

Where I'm at

Posted by jerusalemsexaddict - 16 Jul 2009 19:45

To whom it may concern,

My name is Uri.I live in the jerusalem area and i am a sex and love addict.This took me a long time to come to terms with,to say the least.But that we'll get to in a second.

I am finishing now my third year in beis medrash.While i have had success in my learning b'h,i have a source of shame and anguish that has caused me great depression on a constant basis.I lived (live really) two lives;my yeshiva/religious life which is the source of much admiration and pride from my parents and rebbeim.And then there is my "secret life", where I spend time ranging from 10 minutes a day to almost full off days fantasizing and worse acting out of all sorts.I feel like the worlds biggest hypocrite.It bothers me even more cause i find sincerity and honesty of the utmost importance, and i have to stand and watch myself trample all over these traits.After several years of therapy i have recently come to the realization that basically all of my "major" issues have come from this place.I have major issues in getting close to people and keeping friends once i feel that they know me too well.i have a hard time sitting by myself due to my uncomfortability of sitting with a unsatiable sex addict(however ironic that might sound).The need creeps up all too often,followed by a crazy need to satisfy it.There are several paths to this:porn,masturbation,contact with a sexual girl,and, strangely enough,eating out at restaurants,but that well get to a diff time.Anyway,there is one main girl,as there always is.we have had the weirdest on and off relationship,to say the least.the jealousy and overprotection i had with her is still a shock to me even.anyway im tired so i shall continue this

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Re: Where I'm at

Posted by TrYiNg - 01 Oct 2009 09:40

I feel with you. Can say the same thing. (bout ma mom)

Thank g-d i dont have a gun

Or I'd be in jail by now.

totally.

One difference. I use my anger to tell myself time and time again." NO . You won't win. NO, I won't allow you to ruin my life just cause you ruined yours. YES, I will live. Not just survive...Yes, I will overcome this (although you placed every obstacle in the world in front of me). YES, I won't rest until I'm totally different than you are. Yes, that will be the sweetest revenge"

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Re: Where I'm at
Posted by 7yipol - 01 Oct 2009 10:15

URI and TRYING,

I REALLY HOPE YOU ARE CATCHING THE HUGE HUGS IM SENDING YOU GUYS.

Oy, the mom in me just wants you guys here with me already.

Reminder: You are never alone again. GYE doors are always open for you 24/7

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Re: Where I'm at
Posted by kanesher - 01 Oct 2009 13:40

[Uri wrote on 01 Oct 2009 08:10:](#)

And when I get up there and G-d says to me "Why'd you spent your whole teenage life sitting by

a computer indulging in fantasies?"

And I'll tell Him "are You kidding? Look at the father that You sent me! He is the biggest
(*&^&*((*&^&(^ abusive ^&*&^(*&^(* most hateable %&\$%#@ son of a @#\$#@ that ive ever
met.

Id rather have hitler as a father.

Or ahmadinejad.

No wonder my mom gets so friendly with other men.

No wonder every kid in my family has major major issues.

No wonder I'm an escape addict.

What a rasha.

Thank g-d i dont have a gun

Or I'd be in jail by now.

Uri, I do have a gun. I've managed to stay out of jail - and my father isn't worth more then yours, trust me. Been there, done that. At some point in my life I decided that he could go to hell. I was going to live.

God, it's rough. But that's the ultimate vengeance - to conquer the hell, and ultimately, realize he could never really hurt you - "What ever doesn't kill you makes you stronger" (Nietzsche) - and ultimately forgive him.

To realize that he probably had hell as a child too. And to realize that you wouldn't be any better if not for the grace of HKB"H that you have guts to say - it ends here. This generation.

Uri, you're going to therapy. So your kids won't have to. You're picking up the broken pieces of soul. SO your kids won't have to. You're developing how to be a human being - a tzelem elokim - and a real husband - and your wife won't be flirting with everyone else. But that's your choice, and your change.

On autopilot, you'd be just like him.

But you made a choice. No more. Ad Kan. It ends here. And that is the sweetest victory.

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Re: Where I'm at

Posted by jerusalemsexaddict - 01 Oct 2009 15:19

Trying,i so much admire your attitude.youre a very special girl

kanesher-the words that you speak are brilliant.One of the most famous philosophical books of our time is a book by Victor Frankel called "Man's Search For Meaning".Basically,he was in the camps during the holocaust and he had the most brilliant insight.

There are many things in life that are out of our hands.

And there are many things in life that are in our hands.

Why stress over the first group?

Let's just do what we can with what we've got.

He was in the camps and it didn't bother him.

He came to the conclusion that no matter what,they can't change his perspective.

His thoughts were his own.

This is something that i am working on alot.it is quite hard.

But by parents it is different from Nazis.

Because by parents,we always accept everything they say or do as right.

A kid who gets beaten figures he deserves it.

And that makes everythihng much much worse.

Its important for us as mature adults to realize that our parents have faults.

And no matter what they say,we are not bad people.

My father might be.

Anyway, today i got into a huge fight with my father. We usually are not on speaking terms, but a fight burst out and he said some very hurtful things
But I am most definitely not

"You can't even get out of bed in the morning"

"You're a good-for-nothing."

and i responded very harshly in reply.

Of course my mother had to come in and admonish me for being disrespectful.

Its like one big joke

But mom and i are working together on it and weve found some big hugs in it all, so all i can say is

BARUCH HASHEM!

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Re: Where I'm at

Posted by habib613 - 01 Oct 2009 15:34

you're not a good for nothing :o

you help me tons tons tons

1- your songs

2- your tehillim thread- don't think i ever said thanks for that, but it changes my davening. and sometimes i also say the tehillim 10 times a day

3- your perspective

k, you have a hard life

but you get up and do something about it (you don't just sit in bed)

you got a job, you take care of your siblings, you help all of us here.

i really really wish i could get a zechuyos mirror and let everyone here look into it for a sec.

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Re: Where I'm at

Posted by bardichev - 01 Oct 2009 15:35

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Re: Where I'm at

Posted by yechidah - 01 Oct 2009 15:53

kansher brought up an important point that I thought about alot.

the breaking of a vicious cycle.

to take the negative painful aspects of your childhood and teenage years and to work very hard
sure making sure that "the buck stops there"

because it's easy to slip into the negative pattern of what you saw or what you had to deal with.

as you get older you see a little more of the reason why people behave in self destructive patterns that cause harm to themselves and those around them.

but no excuses.

you decide how YOU should behave,how YOU will treat your wife and children,and act accordingly no matter how rough you yourself were treated.

This is not always easy.

But it can be done.

It must be done.

the lives of your wife and children are at stake

because you (and I mean myself as well) can ruin their lives if we allow ourselves to carry the old pain and anger that we have inside us

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Re: Where I'm at

Posted by kanesher - 01 Oct 2009 16:43

This the underlying principle of Bowen Family Systems Theory (google it, or read anything by Dr. Harriet Lerner Dance of...) - the basic idea that abusive and messed patterns as essentially continued for hundreds of years, over and over again in the same stupid ways.

And there is the concept of a transitional generation. A generation that says "ENOUGH!".

But don't get down on yourself- realize you're fighting against hundreds of years. But imagine that victory!

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Re: Where I'm at
Posted by battleworn - 01 Oct 2009 16:55

I feel so small next to you guys. I really can't imagine such strength and perseverance! I have so much to learn from you, Kaneshier and Uri. And "Be holy" too.

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Re: Where I'm at
Posted by the.guard - 01 Oct 2009 17:20

"You're a good-for-nothing."

"if only he knew what his boy does to this place!"

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Re: Where I'm at
Posted by yechidah - 01 Oct 2009 17:51

our biggest shock after 120 will be when we realize the true value of those that are near to us whom we see all the time.

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Re: Where I'm at

Posted by kutan - 01 Oct 2009 18:42

for some people, the biggest shock, will be when they realize their own true value.

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Re: Where I'm at

Posted by 7yipol - 01 Oct 2009 18:44

[kutan shel hachabura wrote on 01 Oct 2009 18:42:](#)

for some people, the biggest shock, will be when they realize their own true value.

NOt at all surprised, but really impressed with all the brilliant insights Kutan is sharing here today.

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Re: Where I'm at

Posted by jerusalemsexaddict - 01 Oct 2009 18:59

check my new thread out guys

everyone try finding something to add...

rehab-my-site.com/guardureyes/forum/index.php?topic=1065.msg21541#new

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