken I

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Re: "Creepy" sexual attractions  
Posted by Human being - 13 Dec 2022 06:57

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[frank.lee wrote on 13 Dec 2022 00:58:](#)

Thank you so much, I think that clears up a lot of my questions.

another point, hirhurei aveira kashin me'aveira atzmo...

So I think we should differentiate between a general feeling of attraction towards a group, or actual thoughts of committing an aveira with them.

Can you write out what you believe the answers are to your 7 questions? id love to hear your thoughts.

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Re: "Creepy" sexual attractions  
Posted by frank.lee - 15 Dec 2022 00:20

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[Human wrote:](#)

HB, I think you agree on many things but there are some things left in disagreement.

Is this true? You think that we can not change or curb our thoughts, feelings, attractions etc?

Hi Human Being, who I love and respect! You bring so much insight and passion to this platform! responding to your request here. Sorry for formatting...

we can try our thoughts, feelings, attractions. I did such work myself in therapy. Also I spoke to a therapist who specializes with SSA and he has experience helping people do that.

It follows that the Torah does not instruct us to not have bad thoughts?

the Torah wants us to have clean minds and thoughts

Additionally, you feel that thoughts or feelings of sexual attraction to minors is not intrinsically bad or unhealthy?

as I wrote recently, you can differentiate with gradations, between attraction and thoughts of aveiras. I think they are bad and/or unhealthy. In my mind, healthy is when it can be followed and channeled to get married and have a great marriage.

I am NOT talking about Common or not common. What about thoughts of violence towards others? Towards babies? Sexual attraction to a neighbor's spouse? To other men? I say intrinsically, not strategically. Meaning maybe for a strategy of getting more healthy, better self acceptance, one should accept and think/pretend it is fine. Intrinsically?

All the above, same. Intrinsically bad. Need to learn how to deal with them. Accept as the reality. Not as good. Ignore. Thought surf. Acknowledge. Distract etc.

You are obviously very well read, so maybe you are more informed on this - does CBT not help you stop having troubling thoughts?

here I mention Troubling Thoughts. That can encompass many thoughts that can disturb us. The above, or other obsessive, frightening, limiting or handicapping thoughts. From my understanding and experience, therapy can help.

Thanks!!

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Re: "Creepy" sexual attractions  
Posted by frank.lee - 15 Dec 2022 00:24

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Hi Human Being. Above are my answers to my questions, as you requested. Pardon the unclear formatting. After each quote section should be my answer, ie. My opinion.

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Re: "Creepy" sexual attractions  
Posted by Human being - 15 Dec 2022 17:29

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That was a nice Convo. I hope we have many more:-)

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Re: "Creepy" sexual attractions

Posted by Eish Emes - 29 Dec 2022 00:21

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I have not been active on GYE for years, but happened to come across this discussion. I really appreciate Human Being starting this conversation. I wish I saw a post like this 25 years ago... I'm in my 40s married with kids.. Since my teens I've been attracted to teen boys... It was not until I was close to 30 and in a deep depression did I seek help and share with anyone my attractions. It's now over 10 years and I've been through several therapist, been in multiple support groups, attend multiple workshops and many other recovery related things. Some of it extremely helpful and some of it not. Even the unhelpful things have been learning experiences. B"H I've grown tremendously over the years and in so much better place.

I wanted to make one point... From a Torah perspective a married women is just as assur as any "creepy thing" and lust is lust no matter what one is triggered by. If you replace attracted to a married women with child, teen, ect. many arguments would go away. Let's use the example of a man who is attracted to his neighbor's wife... Would anyone argue he's a danger to her simple because he's attracted her? Now let's say he becomes obsessed with her... without getting too detailed... he can't get her out of his mind... and if Chas v'shalom he would try to do anything to her everyone would agree he has a lust problem and needs professional help. Now let's take someone who is attracted to his neighbor's child. He has worked on his lust and guards his eyes eyes and thoughts to a point where he has no impact on his thoughts or actions. Who better the first guy with a "normal" attraction or the second guy with a "creepy" attraction?

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