

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 - 14 Oct 2009 08:31

me too. :(

It seems u also dissapeared . Y am I the only one on now?

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Re: Where I'm at

Posted by 7yipol - 14 Oct 2009 09:25

:(:(:(

It seems that everyone is so sad, so Im crying along to be part of the group. Misery loves
Let me introduce myself; my name is Miss Ery!

Smile kids, life really is a good place to be visiting. Trust me, Ive been there, done that and
wallowed in it for too long too. Force yourselves to notice the sunshine, the fall leaves (okay, I
admit thats a challenge in a city without green Trying!). Take a walk and notice the gurgling
baby in his stroller, the school kids laughing and running home to play. Notice *life*, everyday,
'boring' life. Notice the colors, how many different shades of green and blue the world is made
up of. company they say, so here I am!

You are the REASON for that picture. You are a kaleidascope of all those colors and hues.

"Bishvil li nivra haolam" Hashem doesnt make mistakes. And He doesnt create worlds for
second class citizens.

There is kedusha even in your falls *because you are crying your eyes out each time, begging to
be tahor*. Even falling can bring you closer to Hashem. How much more so NOT falling!

Picnic in the park kids! Lets go!

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Re: Where I'm at

Posted by TrYiNg - 14 Oct 2009 09:36

Smile kids, life really is a good place to be visiting.

I know mom. Seems as if you're a mind reader. I was saying the same thing today to a friend of
mine. I think we've lost sight of the simple joys in life. I for one, luv every moment. All the difficult
moments pay off, when I can rest for a moment and just experience life itself. What a gift.

Just one problem.

It's actually dark now.

And no kids are out playing.

and everyone else on this side of the planet is sleeping peacefully

and I'm not

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Re: Where I'm at

Posted by 7yipol - 14 Oct 2009 09:44

Perfect time to close your eyes, and picture the park!

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Re: Where I'm at

Posted by Sturggle - 14 Oct 2009 09:48

Uri,

how you doing this mornin?

im sure last night was really hard for you and i know that its an ongoing and constant struggle for you.

i think youre doing an amazing job, of course, with Hashem's help.

you got some really good responses and I don't have what to add.

and I'm totally not joining this crying fest!

I think I'm teared out for a bit!

ok, I could prob get back into some tears pretty easily...

But, I am so here with you guys!

Mom,

picnic in the park?!!

which one?!!

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Re: Where I'm at

Posted by TrYiNg - 14 Oct 2009 09:50

Not crying. Just sulking.

R we having one ,or are we supposed to picture it ?

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Re: Where I'm at

Posted by 7yipol - 14 Oct 2009 09:53

Hmmmm, no park next to Kever Rochel thats for sure...

Guard, where do you suggest?

tRyInG, of course its real! Werent you at Letakains engagement party? I thought I saw you there....

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Re: Where I'm at

Posted by TrYiNg - 14 Oct 2009 09:57
Picnic

ok. Getting exciting. What do we need to prepare mom?

Struggle , pls bring a pen and take down the grocery list. Urrriii! Wake up! WE'RE ALMOST LEAVING!

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Re: Where I'm at

Posted by 7yipol - 14 Oct 2009 10:01

Sleepy heads get left behind.

Guys, bring the frizbee, and Uri, get that guitar tuned pronto quick!

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Re: Where I'm at

Posted by jerusalemsexaddict - 14 Oct 2009 10:03

i am having a terrible,horrible,no-good,very bad day

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Re: Where I'm at

Posted by Sturggle - 14 Oct 2009 10:08

isn't that exactly why a picnic would be a great idea?

we could always just cry together...

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Re: Where I'm at

Posted by 7yipol - 14 Oct 2009 10:19

[Uri wrote on 14 Oct 2009 10:03:](#)

i am having a terrible,horrible,no-good,very bad day

Im so sorry.

Think green trees and Uri's songs

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Re: Where I'm at

Posted by jerusalemsexaddict - 14 Oct 2009 10:28

ok i cant take it anymore red line shmed line

sorry guys

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Re: Where I'm at

Posted by the.guard - 14 Oct 2009 10:30

i am having a terrible,horrible,no-good,very bad day

All of us here,or at least most of here, struggle greatly with depression.

We are depressed that we are depressed.

And we are depressed that we are in this cycle of depression.

Firstly,I would like to clarify a major misconception.

Many think that we are depressed cause we are sinning.

Our neshama is depressed.Therefore we are depressed.

This is not true.

I strive to serve Hashem as much as I can (for the most part)

I still suffer greatly from depression.

Depression can come from several reasons:

1)Chemical imbalance-This happens.Some people are just biologically prone to be depressed.

2)Emotional discontent-Lack of feeling of security and the occurrence of bad circumstances.

There are obviously more reasons,but these are two major ones that I think are the basic reasons for depression for people like us here at the forum.

We are not to blame for our depression!

We are not bad people!

We do not "deserve to be depressed"!

Depression is not something to fight.

It is something to heal.

If it is chemical imbalance,medicine helps greatly for this.

We can accept what Hashem gives us with love.

He gives us happiness soemtimes,and He makes us depressed sometimes.

Reb Tzadok says that this is to be mechaper avonos.

Because as we all know,depression is like hell sometimes.

So Hashem thank You!

More often,it is discontent inside of us.

All of us here have this.

That's why we're here,isn't it.

This is something we are working on.

It takes time.

It will be healed.

Do not worry.

So when you are depressed,don't say to yourself:

"O man!Why can't I just be happy?!"

This is where Hashem put us right now.

Thank you Hashem for making me depressed today!If You decide that I should be depressed,then I'm happy with it!

(Notice the irony in that statement?)

(Irony?Or the solution?)

Don't say:

"O man!My davening now will be weak anyway.Any mitzva I do will be weak.I might as well not do it."

Wrong!

Hashem wants us to give Him what we have.

If all we could do is learn 10 minutes,then that is perfect!

Not ok.

Perfect!

He put us here,depression and all.

Don't beat yourself up.

Give Him what you got.

It's all that He asks for

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