

Where I'm at

Posted by jerusalemsexaddict - 16 Jul 2009 19:45

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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 world's biggest hypocrite. It bothers me even more because 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 we'll get to a different 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 I'm tired so I shall continue this

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Re: Where I'm at

Posted by Rage AT Machine - 07 Oct 2009 14:06

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Thank you guys for your thoughtful answers. I was thinking in terms of how can Hashem love all of Klal Yisrael and the secondarily in terms of each individual Jew. After all, the Jewish nation is made up of a bunch of individuals. And while we have Gedolim, no doubt, the masses are non-observant. A great many are completely secular. Even among the "religious" we have problems. Is this what G-d envisioned? A nation of 8% Shomrei Mitzvot and of those, 75% sex addicts?

I do like what Dov, wrote (and Guard and Letakain alluded to), however. G-d loves.

Why He directed it at us is not so important right now. And, derekh agav, He directed it at us

because of our forefathers. We cannot fathom the greatness of our forefathers but essentially what they did was so tremendous that it provides balance to the world today. And we aint that bad either. It wouldve ben so easy to assimilate. We didnt.

Finally, Kedusha, I am aware of the fact that Judaism subscribes to the view that Gd loves us and that Islam believes he did love us but he no longer does and chirstianity believes that he still loves us but only if we start worshipping the man-god and the Hindus have some other view and the Behais yet another and Buddhists something else altogether. But to say that a "Frum" Jew should not question why we believe what we do, and not what they do, is just plain silly (and a very non-Jewish concept).

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Re: Where I'm at  
Posted by Kedusha - 07 Oct 2009 14:13

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[Rage AT Machine wrote on 07 Oct 2009 14:06:](#)

Finally, Kedusha, I am aware of the fact that Judaism subscribes to the view that Gd loves us . .  
. But to say that a "Frum" Jew should not question why we believe what we do, and not what they do, is just plain silly (and a very non-Jewish concept).

RAM,

I wasn't challenging the right to ask questions. Authentic Torah Judaism has no reason to be afraid of sincere questions (although, keep in mind that the authenticity of traditional Jewish belief is a given on the GYE forum). However, what you wrote sounded more like an answer than a question.

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Re: Where I'm at

Posted by Rage AT Machine - 07 Oct 2009 14:17

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Kedusha: my m.o. is to be provocative and to get people to think so that we can stop posting nonsense about Gd-hugs and really think and write about key and important issues...mixed in with fat jokes...now lets stop hijacking uri's thread...uri, where you at, bro?

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Re: Where I'm at

Posted by jerusalemsexaddict - 07 Oct 2009 23:02

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I went to Mea Shearim tonight (breslov,karlin,toldos ahron,etc.)

So many yidden just dancing with such tremendous simcha.

I am tired.

I love you guys so much.

And I can't wait for the day when we will have our simchas beis hashoeva by guard's house when moshiach comes.

Chag Sameach

I'm here.Just reading this beautiful back and forth on the deepest and most precious of topics  
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Re: Where I'm at

Posted by kutan - 08 Oct 2009 02:00

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It was gevaldig

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[guardureyes wrote on 06 Oct 2009 22:17:](#)

Dov's take on the matter is very deep... But Rage, there's no stirah between the two pesukim you brought... He loves us *because of* our fathers... So? He still loves us.

Anyway, Hashem loves all his creatures. Even Beitzel Kinim.

love,

kina

;D

Rabbeinu, my lawyers are telling me that you may have violated my GUI name with that.

They are itching to sue, but I'm telling them its hopeless, since you are also the Supreme Judge

.

Do you think you can be impartial?

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Re: Where I'm at

Posted by kutan - 08 Oct 2009 02:09

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[Uri wrote on 06 Oct 2009 07:26:](#)

kutan-im not sure what you were trying to say bichlal ???

;D

Uri, just saw your reply... you made my YT!

Its good for me to get responses like that to things I write... I think I'm gonna be in a good mood for a little while

best,

k

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Re: Where I'm at

Posted by Holy Yid - 08 Oct 2009 02:44

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[Rage AT Machine wrote on 07 Oct 2009 14:06:](#)

is this what Gd envisioned? a nation of 8% shomrei mitzvot and of those, 75% sex addicts?

. But to say that a "Frum" Jew should not question why we believe what we do, and not what they do, is just plain silly (and a very non-Jewish concept).

Chazal say that Moshiach can come to a generation that is totally evil. I believe that Rav Dessler explains this to mean that everyone will realize that they are morally bankrupt and that will make them seek Hashem for real. Chazal talk of a great famine before Mashiach comes(see the Targum on the first pasok of Rus). They say it will be a spiritual famine. One where the lack of knowing G-d will cause us immense pain, pain like being very hungry for along time. Can you compare this to modern society?

People should think about their faith but only if they are really open to thinking honestly and logically. Otherwise they are not thinking, they are out to look for excuses. You cannot talk to a five year logically about faith. This all may not be for the forum.

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Re: Where I'm at  
Posted by Rage AT Machine - 08 Oct 2009 21:13

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[Holy Yid wrote on 08 Oct 2009 02:44:](#)

Chazal talk of a great famine before Mashiach comes(see the Targum on the first pasok of Rus). They say it will be a spiritual famine. One where the lack of knowing G-d will cause us immense pain, pain like being very hungry for along time.

Chazal?!?! Amos 8:11-12

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I am a big believer in allowing people to make whatever religious choices they want. Derekh  
agav, Gd also believes this.

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Re: Where I'm at  
Posted by Holy Yid - 08 Oct 2009 21:19

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[Rage AT Machine wrote on 08 Oct 2009 21:13:](#)

[Holy Yid wrote on 08 Oct 2009 02:44:](#)

Chazal talk of a great famine before Mashiach comes(see the Targum on the first pasok of  
Rus). They say it will be a spiritual famine. One where the lack of knowing G-d will cause us  
immense pain, pain like being very hungry for along time.

Chazal?!?! Amos 8:11-12

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The pasok does not say when those days will come

Re: Where I'm at  
Posted by Rage AT Machine - 08 Oct 2009 21:22

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Re: Where I'm at  
Posted by Dov - 08 Oct 2009 22:09

[guardureyes wrote on 06 Oct 2009 22:17:](#)



Anyway, Hashem loves all his creatures. Even Beitzei Kinim.

love,

kina

They are itching to sue, but I'm telling them its hopeless, since you are also the Supreme Judge  
.

Does their itching have anything to do with kinim?

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Re: Where I'm at

Posted by jerusalemsexaddict - 09 Oct 2009 13:18

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Shalom to all,

I want to post a few things that are on my mind,so here goes...

I did not come here to fix my lust addiction.

I came here to fix my life.

[Uri wrote on 16 Jul 2009 19:45:](#)

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.

The sex was just another part of it all.

And it was the most intimate part, and it took me the deepest into myself.

So I figured that if I fix it, I will be very far down the way of recovery.

I now know that this idea was 100% true.

I suffer from many things:

Depression, anxiety, indecisiveness, to name a few...

Now I am going through the process of rebuilding myself and I've been feeling these things pretty strongly at times, but overall I feel myself changing, shifting perspective, and getting stronger, baruch Hashem.

Depression has played a huge part in (ruining) my life for as long as I can remember.

Last night I realized something.

I have 3 basic insecurities:

- 1) My insecurity about depression
- 2) My insecurity about being a smoker (low-class/lacks control of self)
- 3) My insecurity about being insecure

I have been taught 2 basic ideas about depression from my parents:

- 1) People don't like depressed people
- 2) If you are depressed, it means you have a bad attitude or did something wrong

I have thus chosen to hide in my shell whenever I feel a bout of depression coming on.

I disconnect from my life and the world.

And then I get really depressed.

My parents are wrong.

People have moods.

Sometimes you are happy.Sometimes you are sad.

Mostly you are in between.

And pretty much everyone understands that.

If I can work on not panicking every time I get depressed,my depression can more probably stay within reason.

### **Depression is okay**

It happens.

It's not our fault (or very rarely is).

I will not let these stupid inherited notions stop me from living.

Depression is in Hashem's hands.

What I do without is in my hands.

-uri

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Re: Where I'm at

Posted by Rage AT Machine - 09 Oct 2009 14:06

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i can relate re: the smoking...i gave it up a little over a year ago...i hated myself for smoking more than anything else...i will have an occasional cigarette or a hooka once every six months or so but i feel so much better now...

re: depression, i also relate...i went through a horrible depression when i was you age...

i cant believe how advanced you are for your age..youre really on the right track and waaaaay ahead of the game...

keep your chin up and keep pushing...

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Re: Where I'm at  
Posted by the.guard - 10 Oct 2009 18:29

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i cant believe how advanced you are for your age..youre really on the right track and waaaaay ahead of the game...

Rage, I totally agree! (hey, I don't tell *everyone* that they'll be GYE Rosh yeshiva/admor- one day). This kid has some SERIOUS wisdom and a really beautiful soul!!

Did you see his answer to Trying recently? **SMITHEREEEEEEEENS!**

P.S. Yeh, but Uri ... you know that fantasy of typing replies with your toes while smoking a cigar

and drinking Woodford? Not gonna happen. (Cuz by then you'll have quit SMOKING!! ;D)

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