

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 - 18 Sep 2016 19:44

Yesterday was 3 months for me!

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Re: Big Steps

Posted by gibbor120 - 19 Sep 2016 18:37

Mazal Tov! GUTGW!

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Re: Big Steps

Posted by doingtshuva - 20 Sep 2016 21:26

[Shlomo24 wrote on 18 Sep 2016 19:44:](#)

Yesterday was 3 months for me!

Mazel Tov,

but why don't you update your chart?

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Re: Big Steps

Posted by Shlomo24 - 21 Sep 2016 12:01

The reason I don't update my chart is because I need to be reminded that I can only live ODAAT. I can't live any other way. Otherwise I become about racking up days, which isn't my priority at all. So this nips that problem in the bud and it also keeps my ego in check. If people don't listen to me because I only have one day, then so be it. It's not my problem.

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Re: Big Steps

Posted by Shlomo24 - 10 Oct 2016 07:42

I was inspired by serenity to post this: Step one is admission of powerlessness. If someone has to decide then they aren't powerless. Through an honest appraisal of one's self the powerlessness will be evident, if an honest appraisal is done and it's not evident, then there probably isn't an addiction.

I firmly believe in honesty. It has been one of the biggest parts of my recovery. I tell people all the time that "I'm allergic to dishonesty" and it's really true. I get affected when I'm not honest. The crazy thing is that I used to be a lying SOB. I even once asked my therapist how he manages to say the truth all the time because I struggled so much with it. And even if I wasn't lying, I wasn't being completely honest.

It has been a real challenge for me to live an honest life, because there are some things that people aren't ready to hear and I have to keep quiet or not be completely honest. And that's really hard for me to do.

However, I do suggest for all the people on GYE that they try living an honest life. So much of what I read about on GYE revolves around dishonesty. Primarily people who aren't honest with themselves, which is the most important area of honesty. If one can't be honest with one's self then how is it possible to be honest with another?

I personally am going through some struggles of my own. I'm going through interpersonal, social, and even a sobriety struggle. I might reset my sobriety to last week because of an action of lust that I took. I don't know if I will, I think I need more guidance from God first about it. But I'm grateful that I'm able to be honest about it with myself and others. And I embrace my struggles because I'm getting to know myself on levels that I never knew before. God hasn't done one negative thing in my whole life and I'm happy to have these issues because I'm gaining very much from them. I'm not going to be discussing them here though, it's not the place.

Coming full circle, I highly suggest honesty for all members of GYE. Especially those who are

struggling. I'm not that big into kaballas that last more than 1 day, but if one does want to make a kaballah I would suggest one that revolves around honesty. If not a kaballah then a commitment, which I do.

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Re: Big Steps

Posted by Shlomo24 - 28 Oct 2016 00:01

Does anyone know of a good iPhone filter that can block apps and websites without using a VPN?

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Re: Big Steps

Posted by Gevura Shebyesod - 28 Oct 2016 00:07

There's GYE's own VCF for iOS. See here: venishmartem.com/index.php/devices/mobiles/ios

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Re: Big Steps

Posted by Shlomo24 - 30 Oct 2016 20:39

Hey guys, another random update from me. I'm in a good place, thank God, but it's an interesting place. I have recently hit the threshold in recovery when the addict starts feeling all the feelings that made them use in the first place. I am feeling stressed, angry, nervous, fearful, sad, empathetic, amongst other feelings. When I'm by myself, my emotions can feel very intense. I used to be the guy who could barely cry by a funeral, and now a mildly sad song has me in tears. I'm in a very vulnerable place but I'm very grateful for it. My sponsor said it means that I'm sober, which I'm incredibly grateful to God for keeping me sober. I'm also really connecting to my stepwork, I'm on Step 3, and I'm beginning to become more God - conscious in life. My attitudes are in a good place, thank God, but I'm not feeling so hot all the time. I have felt crippling fears and heart-breaking sadness over the last month. The second incident wasn't even an objectively sad situation. I also felt so stressed that I almost quit a job, but my manager stepped in big time for me. What I am learning is the extent of how deep my emotions were hidden, God has chosen for them to be revealed now. I thought that I was getting more emotional over the last months, and I was, but this is a whole 'nother level. The greatest thing is that I'm not using my drug to soothe myself anymore. I am not perfect, and I have to surrender

I just daily, but for the most part I'm not self-medicating anymore. I need a lot of help from God with being hard on myself. I'm very tough with myself and I discovered I'm an overachiever. I'm doing more with my schedule than most people I know and I need to take it slow. I'm happy that I'm busy and doing good for the world, while also making money and taking classes, but my own health comes before all those things. I have a lot to be grateful for in my life, though. My relationship with my parents is great, my sponsor is really helping me, I'm connecting with the God of my understanding, and I'm in a healthy relationship.

I don't know how to end this.

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Re: Big Steps

Posted by Markz - 30 Oct 2016 21:58

[Shlomo24 wrote on 30 Oct 2016 20:39:](#)

Hey guys, another random update from me. I'm in a good place, thank God, but it's an interesting place. I have recently hit the threshold in recovery when the addict starts feeling all the feelings that made them use in the first place. I am feeling stressed, angry, nervous, fearful, sad, empathetic, amongst other feelings. When I'm by myself, my emotions can feel very intense. I used to be the guy who could barely cry by a funeral, and now a mildly sad song has me in tears. I'm in a very vulnerable place but I'm very grateful for it. My sponsor said it means that I'm sober, which I'm incredibly grateful to God for keeping me sober. I'm also really connecting to my stepwork, I'm on Step 3, and I'm beginning to become more God - conscious in life. My attitudes are in a good place, thank God, but I'm not feeling so hot all the time. I have felt crippling fears and heart-breaking sadness over the last month. The second incident wasn't even an objectively sad situation. I also felt so stressed that I almost quit a job, but my manager stepped in big time for me. What I am learning is the extent of how deep my emotions were hidden, God has chosen for them to be revealed now. I thought that I was getting more emotional over the last months, and I was, but this is a whole 'nother level. The greatest thing is that I'm not using my drug to soothe myself anymore. I am not perfect, and I have to surrender just daily, but for the most part I'm not self-medicating anymore. I need a lot of help from God with being hard on myself. I'm very tough with myself and I discovered I'm an overachiever. I'm doing more with my schedule than most people I know and I need to take it slow. I'm happy that I'm busy and doing good for the world, while also making money and taking classes, but my own health comes before all those things. I have a lot to be grateful for in my life, though. My relationship with my parents is great, my sponsor is really helping me, I'm connecting with the God of my understanding, and I'm in a healthy relationship.

I don't know how to end this.

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So don't
Re: Big Steps
Posted by Shlomo24 - 06 Nov 2016 06:22

So I'm thinking about changing my profile picture. I don't think it reflects my personality. I would love to be the guy that is walking around super happy all day and is a really sweet and nice guy, but I'm more businesslike than that. I'm pretty straightforward with my opinions and some people don't like that about me. But that's ok. I believe that part of why I'm successful at what I do is because I'm up front for the most part, even it's potentially uncomfortable. While I'm no relationship guru at all, I have found that expressing my needs is key. I've felt at times that we needed improvement and I expressed it, albeit in a polite way and with praying to God beforehand. We've gotten through some bumps in the road.

Basically, this is a really long way of asking for suggestions about what I should change my avatar to.

End.

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Re: Big Steps
Posted by Watson - 06 Nov 2016 09:11

[Shlomo24 wrote on 06 Nov 2016 06:22:](#)

We've gotten through some bumps in the road

It's easy when you're trucking

[Shlomo24 wrote on 06 Nov 2016 06:22:](#)

I've felt at times that **we** needed improvement

Step 4: Made a searching and fearless moral inventory...

Warning: Spoiler!

You're doing great Shlomo. Maybe a 24 hour clock, or footprints in the sand would work as avatars.

Warning: Spoiler!

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Re: Big Steps

Posted by cordnoy - 06 Nov 2016 18:43

[Shlomo24 wrote on 06 Nov 2016 06:22:](#)

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Basically, this is a really long way of asking for suggestions about what I should change my avatar to.

End.

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Re: Big Steps

Posted by Shlomo24 - 06 Nov 2016 19:05

That's so cute!

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Re: Big Steps

Posted by Shlomo24 - 06 Nov 2016 19:13

I posted earlier but I guess it didn't go through. Basically, I acted out last night. It was very surprising for me. But now I'm very vulnerable and I really need God to guide me every step of the way. Fortunately, I didn't actually out with a guy, it was with myself. I came very close to going over to a guy's house though. I'm heeding my sponsor's direction right now and just focusing on powerlessness and surrender. That's it. My goal is to stay sober today. Nothing more than that. I didn't want to listen to my sponsor, not going into details why, but I believe that he was sent to me from God and I'm trusting God. I'm feeling the cravings throughout the day, at times I really want to go and hook up with someone, even thought it will kill me. But I have a disease and I need to give that up to my Higher Power. Last time I acted out of didn't end until a month later and I was with 7 guys. I didn't have a lot to lose then but I sure as hell have a lot to lose now. I'm actually not upset or unhappy, I'm just a little scared. But I trust that God has me wrapped in his arms.

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