

My story so far

Posted by gothika - 15 Aug 2011 15:43

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Hi everyone,

I can see that this is a wonderful forum that you have here, and I am glad to be a part of it from now on.

I am going to try and use 'lashon naki' throughout this post but just so there are no misunderstandings: When I say shmiras habris, which i like to shorten to sb, or simply it, or the problem etc I mainly mean the aveira of masturbation.

My story in short (sort of short but if you can bear with me I would very much appreciate it):

Ages 14-17:

I guess I the issue really started when I first discovered my body and although I come from a frum family, I was actually unaware that it was assur until due to chance, I ended up browsing through an English copy of kitzur shulchan aruch (which was basically my only non human source of torah halacah etc that i could understand, since it is translated into English) and although I was looking for something else the topic of sb caught my eye and i was literally like, "WHAT?! And the author says its equivalent to MURDER?!?!?" Anyway although I found it hard to stop at that age (I must have been around 14) I imposed certain roadblocks(email or pm me for details if you want) and over the years of 14 to 17 I certainly had a clean stretch of about a year give or take(at some point) with all the in between times usually being punctuated by a falling down and then a feeling of oh no! what have i done and then going on strong for a while.

Age 17:

Then due to my own immaturity and perhaps the stresses of my final 2 years in high school (at age 17 or so) taking me away from more intense Torah study I somehow came to the conclusion that it was in fact not actually forbidden by halacha (it is) but rather a sort of chumra (its totally not a chumra!) or something (I'm not sure exactly what i can tell them in shamayim later as to my "heter" since the yetzer hara's Lomdus is never glatt it is usually vague and emotional based) so for the next 2 years I pretty much freely did what i wanted in this area.

Age 18:

I went to yeshiva in Israel and there was one rabbi there who i was close to that was not at all

"afraid" to talk about sb and so it was through him that I started feeling a little guilty again over what i was doing. By Elul of that year (i am the type of person who gets all anxious during elul and starts fretting and thinking about things a lot) instead of my default mode which was the following thought process: "Rav C said that this is one issue which is really important to work on, but whatever I don't think i am on that 'level' now so its fine" I started actively challenging the impulse. Now this part I thought would be easier since I had already done this step before (refer to 'age 13' above) and so what I wasn't prepared for was the fact that I remembered stopping when i was 14 was sort of easy in a way, what i mean is that although it was uncomfortable and quite hard it never got to a point where I just physically could not hold myself back but this time it was so hard.

I guess as i am typing up my story (and this is the first time ever i should add) this reason popped up. When I was 14 and stopped, I was quite young and my hormones were probably only just starting out at that point, but now at age 18 was the first time that my hormones were in full swing and yet i was trying to stop, also I had a series of years of habit from 17-18 to undo.

Anyway back to my story: I didn't know how to deal with this issue fully. I just sort of approached it the cold turkey type way once i decided that it really was assur, but I don't think that have ever had a stretch of more than around 6 weeks where I consistently never did it.

Age: 19-21.5 (which is now): The last few years takes us to right now, and although I have been trying, I have never tried, nor been aware of any system other than the "Well its assur so don't do it ever, and if you do you need to do teshuva"-system. I decided to join this forum since I just found out about it and the last time I tried searching the Internet for advice in this area is in 2008 (when i was 18), and at that point these holy forums never even existed.

One big area that I feel is insurmountable is that often if I haven't done it in a few days (like 10) then I will go to sleep at night and fall asleep and then at some point in the night I would wake up and being half awake and having little willpower I would do it while lying right there and then go back to sleep. Sometimes I wouldn't always have a full recollection/memory of if i even did it, which makes it even harder to stop since it practically feels as if sometimes I don't have any free will in the matter. I mean how can you stop doing something you can't control and possibly don't even recall. Just to be clear on this issue, I am not having what is known as a nocturnal emission, which is something different, I am actually causing it myself. If anyone else has this problem please let me know via a reply to this post or a pm/email if you don't feel comfortable discussing it in the forum itself so that I know that i am not the only one facing this particular aspect of this challenging area, and also so we can talk strategy.

A side point; for food for thought is that have any of you holy members of the olam noticed that this issue is made so much worse by the fact that the rabbeim of our generation are so afraid of

the awkwardness of this that they rather spend all their time teaching us other areas of the Torah which, although are avada very important for every Jew to know, should have been given second preference over teaching this very pressing issue to young barmitzvah age boys. I mean I was totally unaware that it was assur to begin with, never mind the necessary guidance to conquering the challenge.

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Re: My story so far

Posted by gibbor120 - 06 Sep 2011 20:26

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Re: My story so far

Posted by Dov - 06 Sep 2011 20:38

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[Me3 wrote on 06 Sep 2011 20:06:](#)

No! No! Don't apologize that was the funniest post I've seen on GYE in months!

Do I get any extra points on my credit card for heping to coax a super-long post out of dov.

you :-\*!?

....oh, yeah, whaere is the threadmaster here, Mr Nebulamud (shlit"a)?

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Re: My story so far

Posted by Me3 - 06 Sep 2011 20:41

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I do have an admittedly warped sense of humor.

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Re: My story so far

Posted by obormottel - 06 Sep 2011 22:12

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I could have still made it funny not at the fellow's expense, so for that I appologized.

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Re: My story so far

Posted by gothika - 07 Sep 2011 16:57

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[dov wrote on 06 Sep 2011 20:38:](#)

[Me3 wrote on 06 Sep 2011 20:06:](#)

No! No! Don't apologize that was the funniest post I've seen on GYE in months!

you :-\*!?

....oh, yeah, whaere is the threadmaster here, Mr Nebulamud (shlit"a)?

I am still here! I have just returned to yeshiva after bein hazmanim, so I have been very busy setting myself up again, this past week so I apologise for not being so regular lately.

I must say that although I do feel honored to see that you would take the time to write several

lengthy posts in answering my (and other's) questions, I have felt that the replies were immensely complicated and while I love reading all lengthy posts on these forums, since they have so much feeling and meaning to them I have often gotten lost in your posts, dov, so I have not been sure how to respond. I have honestly been baffled most of the time in what, bichlal you are trying to say, and so I just couldn't respond because sometimes I felt that my questions were not at all answered, even though you answered many other off topic questions, so I am quite glad that obbermotel expressed his mutual confusion which was what I was feeling in his list above.

To answer where the threadmaster has been over the last few days, is that I can see that you brought up many points which are very nogeah to many people reading this particular thread including me, so I just sort of took a step back and let the conversation naturally run its course.

But now I am here rambling on and not being specific so there you go, it happens to a lot of us too!

Ok so that was as far as the previous discussion goes. As far as how I am doing, the answer is not so good. In fact bad. Well I am depressed, and I can't fully figure out why. I have been on medication for clinical depression for quite a while now, and it has been working, and nothing has changed so I honestly don't know what is wrong with me. If suicide wasn't assur, I see no reason why I would go on, that being said, it is assur and that has stopped me from ever trying it so far in my life. I see everyone here dealing with their issues but their issues are not the same as mine. Everyone who is married is working on their relationship with their wives. Everyone who is not married is working on themselves to get ready for marriage, and to ensure that they will present their wives with a non addict, reliable husband.

Bur thats all that. Husband wife marriage. It all doesn't apply to me. I don't want to marry a women. I certainly can't take a man, thats assur. so where does that leave me? Alone i thunk. There is almost no one else like me out there, and the ones that are like me do not have the same type as me. There are people who still manage to stay married. To be with their wives. I don't see that in me. Its not what I want, I don't want women. And honestly, I am getting sick of it. All this alone. My family would completely misunderstand this, and that really would push me over the edge. My rabbi's don't understand this condition, they just prompt me with idiotic questions, and useless suggestions. I honestly am truly alone, in a room full of people and I can't do a thing about it. Anyone who would find out about me would just be disgusted at what I want. I am sometimes disgusted at what I want. I am convinced you all are disgusted at what I want. So I must simply suffer alone. And for how long? Well as long as I live. I don't see any exit. I don't see any hope. The only relief that I get from this is my running, because it gets me to stop thinking, and just focus on the road. But that must end, when I tire of the exertion, and when it does my crushing aloneship comes back. All I want is my crush, and I can't have him.

So it's just me. Just gay, disgusting, filthy rotten, putrid me. Alone. Thats why I don't want this. And what a lame sorry sob story this has become. But this time no edits.

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Re: My story so far

Posted by Gevura Shebyesod - 07 Sep 2011 21:23

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Nebula STOP THAT!!!

Do I need to throw all your words to me back at you? You are not any of those things!

Stop running alone, and get back in the Special Forces truck with us. Bshaim Hashem Naale Venatzliach!

GEVURA!!!!!!!!!!!!!!

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Re: My story so far

Posted by ZemirosShabbos - 07 Sep 2011 21:38

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i second Gevura's sound rebuttal!

you are a precious caring good-hearted yid

end of story

do you have problems to deal with? definitely

did you make mistakes in the past? probably. most living breathing people over 3 have done so.

guess what? we are in similar boats. some have this brand of issue some have others

but we all have issues. even people with 8500 posts who have been sober for the last 2 centuries have issues.

you have shown that you have a lot of good in you. focus on it. use it. live it.

and we are here for you. we accept you and love you. make us and yourself proud.

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Re: My story so far

Posted by ur-a-jew - 07 Sep 2011 22:05

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NM you are not alone 1) lust is lust no matter what flavor it comes in. If you can't stop once you start and it is ruining your life, than you are just like me and many others here; 2) even within your particular lust there are many others in a similar situation. For example:  
[www.guardyoureyes.org/forum/index.php?topic=1200.0](http://www.guardyoureyes.org/forum/index.php?topic=1200.0). Stick around and you'll have much hatzlacha. Remember you're a shining star.

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Re: My story so far

Posted by ben durdayah - 07 Sep 2011 22:19

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I third Zemmy's seconding of Gevura's sound rebuttal!

There is much that can be said, but first things first:

I have sat in rooms, where people who have the very same problem that you do gathered with others -who do not have that specific problem, and live well with their wives -and nobody considers those with SSA to be "filthy and disgusting". Chalilah VeChas!

Why should anyone think that a person who clearly does not want to be attracted to men is disgusting compared to people who compulsively mas\*\*\*\*ate, watch internet p\*\*n, visit pros\*\*\*\*\*es, engage in consistent voyeurism drinking in whatever female happens to be in view?

Why should any of these indeed be considered any more normal than what your poor soul is plagued with?

When you meet with others who have reached the conclusion that we are not contemptible, on the contrary -we are intrinsically good people with a heavenly soul who are trying to reconnect with G-d, but we are in need of help from others to overcome our challenges and reconnect with Him...

What's contemptible and disgusting about these people? The behaviors from which they are trying to distance themselves? Yes, those are contemptible and sometimes disgusting. But is there really such a big difference whether it's girls, guys, or hamsters that are the objects of our lust?

You talk about a "crush" of yours. That's not love -just lust -whether the object of the crush is of the opposite sex or of your own. That person is just an object. And the way crushes usually end is by the infatuated party being crushed when he realizes that -even if contact is made -it is utterly disappointing and will never live up to the alluring fantasy.

You describe yourself as "gay". You may be attracted to men. But take it from our friend Gevurah Shebeyesod -don't draw any hasty conclusions.

Many have stood at the very juncture that you are now standing. As Bill Wilson writes in the Big Book (p 17-18):

She would soon have to give me over to the undertaker or the asylum... I knew, and almost welcomed the idea...



Now I was to plunge into the dark, joining that endless procession of sots who had gone on before. I thought of my poor wife. There had been much happiness after all. What would I not give to make amends. But that was over now. No words can tell of the loneliness and despair I found in that bitter morass of self-pity. Quicksand stretched around me in all directions. I had met my match. I had been overwhelmed. Alcohol (*Lust*) was my master.

Everyone became resigned to the certainty that I would have to be shut up somewhere, or would stumble along to a miserable end. **How dark it is before the dawn!**

In reality that was the beginning of my last debauch. I was soon to be catapulted into what I like to call the fourth dimension of existence. [b]I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes.

You never know what's just around the corner.

I don't suffer from SSA b"H, but our friend Gevurah has posted some very insightful posts that I think that you might find most helpful and assuring.

I have much more to say, but I was planning on signing off long ago.

Wishing you much Siyatta Dishmaya,

EBD

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Re: My story so far

Posted by obormottel - 07 Sep 2011 22:23

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Nebula, chaver, I truly feel your pain.

You contend that we are disgusted by what you want. Not so. What do I know of other person's ta'avois? I just know your struggles, and they are a lot like mine: I can't have what I really want, even though I am married with children. I want a wild life with multiple partners. I will never ever have this since, as you say, it's asur. Should I be misyaeish on my life, chas v'sholoim, or try and get myself to a point where I love my life as it is, and then after 120 years I'll ask Hashem why He felt I was particularly suited to have this Yetzer?

You said that sometimes you yourself are disgusted by what you want. perhaps it's an indication that it truly is a yetzer, but not the real you.

ANyways, you stand to gain a lot by staying alive and sticking around this site.

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Re: My story so far

Posted by Gevura Shebyesod - 12 Sep 2011 13:37

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Nebula? NEBULA!!!!

Let us know how you are doing.

Don't make us send the monstuh trucks and hovertanks after you!

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Re: My story so far

Posted by gothika - 12 Sep 2011 21:16

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Thank you all for your support and not being grossed out at what I want so badly. I am waaaaay past my bedtime now but I will post an update soon, hopefully on the bus tomorrow morning.

I am mostly through that depressive episode that I was in on thursday-friday-shabbos, and I hope

you all can stop worrying about me, I have caused enough anguish to you all you caring holy yidden now, so I will soon post about what I have learned from this whole episode and also consequent falls that I had on shabbos.

More to come, i'm yirtzeh hashem.

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Re: My story so far

Posted by obormottel - 12 Sep 2011 21:55

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Also, don't let your good feeling about us guys spare us any detail of your fight because you think it might upset us. Don't hold anything back, we are big boys and can handle it.

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Don't hope, we will not stop caring about you! >