

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 sooooo 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 markz - 15 Apr 2016 04:30

Us quacks are getting voted in

Warning: Spoiler!

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Re: Big Steps

Posted by Crabapple18 - 15 Apr 2016 04:30

[Shlomo24 wrote:](#)

Ok, so I have been feeling really down this whole week. Been waking up late, not eating much, not (gulp) showering as often as I usually do, spending a lot of time on my computer and on YouTube, going to sleep really late, and the list goes on. I was feeling the lust really hard today, ayin shom l'eil, and I decided to take the day off kinda. I think that I needed it. So I skipped two classes and wasted time, but I felt bad still. Eventually I went home and in the car I started tearing up. I just felt so depressed and I had no idea why. It felt like someone just turned on a switch and I was suddenly just really sad. I made a concrete decision that I wasn't going to do anything for the rest of the night, and I wasn't going to feel guilty about it. B"h I think that is what I needed, because I feel so much better now. I watched a helluva lot of "Got Talent" videos and

just zoned out. But I think it was what I needed to do.

Peace Out.

Thanks for sharing.

I had to pipe in and say I also know you!

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Re: Big Steps

Posted by Workingguy - 15 Apr 2016 04:38

[Shlomo24 wrote on 15 Apr 2016 04:24:](#)

[markz wrote on 15 Apr 2016 04:22:](#)

Do you appreciate I included you on my exclusive msg?

Dont start being lomdish about the topic that wasn't lomdish

i truly wanted to share something lighthearted with you, as you're one of my buddies

Hey there's lots of guys here thinking 'bout you, even deranged despots (that's not me of course)

I say this out of love mark, but you're a total quack.

But the best quack that a person can ask for.....no one like him!

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Re: Big Steps

Posted by Shlomo24 - 15 Apr 2016 04:44

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Re: Big Steps

Posted by stillgoing - 15 Apr 2016 04:47

[markz wrote on 15 Apr 2016 04:30:](#)

Well, there's definitely no one like him... Gonna leave it at that

Us quacks are getting voted in

Warning: Spoiler!

They're not gonna pay for the wall, ok!?

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Re: Big Steps

Posted by Yesod - 15 Apr 2016 06:30

Hey Shlomo, forget the shower, that is why deodorant was created.

I know the feeling of sudden sadness attacks, i get about one a day when i think about certain things in my life. It dont feel good, especially when it seems like it's the truth.

I just want to commend you on being self aware, of which you seem to do very well, and trying to address your mood and mode. You seem to express that you are aware that it is not your essence but just something to deal with.

Gd bless, and have a good one

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Re: Big Steps

Posted by Shlomo24 - 15 Apr 2016 23:00

I would like to make some public disclaimers about myself:

1) If I don't respond to your chat, it's because I don't like you. Oh dang, sorry, Freudian slip. It's because I'm probably on my phone and I don't see the chat messages.

2) If we are on hangouts or have each other's number, please use one of those mediums instead of GYE chat. I personally find the chat annoying to use. If you chat me I will probably respond by one of those.

3) Al kol panim, if you don't have hangouts with me or my number, then feel free to chat me, but I may not answer, (see announcement #1).

4) I showered.

Good Shabbos.

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Re: Big Steps

Posted by skeptical - 15 Apr 2016 23:15

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Re: Big Steps

Posted by cordnoy - 17 Apr 2016 04:48

I agree with you regarding the chat.

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Re: Big Steps

Posted by inastruggle - 17 Apr 2016 05:23

Sorry to hijack the thread, ~~I just don't like you~~ you kinda brought this up it's important!

Is anybody else having issues with the chat? I keep hearing bleeps and not seeing any messages

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Re: Big Steps

Posted by Shlomo24 - 17 Apr 2016 05:26

So friday was good, played basketball, studied, etc. But shabbos was really hard. The lust was going on like crazy. I kept on thinking of the last time I acted out, which was with another man, and the scenes were on replay in my head. Weirdly enough, I remembered them from a 3rd person perspective, like if another person was watching, not as if I had actually experienced it. Whatever, regardless I was "this close" to making a call, and l'maysah, I probably should have. But I got on my knees and prayed and really spoke to god and asked him to please keep me sober. I realized that I was also taking small actions of lust, objectifying people and looking through a magazine for material, even though the magazine itself was clean, but I had reason that I would find lustful material. I realized that I can't keep myself sober, no matter what I do, if God isn't in the picture, then nothing is gonna happen. If God wants me to act out, then I will, no matter what. Which is why I prayed to him, because I thought that I was keeping myself sober, which I am not. B"h I made it through shabbos, but I need to take this day by day, there's no other way. I was taking it hour by hour at some points.

Another aspect that was frightening about shabbos was that I wanted to act out. Throughout my current sobriety, I really have not wanted to act out; things have been pretty serene. This was the first time in a while that I wanted to act out, and I wanted to act out with the guy who I last time acted out with. (He's in SA because of me, but that is another story). That was pretty scary, I knew that I was in deep s%&t if that was my state of mind. I obviously had to surrender in the past, but that was even though I knew I didn't want it. Unlike today. Also, what is scary is that if I act out, it will not be one and done. It will be a very long process before I resurface, I know that. My bottom has dropped and it's gonna drop like hell the next time it happens. In my sick mind, if I'm gonna delay dating for a year for this, then it's gotta be worth it.

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Re: Big Steps

Posted by Crabapple18 - 17 Apr 2016 17:32

"Only a power greater than ourselves can restore us to sanity"

KOT Shlomo

Make those good phone calls to get out of your head!

Hatzlacha

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Re: Big Steps

Posted by thanks613 - 17 Apr 2016 18:29

[Shlomo24 wrote on 15 Apr 2016 04:14:](#)

Ok, so I have been feeling really down this whole week. Been waking up late, not eating much, not (gulp) showering as often as I usually do, spending a lot of time on my computer and on YouTube, going to sleep really late, and the list goes on. I was feeling the lust really hard today, ayin shom l'eil, and I decided to take the day off kinda. I think that I needed it. So I skipped two classes and wasted time, but I felt bad still. Eventually I went home and in the car I started tearing up. I just felt so depressed and I had no idea why. It felt like someone just turned on a switch and I was suddenly just really sad. I made a concrete decision that I wasn't going to do anything for the rest of the night, and I wasn't going to feel guilty about it. B"h I think that is what I needed, because I feel so much better now. I watched a helluva lot of "Got Talent" videos and just zoned out. But I think it was what I needed to do.

Peace Out.

Responding to this might be outdated, but it sounds like your still feeling a bit down.. So here goes!

First of all, in my own journey I strive for eating at least one meal a day, brushing my teeth at ,being asleep no later than ~~3:00 AM~~ ~~2:30 AM~~ 2:45 AM, and the whole "I'll just shower in the morning" thing can go on for days at a time. I'm guessing we could start a thread/contest on this forum for the longest streak in recent history without showering, and frankly, I'd be surprised if you won. Anyways, all this is just what I strive for . . . Taking some time for self care is great, I think. I had a good 3 hour shloof this Shabbos - I undressed and got into bed and all- not something I typically do. And it was Geshmak. And very much needed. As

far as the Youtube/you got talent videos, I'm pretty sure I can't safely do this myself anymore,

What I'm really trying to say is that I feel for your struggle, and I'm sure you must know already this, but you're not alone, and not the only one that goes through some of this stuff. Maybe it helps to hear it from someone else.

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Re: Big Steps

Posted by Shlomo24 - 17 Apr 2016 23:57

[thanks613 wrote on 17 Apr 2016 18:29:](#)

[Shlomo24 wrote on 15 Apr 2016 04:14:](#)

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What I'm really trying to say is that I feel for your struggle, and I'm sure you must know already this, but you're not alone, and not the only one that goes through some of this stuff. Maybe it helps to hear it from someone else.

Thank you, as much as I think I know I'm not the only one, I sometimes don't feel that way. Thank you. Also, I actually thought I was the only one with the shower thing, (agav, this isn't a regular thing, just when life gets unmanageable). What talent acts I like most? I like the auditions mainly, but only the good ones. The better and more emotional the act, the more I like it. I don't really like the failed auditions. but just out of curiosity, which was your favorite? I'm guessing I've seen it at least once.

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