

Telling My Fiancé About My SSA and Her Reaction

Written by Zev

(Posted October 2009)

Dear Friends,

I had "The Talk" with my girlfriend Arielle last night. I told her about my SSA. I told her about my father wounds, mother wounds, peer wounds, and how they all contributed to the sexualization of my innate normal need to connect with other men. I told her how this unmet need has manifested itself in my life since childhood, and where I stand today.

I told her about the things I am doing now to make sure my needs are met, and the significant progress I've made particularly in the last two years. I told her how I have much further to go, and that I see this as a life-long Journey. I told her about the blessings this Journey has given me -- the amazing men and women it has brought into my life, the deep consciousness and awareness I have acquired, the tools for emotional literacy I have attained, and the deep connection with G-d that I have forged.

I told her how madly in love with her I am, how beautiful she is, and how wildly attracted I am to her. I told her that I needed to have this conversation now, before we go too far down the road toward marriage, so that she can have an actual choice on this issue; I need to know that she can walk away if this is too much for her.

After listening to me pour my heart out, Arielle looked deep into my eyes, leaned over, and gave me the most passionate kiss of my life.

With tears in her eyes, she thanked me for being so honest, vulnerable, and authentic. She told me that nothing I said scared her at all. She told me that she doesn't care who else I am attracted to, as long as I am attracted to her, and am faithful to her. She told me that she didn't care who I acted out with in the past -- and that she was actually glad that I had sexual experience with other men, since she could be confident that I knew from experience that is not what I wanted. All she asked is that I continue to be honest with her, to keep our communication open and constant. She made me promise that I will continue to work to get my needs met, always. She told me she loves my optimism and my ability to find the "gold" in my struggles. She told me that she felt joy and excitement about the prospect of joining me on this Journey, and is looking forward to learning how she can help me. She told me she is excited about doing her own work, and sharing with me the blessings of her Journey. Thereafter, our emotional intimacy was beyond belief.

I want to thank each and every one of my friends from JONAH for the support you've given me over the past few days. As I walked up to Arielle's front door last night, I could feel the power of your prayers and the strength of your presence. I knew I was not alone -- that I had an amazing community to support me. Knowing that there are couples who have navigated this territory, and hearing your stories, gave me the confidence to take this risk. I entered that door with my authentic warrior, not my wounded child. I had the strength to hold a space for myself and a space for her. I feel a huge burden lifted from my shoulders, and a huge wall torn down between Arielle and me. When I look into her eyes, I know I am no longer holding anything back. She knows the full me, and loves me, even with my wounds -- and perhaps because of my wounds. I feel the blessing of the feminine in my life.

So thank you, men and women, for listening to my anxieties and neuroses, fears and worries, joy and excitement, over the past few weeks. Your wisdom and insight have been invaluable. I know the road ahead will not be without challenges. I assume I will need your support again. Knowing that I am not alone is the biggest gift anyone has ever given me.

I'd like to give thanks to G-d, my heavenly Father, for blessing me with the Journey, and for blessing me with friends like you.

Love,
Zev

Postscript: Zev and Arielle got married in 2010.