

Gay bochur, trouble with Mom, masturbating

Posted by yitz23 - 14 Apr 2023 22:03

Hi guys

I'm a low-twenties single guy (I'll say it - yeshiva bochur) and this is my first-ever post.

I masturbate almost daily (usually in the mornings - just makes it seem so much easier to face the day...)

The thing is I am not that motivated to stop right now, I just am coming to GYE for the comraderie and to connect with people who share my struggles. Masturbating just helps me so much. If you define addiction as getting in the way of having a productive life, **I am no addict**. I am talented, happy in yeshiva, and pretty popular. I just can't for the life of me stop masturbating.

I have a very precarious relationship with my parents. (I actually think my mom is sexually attracted to me. She's never done anything that would prove it to me beyond a doubt, but its the feeling I get and how she looks at me and certain things she's said/done over the years.) I feel that **I providing an emotional need to mom** that she isn't receiving from her aloof husband (my father). It winds up feeling suffocating for me and I often feel really angry and sulky when I'm at home.

I also am afflicted with SSA, and while I haven't acted out explicitly with other men in a long time, I am always **checking them out** and masturbating about them. It is also manifested in small **touches and pats** that I give and get from my friends (mainly give) without telling them that I am getting sexual gratification for the contact. I never know if they caught onto me, though.

Sometimes when I'm feeling lonely I call gay **phone sex lines** to talk to other men. I have a kosher phone, but I can't filter who I call, so it can be a challenge during periods that I'm struggling with it (it's on and off).

Thanks for reading. If you all out there could respond to some part of my post, or just cheer me on, it would be super nice.

Sincerely,

yitz23

PS Please don't drop any bombs on me or use scare tactics. thank you

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Eerie - 08 Jun 2023 20:08

My friend, in my eyes you are a hero

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Heeling - 08 Jun 2023 20:10

AMAZED!!!!!!

Keep it up!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Yeshayahu 41:6 - 08 Jun 2023 22:09

Yitz!!

Amazing as always!!

Our ????? of sincerity and honesty.

Keep inspiring!!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Horizon - 09 Jun 2023 21:57

so powerful yitz. thanks for sharing.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitz23 - 12 Jun 2023 17:31

Hi I'm just checking in, I don't have any major stories to tell.

Today is 49 days, which are 7 weeks to the Counting.

Pretty crazy, ah?

I went away for Shabbos, and it was really nice to be with other people for a change. There were two really cute boys (upper high school age) that were with me for Shabbos as well, and that was (and is) stuck in my mind. I woke up on Shabbos morning with remnants of a wet dream again, but this time it was truly not my fault.

I chatted with Heeling about it, and he pointed out that the more I get to know them in a non-sexual way, the more I will see them as normal, flawed human beings and not as these gods of confidence and beauty, and that will diminish my longing and desire.

Coming back to yeshiva was a downer, since things are going quite poorly. Keeping a reasonable sleep schedule, learning, and davening are a mess, and my social life is not much better. Working out has taken a hit too, since I'm waking up very late and I'm not feeling good about myself.

It's a miracle I haven't masturbated yet.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Heeling - 12 Jun 2023 17:40

How can you call 49 clean days not a major story???

49 clean days is a major story! You should straighten your back and go treat yourself to something.

Keep it up my friend! Your an inspiration!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by richtig - 12 Jun 2023 18:04

That's a whole sefira Yitz! I want to tell you to get yourself something but I have to tell myself first, it can be hard to treat ourselves as well as we treat someone else...

When we watch porn or act out in other ways we can feel momentarily better, but we are not really treating ourselves better. We are treating ourselves to guilt, shame, dissonance in our life, low self esteem...

Thank you for telling us your progress Yitz!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Ahyid - 12 Jun 2023 18:06

Wow Yitz your truly amazing keep up your holy work you'll get to the top & STAY THERE with hashems help!!!!

What HHM thought me to do when that happens is to say a kapital tehilim for him you'll see it'll get much easier

Keep up your amazing work!!!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Zag xx - 12 Jun 2023 18:57

We'll done bro. Keep it up. Wishing you continued success

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Re: Gay bochur, trouble with Mom, masturbating
Posted by chancy - 12 Jun 2023 19:03

Wow Yitz,

By now, you must realize that this battle is a winnable one, I mean if you can go 49 days, why not 90 and then up and up? Nothing really builds up by not M..... its just a fantasy that the YH tells us that the longer we go, the more desperate we become. ITS NOT TRUE.

YOU CAN DO THIS!

Learn from my mistakes, make freidns and good ones while you are still young and in yeshiva, find some guys that you can have a good chat and form a bond, dont let shyness get in the way, you have so much to offer! Dont let all the immature narishe guys get all the good friends. I missed the boat and i will forever regret it.

Shteig away and be happy for what you have achieved and for what you will achive!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitz23 - 12 Jun 2023 19:07

[chancy wrote on 12 Jun 2023 19:03:](#)

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Chancy, you break my heart every time.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by chancy - 12 Jun 2023 19:13

Thank Hashem you have a heart thats beating with love and not hate....

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Re: Gay bochur, trouble with Mom, masturbating
Posted by yitz23 - 12 Jun 2023 19:17

[chancy wrote on 12 Jun 2023 19:13:](#)

Thank Hashem you have a heart thats beating with love and not hate....

Can you tell us more about what you mean?

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Shmuu - 12 Jun 2023 20:02

I was just reading the shak-la va-tarya of your messaging and the messages you received. You articulated your struggle in a clear way. It was known to me that this was not a mother-son thing in a sexual way. You made that clear from the start when you described the issue. Perhaps this is why "frank..." changed the word fantasies to delusions. The word "fantasies" was probably a mistake. Either way a thought occured to me while writing this that I would like to share. It's been said before that when a person feels (and expresses?) gratitude to Hashem for something , Hashem will bless you with more Hatzlacha. To those of us that are struggling with this issue the gratitude could become difficult. We can't express gratitude in this area. However, from your response I realize that we could. Realize that there are people that struggle with the very thing that you call "gross....". So perhaps sing and dance with happiness and say baruch Hashem you are not played with those types of thoughts. Hatzlacha Rabba.

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