

Big Steps

Posted by Shlomo24 - 21 Oct 2014 17:59

i came to israel for y"t and i am staying here,
im going to be going to yeshiva here also.

Why did i switch? well i came here and i was hooked up with a bunch of guys who also have ssa just like me. that is something that i never experienced in america, simply because of logistics and availability. i israel there is a whole support group of guys who are willing to reach out and connect with each other. its amazing.
hey whats up yall? im in israel now, permanently

additionally, because the gay rights group has a much smaller contingent here, many therapists openly say that they can change ssa. something that i would say is close to nonexistent in america, b/c u could lose your job from saying that, especially if the media finds out. i started going to a therapist who specializes in ssa and so far it has been awesome.

another reason is that in israel the general atmosphere is an atmosphere that is dedicated to torah and growth in yiddishkeit (at least in yerushalayim). i personally see that the level of tznius is much higher here. in america it has become normal for women to wear skirts above the knee, i am not sure who made up that garbage halacha. in israel the percentage of women who are untznus is soooooo much lower.

also, i have started going to sa in israel. what is unique is that i would say 97% of the members are frum, not just that, in fact most of them are in yeshiva/kollel and look like yeshivish guys.

basically, the feeling i am getting is an overwhelmingly positive one. with a lot of seyata deshmaya i have arrived here. i actually have to thank gye, because i would have never gone to sa if not for gye. also i made contact with someone who has ssa through gye and he was the one who gave me the original numbers of other guys that i could talk to.

KOT! YTC!

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Re: Big Steps

Posted by Shlomo24 - 06 Mar 2016 22:45

I spoke with my therapist today. I was saying how I shame myself for my lack of tefillah. A common thing that I think is that no girl will ever want to date me or marry me. After saying this my therapist responded; "Shlomo, girls will be falling at your feet to date you." I was like "What!!" but he meant it completely seriously. He said that he really values my outlook upon life and how I am trying to improve on my defects. It got me thinking about myself. I have such a negative view about myself sometimes, I am so hard on myself sometimes, but maybe I am actually a good person! Who would have thunk! Afterwards, I left a message by another SA member. He texted back that everything, meaning the good things, that I said about myself are all true. He said that I am going to be a great husband. Honestly, that is all I really want in life. For me, there is nothing more reaffirming than being considered a good husband, or in this case, potentially. It made me feel really good and like a man on the inside. I told my friend, "Uch, stop it," and he

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I must admit that a part of me is saying that I am being cocky and a bigot by posting this story. I would like to bring that out to the light. I believe that positive messages are important for me and also for others. And I don't need to defend my honest experiences.

Peace Out.

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Re: Big Steps

Posted by ehrliche.bochur - 06 Mar 2016 23:50

[Shlomo24 wrote:](#)

responded that he was just saying a fact. I guess he knows the way to my heart

I spoke with my therapist today. I was saying how I shame myself for my lack of tefillah. A common thing that I think is that no girl will ever want to date me or marry me.

I thought this also before getting married. I think this is common all men worry about. Did you begin shidduchim? I will tell you when you start shidduchim there will be many times when girls want to continue but you do not. And times when you want to continue but she does not. Don't

worry so much. HaShem has a plan iy"h you will find bride

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Re: Big Steps

Posted by Shlomo24 - 13 Mar 2016 04:37

I have been thinking about dating and I mentioned it to my parents. My mother had a negative, sarcastic reaction, which made me fear how my father was going to react. I told him about it and he responded, "Ok", and proceeded to do what he was doing. I was not expecting that response at all, and I was very happy about it. It showed that he acknowledged it and he didn't make a big deal, which is what I wanted. I was standing behind him when he said that, and my response was "YAY!" Then I hugged him. This is significant because that was the first time in all of my life that I have **EVER** hugged him out of love. I had to use the bathroom afterwards, and I looked at myself in the mirror. I thought, "I can totally cry right now", and I started bawling on the spot. My parents were waiting for me for havdalah, so I cried a little more and tried to clean my face up, it is a character defect of mine not to show them vulnerability. After havdalah, I went to my room and cried a bunch more. The reason why I was crying is because of the pain that was/is residing in me about the relationship with my father. It isn't very good and he is abusive at times. I never got what I wanted ideally. However, this hug was an act of love that broke down those barriers that were preventing me from feeling those feelings. Once I did it, it was "all over" for me and I felt the tidal wave of emotion. It was good to actually feel pain, my acting out buried those experiences from me, but they are being unearthed. Many years of therapy couldn't get me here, but actions generally lead to emotions in my case. Therapy probably helped with self-awareness, but nothing could compare to this real-life instance.

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Re: Big Steps

Posted by Yesod - 13 Mar 2016 04:45

Awesome, absolutely awesome.

On the money

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Re: Big Steps

Posted by Gevura Shebyesod - 13 Mar 2016 05:09

Amazing!!!!

Continued progress!

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Re: Big Steps

Posted by ehrliche.bochur - 13 Mar 2016 11:06

wow great progress. i do not know how old you and your father but it is never to late to build good relationship by him. so great. bhatzlocho

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Re: Big Steps

Posted by markz - 13 Mar 2016 11:57

May all your endeavours be with a lot of Mazel!!

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Re: Big Steps

Posted by Shlomo24 - 17 Mar 2016 16:33

I have great news... I jammed my thumb playing basketball! Erm, that wasn't the good news. Oh

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Re: Big Steps

Posted by Yesod - 18 Mar 2016 00:23

Mazal tov, kein yirbu

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Re: Big Steps

Posted by markz - 18 Mar 2016 00:51

Mazel Tov

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Sorry to hear about your thumb

Call me if you need a Tow, cause you can't hitchhike nowadays

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Re: Big Steps

Posted by Shlomo24 - 25 Mar 2016 18:18

I had a very different purim this year: I drank too much too quickly on purim night. I basically called hatzalah on myself and was throwing up consistently for over an hour. I was also stuttering and felt pressure in my head, which is apparently a bad thing for drunk people. It was the most uncomfortable experience in my life. B"H I was ok, I was completely coherent during the whole ordeal, I didn't black out or anything. I did wake up with a killer hangover so the

hospital kept me there till late morning. My friend stayed throughout the night until like 8:30, which was incredibly nice of him and I definitely will get something nice for him. Regardless, I wasn't going to drink the next day. My sponsor totally thinks I am an alcoholic, although he is biased, he's an alcoholic himself.

So I basically laid in bed the next day until my seudah. When I arrived at my seudah I wasn't greeting very nicely to say the least. I told my SIL that I'm gonna eat and leave. When I told my sponsor my plans he offered to take me to another SA member (who's also an alcoholic) who was having a seudah. I went there and it was very enjoyable, I really liked the atmosphere. I wasn't completely into it but that is ok.

I took a couple things out of purim: I had an outsider's view of purim, and honestly the things that people were doing were not that fun unless one is drunk. Also, I experienced real happiness from the other SA member even though he was completely sober. Anyone else would have thought he was drunk. Also I wanted to experience the spiritual side of connecting to god without alcohol and I think I connected a little bit. I was also feeling a lot of self-pity that I couldn't enjoy how most of my friends were enjoying, I got tons of videos and whatnot of people enjoying myself and it honestly hurt me on the inside. Also, one of my brothers apologized for embarrassing me in public by the seudah and I was able to accept it. I didn't dismiss it, I acknowledged that I was hurt and that I accept his apology. It is very hard for me to be vulnerable and this was definitely a small breakthrough.

Al kol ponim, my purim would have been really terrible if not for what I have learned through my journey of connecting to god. I would have been miserable and I wasn't, thank god. I am currently working on the 3rd Step, (are we ever not?), and this was the perfect situation. I had one plan for how purim was going to work out, and god obviously knew that this would be the best for me. I tried to stay conscious of god throughout purim and I realized the silver linings, which is a bona fide miracle for me.

Peace Out.

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Re: Big Steps

Posted by Shlomo24 - 29 Mar 2016 05:18

So I just met a newcomer in SA who turns out to be a guy I know. I was completely shocked,

but that isn't what I want to focus on. I want to publicly (kinda) proclaim that I am not better than him. He may look up to me, and b"h I happen to have more consecutive one days, but I am not better. He is not less than. The person with the longest sobriety is the person who woke up earliest. SA is a one day at a time program. I also want to bring out to light that I don't need to pretend to be someone else, I'm good as I am.

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Re: Big Steps

Posted by peloni almoni - 29 Mar 2016 12:21

[Shlomo24 wrote on 29 Mar 2016 05:18:](#)

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I also want to bring out to light that I don't need to pretend to be someone else.

The following user(s) said Thank You: markz

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Re: Big Steps

Posted by markz - 29 Mar 2016 12:35

PA - time to upgrade your fish avatar to that of a shark

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