

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 YeshivaGuy - 02 Aug 2023 04:27

I don't know if you have a therapist but if it's shayach to discuss this in therapy and discuss whether to bring in your mother as well. I've had similar and it helped me immensely bh. Super cringe and uncomfortable but great.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by YeshivaGuy - 02 Aug 2023 04:27

I don't know if you have a therapist but I can say for myself, I've felt a "sexual energy" at times from my mother as her using me to fill my parents not the best shalom bayis.

Few months ago

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Re: Gay bochur, trouble with Mom, masturbating
Posted by themakabi5783 - 17 Aug 2023 05:38

Hi sounds like you've spent lots of time on self improvement and you sound very self aware
congrats on that!

can't help but wonder you mention that M isn't getting in the way for your productive life & that you are no addict yet you refer to it as a struggle, you're reaching out to others on GYE to share your burden, seem not always to be in control of the phone sex & fear that someone will pickup on the pats & shoulder taps etc. I completely understand your current position of not being motivated to change most of us here have been there I definitely have... & the 1st of the 5 steps to change is Pre-contemplation which is where it sounds like you're at right now. It sounds like you define an addict as someone who is failing in life due to their addiction which is not the case by you, is it possible though that an addict is someone who is doing a behavior that they truly despise deep down but don't have the power to control it (regardless of what way it is or isn't affecting their life)? If someone is enslaved to a certain behavior that they are ashamed of, fear being exposed of & perhaps feel a guilt deep down yet can't or doesn't want to stop himself, would he be considered an addict?

another way to think about it: if I was presented the opportunity to get rid of certain behaviors (& feelings associated with them) by the click of a button would I take the opportunity?

BH you've found GYE to at least express your feelings regardless of what happens some of us struggled in silent for years!

good luck!!

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Heeling - 28 Aug 2023 13:58

Hey! @Yitz23,

Its been a while since you last stopped by for a visit...

You should be up to day 40 or something....

and hey don't worry about bombs & scared they don't work anyhow been there done that

How are you? I hope the new zman and all is working out for you.

Thinking of you...

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Shmuu - 26 Mar 2024 03:01

Thank you. I don't have anything more to share regarding what I wrote.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by chancy - 27 Mar 2024 19:39

Come on Shmuu,

we wanna hear how you have been since last time. Are you trying any of the tools? Are you talking to anyone here?

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Re: Gay bochur, trouble with Mom, masturbating
Posted by Shmuu - 27 Mar 2024 20:03

Thank you for asking. I've been communicating with someone on the post called bipolar/mz"l since Monday. In those posts are describe how I've been doing, especially last Summer. Please read it and tell me your thoughts. No pressure. Thanks.

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Re: Gay bochur, trouble with Mom, masturbating
Posted by vibrantchosisid - 29 Mar 2024 03:32

I could relate to masturbating to the images of other Bochur

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Re: Gay bochur, trouble with Mom, masturbating
Posted by sdny - 31 Mar 2024 06:29

I'm no expert in addictions but if you cant go thru your day w/o alcohol/drugs a person is a addict. Seems like you have the same worth mast****. Please correct me if I'm wrong

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Re: Gay bochur, trouble with Mom, masturbating
Posted by EfitheUndertaker - 22 Apr 2024 15:47

I feel bi as well is it possible to actually be this way or the torah holds we are all straight?

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Re: Gay bochur, trouble with Mom, masturbating
Posted by chancy - 06 May 2024 17:10

Of course its possible, a lot of us are attracted to both genders.

ThE issue only lies in the label of bi, you need to decide what you are going to do with your urges.

The Torah doesn't say what we are supposed to be attracted to, the Torah only teaches us what to do with our urges and the Torah clearly says that the only union that Hashem wants is between a man and his wife.

Of course, sometimes we have hidden reasons why we feel attracted more or less to a certain gender and they can be healed.

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Re: Gay bochur, trouble with Mom, masturbating

Posted by horizon - 06 May 2024 19:00

Ah, seeing this thread reminds me of the gems the baal ha'thread used to drop...

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