

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 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 we'll 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 jerusalemsexaddict - 11 Oct 2009 06:57

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O man!!

I just remembered that you chutznikim have another day oy i totally forgot!!

Now I see the hug clearly.

My brothers begged me to take them to an amusement park today, which means all day.

I was like uch!! just got home i wanna rest!

But I agreed (im a softy with kids)

Now I see the huge hug. I would've been so bored with no one on the forum.

Boruch Hashem!!

Have a great day all.

-uri

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Re: Where I'm at

Posted by jerusalemsexaddict - 11 Oct 2009 18:59

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In this book that I read and am re-reading by a sexual addiction therapist called "First Day of the Rest of My Life", this woman goes about a tremendous life-changing day-at an amusement park. Daven for me

Basically, we have gotten to this point because we live lives of fear and attempts to control the fear. Porn is a means of "security" from our fears.

But really our fears are illusions caused by insecurity.

Bekitzur it is one big cycle of uch!

This woman began her recovery by facing a big fear of hers, one which she clearly had no control over.

Roller coasters.

On the roller coaster she just stopped worrying and let her fears be experienced.

And she realized that she could make it, and there's nothing to be afraid of.

Today I went with my brothers to an amusement park.

I went on the biggest roller coaster and got in the front seat(scariest place),and I just took a deep breath and let go.That's it.I realized there's no point buggin out and mentally trying to gain control of the situation.I just put my faith in G-d and let Him take over.

It was beautiful and so freeing,my friends.

And then I went on again and again but this time I barely had any fear even to begin with.

I had conquered the roller coaster.

With G-d's help,I hope to implement this into every part of my life and be able to just live.

Live without anxieties.

Life without fear,  
I felt a weight off my chest,and I couldn't stop smiling

With feeling the need to "control the situation".

Let the world be.

Let us just do the little jobs that are set for us.

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Re: Where I'm at  
Posted by the.guard - 11 Oct 2009 19:10

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GEVALDIGGGGGG!

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Re: Where I'm at  
Posted by 7yipol - 11 Oct 2009 20:38

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Glad you had fun Uri.

As for my opinion on roller coasters, you'll have to see yesterdays post on my thread (hint:

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carousals)

Re: Where I'm at

Posted by jerusalemsexaddict - 12 Oct 2009 09:52

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Mom,we will yet get you on a roller coaster.

My house is so messed up.

I think about calm often.

I mas\*\*\* often to acheive a certain calmness.

I realized that it is in a way comparable to somebody who can't handle the stresses of the world,so he puts himself in prison.

In prison,you are safe.

No choices,no stress,no anything.

That's be'etsem what we choose when we mas\*\*\* to calm ourselves.

Calm ourselves from the stress of life by putting ourselves in the prison of lust.

Shver.

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Re: Where I'm at

Posted by the.guard - 12 Oct 2009 13:13

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Uri, the wisdom coming out of you recently is freaky. Are you sure you're only 21?

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Re: Where I'm at

Posted by jerusalemsexaddict - 12 Oct 2009 13:24

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Almost 21

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Re: Where I'm at

Posted by Rage AT Machine - 12 Oct 2009 13:45

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[Uri wrote on 12 Oct 2009 09:52:](#)

I realized that it is in a way comparable to somebody who can't handle the stresses of the world,so he puts himself in prison.

In prison,you are safe.

No choices,no stress,no anything.

I dont know if you even realize how right on you are on this one uri...i think people in high stress lives consider prison as a welcome alternative to worrying about the next car payment, rent bill, tutition, etc...lets someone else worry about it...

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Re: Where I'm at

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Posted by 7yipol - 12 Oct 2009 16:33

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[Uri wrote on 12 Oct 2009 09:52:](#)

Mom,we will yet get you on a roller coaster.

In your dreams and my nightmare!

My house is so messed up.

I think about calm often.

I mas\*\*\* often to acheive a certain calmness.

I realized that it is in a way comparable to somebody who can't handle the stresses of the world,so he puts himself in prison.

In prison,you are safe.

No choices,no stress,no anything.

That's be'etsem what we choose when we mas\*\*\* to calm ourselves.

Calm ourselves from the stress of life by putting ourselves in the prison of lust.

Shver.

My sister-in-law used to be a cop and is now a lawyer.

Sometimes she'd have trouble getting people *into* prison, sometimes trouble getting them *out!*

All expense paid vacation from life's realities.

Ah, the life of a prisoner!

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Re: Where I'm at

Posted by jerusalemsexaddict - 12 Oct 2009 17:04

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I have been posting a bit recently in the girl's section and am now returning to not posting as I have received messages that I am too friendly.

My sincerest apologies,

Uri

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Re: Where I'm at

Posted by habib613 - 12 Oct 2009 17:18

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oy please don't get offended.

thanks for caring, really

just that it's bad for me if you call me nicknames.

i'm sorry :-[

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Re: Where I'm at

Posted by Rage AT Machine - 12 Oct 2009 17:20

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oh, has uri been calling you "flake", too?

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Re: Where I'm at  
Posted by habib613 - 12 Oct 2009 17:21

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Re: Where I'm at  
Posted by Rage AT Machine - 12 Oct 2009 17:24

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i think Rabbenu is getting so tired censoring my posts that he hopes ill just go away at the suggestion of flakiness...

~~at least i'm not a frosted flake~~

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