

## Big Steps

Posted by Shlomo24 - 21 Oct 2014 17:59

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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 markz - 03 May 2016 10:55

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[Yesod wrote on 03 May 2016 04:54:](#)

That explains it, whatever works for you.

Hatzlacha

PS

A patent for a 'surrender rug' is what Markz might be thinking about right now.

But I'll leave that for the cornfield

I've seriously considered creating a "red ~~surrender~~ carpet" welcome thread for newbies

I guess we'd use red corn for that then, and stand the guard by the entrance to 'accidentally' push them onto it into submission and a surrender position

Then we won't need 90 day charts, everyone will be cured instantaneously, and all will show "1 Day" like King Shlomo<sup>24</sup>, '*master of the ~~hug~~ rug*'

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Re: Big Steps

Posted by Workingguy - 03 May 2016 13:40

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[Shlomo24 wrote on 03 May 2016 04:12:](#)

[stillgoing wrote on 03 May 2016 01:51:](#)

[Shlomo24 wrote on 02 May 2016 16:54:](#)

I have been having a lot of romantic fantasy with women... ...I apologize if this is triggering to people....

...A lot of my fantasies involve non-sexual touches that are loving. Such as me running my hair through a woman's hair, (I used to brush my sister and her friend's hair, it's a long running thing I have). I also fantasize about holding a women in my arms and hugging a woman. I fantasize about the yichud room, although I have no idea what goes on besides for the fact that they don't have sex. Yeah, if you haven't realized, I'm a sex addict. I really want to be intimate with a woman....

...Because I'm such a charmer, I want to be "real" with women. And I feel that I have to be a jerk to women to uproot my charming status. However, I'm not a jerk. So sometimes I feel stuck.

?All this talk about women. Correct me if i'm wrong. I'm only one ssa guy here and i may be a minority, but it sounds to me like you have a healthy (at least) appetite for the oppisite sex

Yeah, bh, for a variety of reasons SSA is not my problem.

It's not? Now I'm confused. I thought it was. I'm not prying, but did I miss something?

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Re: Big Steps

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Posted by Shlomo24 - 03 May 2016 13:48

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First off, you can pry away. It's not my duty to answer a question just because it's asked. Let me clarify: I have SSA but it's not a problem. For a variety of reasons. My predicament is addiction.

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Re: Big Steps

Posted by stillgoing - 03 May 2016 16:15

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[Workingguy wrote on 03 May 2016 13:40:](#)

[Shlomo24 wrote on 03 May 2016 04:12:](#)

Yeah, bh, for a variety of reasons SSA is not my problem.

It's not? Now I'm confused. I thought it was. I'm not prying, but did I miss something?

I'm not answering for King Shlomo (i like Marks name for you. can i use it?) because i'm not him, but in a general way ssa can cause challenges in life, but if one is also attracted (a least somewhat) to girls, he can marry and lead a farly typical life. Addiction on the other hand, can totally take over our entire lives.

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Re: Big Steps

Posted by stillgoing - 03 May 2016 16:44

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[Shlomo24 wrote on 03 May 2016 04:11:](#)

[stillgoing wrote on 03 May 2016 01:39:](#)

Shlomo, that post was like L.A., N.Y, Montana & Texas all together.

Some interesting analysis:

L.A. - City

N.Y. - State

Montana - State

Texas - State

Not bad. (you didn't google it, right?) the point was, that they are from four ends of this country.  
reminds me of the time that someone once told me that new york and israel are pretty much the  
only places in the world, no?

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Re: Big Steps

Posted by Shlomo24 - 03 May 2016 17:02

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[stillgoing wrote on 03 May 2016 16:15:](#)

[Workingguy wrote on 03 May 2016 13:40:](#)

[Shlomo24 wrote on 03 May 2016 04:12:](#)

Yeah, bh, for a variety of reasons SSA is not my problem.

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As sg isn't answering for me, I am not answering for him, but I have an opinion on what was said: Even if I had zero sexual attraction for women, I could live a productive and happy life and be married. I know people who think that they aren't attracted to women, (hint: they are), but they have happy marriages. In terms of attraction, if a guy can tell the fundamental difference between a cute dog and a cute girl, then he is sufficiently attracted to women. This is what my therapists told me and it was one of the most vital things anyone has ever told me. But even so, let's say that I had zero attraction to women, I could still live productively.

I don't remember that nickname actually. But I must say, it's quite fitting.

Here are the "variety" of reasons why SSA isn't my problem:

1) SSA isn't my problem because I'm an addict. I have a disease that includes lust for men. God gave me it. Do pancreatic cancer patients and lung cancer patients have the same disease? Yes. So too do me and every other sex addict have the same disease. It's just expressed in different areas. There may be psychological reasons why I am sexually attracted to men, but there are reasons for everything. So addiction is the source, not SSA. (I am refraining from calling my addiction a problem, it is not a problem, rather the way I deal with it can be problematic). Some people have SSA as their source, but not me. As I'm in middle of writing a history paper, here is a quote from another member who shared this sentiment:

**"cordnoy"** post=240681 date=1412218115

Ultimately, the way I see it as a general rule (and I'm no expert) is that this type of addiction or lust desire is the same as others. There was somethin' that triggered our brains and rest of our body at some point in time, and many of us get stuch with that for the duration of our life. It is not the object or person of our desire that makes the difference; it is not the particular fetish that we may have. The common denominator is that it is defined as lust, and we need to learn how to live with it in a healthy fashion.

Honestly, I could read that over and over again. (I'm entering it in post of the year after this,

even though it wasn't this year).

2) SSA isn't my problem because it doesn't run my life. I don't have to deal with it. I don't identify myself as SSA, I am Shlomo. I am not a living, breathing, SSA. I know people like this and I don't find that they have serene lives. The best thing for my SSA was to disregard it as an identity. I am not different than you, we both belong together as humans. While some may find comfort and love in the SSA community, my personal experience was that the more I made SSA my life, the less of a life I had. I was constantly thinking about guys when I was in the community, that was the majority of conversations. And it wasn't healthy for me.

3) SSA isn't my problem because God has decided that I should gain attraction for women. My attraction is steadily growing and believe me I am not trying to facilitate that. I may even be actively NOT letting it facilitate. I'm quite comfortable with my attractions, we are old buddies. I am used to this and I like it, it's a homey place for me. I do find that the more I distance from SSA the stronger my sexual attractions to women are. I was in a point where I didn't lust after women at all, I just had the attraction, but now I need to be a little bit more careful. I am still grossed out by the prospect of watching heterosexual porn, I don't think women should be portrayed that way and I don't believe that any woman REALLY want to be a pornstar, as much as the liberal media will say otherwise. I am not, however, grossed out about sex with a woman, which I used to be. (And that is also for a slew of reasons). A woman in a gorgeous dress may be triggering, although for the most part they are not. I do objectify woman a lot though, probably the same I do with everybody. I don't think that someone even needs to be attracted at all sexually to be able to "perform."

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Re: Big Steps

Posted by Shlomo24 - 03 May 2016 17:05

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[stillgoing wrote on 03 May 2016 16:44:](#)

[Shlomo24 wrote on 03 May 2016 04:11:](#)

[stillgoing wrote on 03 May 2016 01:39:](#)

Shlomo, that post was like L.A., N.Y, Montana & Texas all together.

Some interesting analysis:

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Not bad. (you didn't google it, right?) the point was, that they are from four ends of this country.  
reminds me of the time that someone once told me that new york and israel are pretty much the  
only places in the world, no?

You got me there.

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Re: Big Steps

Posted by cordnoy - 03 May 2016 18:02

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Great stuff Shlomo.

I wasn't completely sure about the last paragraph though, but that's fine as well.

You have one heck of a healthy attitude.

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Re: Big Steps

Posted by Shlomo24 - 03 May 2016 18:07

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[cordnoy wrote on 03 May 2016 18:02:](#)

Great stuff Shlomo.

I wasn't completely sure about the last paragraph though, but that's fine as well.

You have one heck of a healthy attitude.

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Re: Big Steps

Posted by stillgoing - 03 May 2016 18:52

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[Shlomo24 wrote on 03 May 2016 18:07:](#)

[cordnoy wrote on 03 May 2016 18:02:](#)

Thanks, I'm not sure either.  
Great stuff Shlomo.

I wasn't completely sure about the last paragraph though, but that's fine as well.

You have one heck of a healthy attitude.

Do i need to quote the exact email? I still have it.

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Re: Big Steps

Posted by stillgoing - 03 May 2016 19:13

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[Shlomo24 wrote on 03 May 2016 17:02:](#)

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On the weekly ssa calls with jonathen, he explains (in his understanding) ssa is attraction (a longing to have something from the other person, non-sexual) combined with lust. If one would lessen that need to get something, one would still be left with the plain regular lust issue that so many on gye have. If you're now dealing with women issues, it sounds like you're doing good work in the ssa department, but watch out, most people here will tell that lusting (even for women) aint no picnic.

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Re: Big Steps

Posted by Yesod - 04 May 2016 02:36

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Uhuh, you'd better bet You see men walking around in mini skirts?

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Re: Big Steps

Posted by stillgoing - 04 May 2016 02:53

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[Yesod wrote on 04 May 2016 02:36:](#)

Uhuh, you'd better bet You see men walking around in mini skirts?

The men walk around topless. It's alot worse.

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Re: Big Steps

Posted by GuideMe - 04 May 2016 02:54

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Hi Shlomo, you sounds like a great recovery guy!.

just wanted to point this out

we can move on now

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