

## 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 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 mggsbms - 25 May 2016 14:16

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[jake08 wrote on 25 May 2016 03:43:](#)

Just wanna mention that R' Chaim famously said that the Gemara which says barasi yetzer harah obarasi torah tavlin is referring to before a person comes connected to avairah. But that stops to work after the connection is made. At that point he should refer to the Gemara in Brachos daf 5 ( which does not say specifically how one should fight the yetzer horah just rigzu.... Twelve steps certainly seems like a valid method to my simple mind)

Not so famous to me, never heard that, maybe you can point out a source.

I totally agree with the sentiment however. My personal experience is that as long I was immersed in learning these problems weren't an issue. It all came after I left full time learning. even though my job still involves learning it's a far cry from being at it full time.

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Re: Big Steps

Posted by Shlomo24 - 25 May 2016 17:33

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Just to clarify, Gevura wasn't 100% correct. I'm not referring to addicts. I'm exclusively referring to those on GYE, people who are needed extra chizzuk, but not necessarily losing their lives to lust. I want to know if that chevra of people have had success in turning to **a bit of Torah to combat lust**. An example would be a person who **takes on an extra seder of Mussar, Chassidus, or Torah to combat lust**. Another example would be **if a person feels the urge, they go to the b"m and learn a bit until the feeling passes**. I would like to know if anyone has found **long-term success with similar methods**. I'm referring to those who use Torah as a band-aid, not those who have completely refocused their lives on Torah. Many baalei teshuvah were promiscuous only before frumkeit, also many bochurim. That isn't what I'm referring to. (Ie: Skep and mirror missed my point).

A life revolving around Torah and immersion in Torah are known ways of helping non-addicts. But not my point.

(The bolded print is to ensure that people understand what I'm saying).

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Re: Big Steps

Posted by realsimcha - 25 May 2016 18:21

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I've really been trying to stay out of this discussion but I need to point out an underlying issue here. We have been going back and forth about this type of stuff on this site. Some pointing to Torah. Others - resentfully sometimes - responding that that's not what works for us/addicts/etc. Which in turn gets the "Torah advocates" really upset and almost disbelieving that people are suggesting that Torah is not the answer.

PLEASE let me clarify a point that can really add some clarity to this conversation. **OF COURSE TORAH CAN SOLVE EVERYTHING. ITS NOT EVEN A QUESTION. THE ISSUE IS THAT WE DONT KNOW HOW TO ACCESS WHAT TORAH CAN PROVIDE.** If an addict were to sit with rav yisroel salanter its highly likely that he would be able to guide him with the right approach ).

SO, to the Torah advocates like Mirror I say: Please don't be indignant when someone like Shlomo who has been through alot and works so hard to get where he wants to go - rejects the Torah way. He is not rejecting the Torah! He is just rejecting the premise that we know how to use the Torah for recovery. That is not kfira. And ... he might be right.

AND TO the program advocates who reject the Torah approach I say: Please be understanding that when you say something that sounds like a rejection of the Torah which contains within it all the wisdom in the world - it confuses frustrates and upsets people that don't understand that you are not disrespecting the Torah.

Thanks for listening.

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Re: Big Steps

Posted by mirror - 25 May 2016 18:36

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[realsimcha wrote on 25 May 2016 18:21:](#)

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Thanks for listening.

On this thread, i have not advocated for or against. All i am saying is, that if someone very obviously does not want to try something, for whatever reason however valid it might be, fine. But why do we feel the need to attack it and discredit it for others. Maybe those who try it are delusional, maybe not. Let them try, or let them ask their sponsor, why do we need to control others by constantly bashing something that we are not doing anyway.  
(maybe he would say, "listen there is something called the 12 steps

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Re: Big Steps

Posted by Shlomo24 - 25 May 2016 20:01

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I have a lot to say, but most of it ain't pretty. Under guidance from my sponsor I will not be posting anymore. I do not know when I will come back. I'm going to unsubscribe from this thread, and if anyone wants to contact me you can email me, text me, or call me. I may not be able to have a conversation, but I will at least acknowledge the reach-out.

Hatzlacha Rabah. Peace Out.

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Re: Big Steps

Posted by markz - 25 May 2016 20:07

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I hope you haven't u subscribed yet...

Having a sponsor is tremendous - and yours sounds really good

You will be missed

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Re: Big Steps

Posted by mirror - 25 May 2016 20:10

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I am sorry Shlomo.

Good luck, and i hope you can return.

(Maybe if my mirror fogs up for a bit).

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Re: Big Steps

Posted by doingtshuva - 25 May 2016 21:56

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For me torha learning wasn't an effective tool to fight my lust at all.

I was lusting on the way to learn and sometimes right after the learning, which only made me more frustrated.

Living up to the torah values is something that helps me more than the learning itself.

Now days I learn very little, but I try to have hashem in my mind at work, street, online, while talking to women.

So I pray and talk much more to hashem which I finds helps me.

Shlomo, what ever you do should be blessed from the one above

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Re: Big Steps

Posted by Workingguy - 25 May 2016 22:54

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[Shlomo24 wrote on 25 May 2016 20:01:](#)

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Hatzlacha Rabah. Peace Out.

Shlomo,

I'm sorry to see you go, and I hope you'll be back. I hope you're not leaving because of this thread about Torah helping or not.

For full disclosure's sake, I don't really understand what happened here. I'm not sure why you were questioning Torah or any way for that matter. Everyone was rooting for you after your relapse, and would have expected you to come out with more modesty and humility instead of questioning and seemingly even attacking.

It almost seems like you created the conversation and then left bc you didn't like the way it went. Now, everyone else is supposed to feel guilty that they may have chased you off the site.

Why don't you just withdraw the conversation and rejoin us?

But if you're not, hatzlacha and remember you're always welcome back.

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Re: Big Steps

Posted by Shlomo24 - 21 Jul 2016 06:18

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I'm in a much healthier place right now, thank god. I realized that there is certain things that I got from GYE that I didn't get from other places. I might not post as much as I used to, and I'm not getting into hashkafic arguments. The reason that I was reluctant to join is because of hashkafic differences, but I'm just not going to be part of those conversations anymore. I'm going to re-subscribe to my thread now and I'm not going to try to catch up really, just a couple things maybe. I had an incredibly spiritual experience today which also motivated me to rejoin. I finally became a grateful sex addict and realized truly that all the pain I went through was necessary for me to be in the place I am right now, which is amazing. Also, a big motivation was Total Giver, I'm not sure if that's his username, but he deserves a shout out. He showed me what I'm missing in terms of giving over ESH to others.

PS: Gevura is one if the lamed vav tzadikim.

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Re: Big Steps

Posted by doingtshuva - 21 Jul 2016 10:34

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Re: Big Steps

Posted by stillgoing - 21 Jul 2016 13:57

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Welcome back. It's great to see your name again.

What is ESH?

And i agree about Gevura.

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Re: Big Steps

Posted by Shlomo24 - 21 Jul 2016 19:22

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ESH = Experience, Strength, and Hope.

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Re: Big Steps

Posted by shomer bro - 21 Jul 2016 20:33

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Hey, welcome back dude!! I know I haven't been here much either, so it's kinda oxymoronic for me to say, but still. I'm so happy to hear the good news about you. KOMT bro!!

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