

## **Want to Overcome Same-Sex Attraction?**

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Trying to get rid of (or more realistically, being able either to control or manage) your same-sex attraction (SSA) is tough. But then again, nothing worthwhile is easy in life. Having to be constantly involved in controlling the SSA or Yetzer Hara (the evil inclination in Hebrew) in order to reduce your SSA thoughts, or analyzing a "trigger" and questioning what it represents for you, etc., is no easy task. This is important because our thoughts or feelings, if left unchecked, may lead us to engage in unwanted behavior.

But as I said before, nothing worthwhile in life is easy.

You say you don't want to put in the time and effort to get rid of the SSA? If you don't put the time and effort into the task, how do you expect to succeed? This question does not apply to SSA alone. Rather, it applies to all aspects of our life. For example,

You want to become a Doctor? You need YEARS and YEARS of training, schooling, understanding critical concepts, exams, etc.

You want to become a Lawyer? The same above applies.

You want to become a Rabbi? The same above applies.

You want to become an Accountant? The same above applies.

You want to become a Hair Stylist? The same above applies.

You want to become an Engineer? The same above applies.

You want to become a Psychologist? The same above applies.

You want to become a Journalist? The same above applies.

Most importantly: You want to manage/ control your SSA? The same above applies.

Think about it!

I hope you'll find my brief discussion eye-opening and realize that taking the proper time and effort which is part of a commitment to the task is what most people must do in order to succeed in overcoming/controlling any aspect of their life, but particularly their SSA desires. You CAN overcome unwanted SSA, but you cannot do it by simply talking about it or wishing it to happen. To do so, I made it a priority task in my life; if you wish to do so, you likewise need to make it a priority in your life.

This simple truth is an essential lesson for those of us engaged in this challenge.