

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 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 chl - 31 Jul 2009 05:53

bs"d

Uri,

i am really happy for you! Behatzlacha with your path!

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Re: Where I'm at

Posted by jerusalemsexaddict - 31 Jul 2009 08:27

dear friends,

weekends are the hardest as well all know. friday is stressful, shabbos can be difficult, and sat night is often torture. i got off to a bad start already by oversleeping thjis morning. i woke up, realized i missed minyan, felt depressed, turned over to go back to sleep, and found myself fantasizing like theres no tommorow. its just comforting, you know? i just felt much better all of a sudden. and friends, let me tell you it was so so hard to pull myself out of that warm comforting fantasy. the one where there was no tension, no depression, just a couple enjoying themselves. but i knew i had to, or there would be no end. so i got up and davened.

my house is not such a happy place. my father is emotionally abusive. my mother suffers from anxiety and depression. people aerent happy with each other. thats what makes my fantasies so appealing. its not jsut abot the sex. its about the love. the comfort. thats what makes this struggle so difficult sometimes.

-Uri

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Re: Where I'm at

Posted by Tomim2B - 31 Jul 2009 08:41

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Re: Where I'm at

Posted by 7yipol - 31 Jul 2009 09:13

Dear Uri,

Im impressed you got up to daven, even if you missed minyan. You still won.
but on a more positive note, day 15

Unhappy homes are breeding grounds for addictions of all sorts. The emotional neediness makes us all susceptible to anything which will 'bandaid' the pain for even a few seconds at a time.

That is what makes GYE so important in our lives - a family who really care, encourage and love unconditionally.

Uri, think about your fantasy couple: Are they a happily married couple? My guess is no. Probably, they are young and good looking, enjoying the *physical* escape without a drop of emotional closeness at all.

Do they know each others names?

Would they recognize each other in a weeks time?

Is there any sense of responsibility to each other?

Emptiness Uri, emptiness!

Someday, Hashem will send you a wonderful girl who will be your eishis chayil and with whom you will build your home the way that you both see fit. Now is the time to build yourself into the person who will be able to sustain that future reality.

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Re: Where I'm at

Posted by jerusalemsexaddict - 31 Jul 2009 09:39

7up,

my fantasy wasnt just sexual.there is a lot of love in my fantasies,not just sex bichlal.i desire a comfortable happy home,i cant even express how strong this desire is.im not just a sex addict;im really a love addict.the sex is just an expression of the love/a confusion between that and love.to wake up from this fantasy is depressing.so yea..

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Re: Where I'm at

Posted by 7yipol - 31 Jul 2009 09:46

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Re: Where I'm at

Posted by jerusalemsexaddict - 31 Jul 2009 13:20

Chevra,

i am feeling very tense and exasperated at the moment.fridays not such a good day in my book.everyones yelling and i am stressed.i am sensitive to stress and do not react at all well to it.i feel myself slipping into fantasy,at this very moment even.im on the forum as a last desperate

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Re: Where I'm at

Posted by Tomim2B - 31 Jul 2009 13:36

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Re: Where I'm at

Posted by jerusalemsexaddict - 31 Jul 2009 13:46

thank you so mcuh for responding tomim.im really stressed right now,i cant really think straight.i
eling please,15 days is too long to see lost HASHEM cant we just skip friday just this once?
opened up the 30 day chart and stared at my name feeling pride as it showed my battle until
now.but im still sorely tempted.baths are not the thing for me right now.chillin in the hot water

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Re: Where I'm at

Posted by Tomim2B - 31 Jul 2009 13:52

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Re: Where I'm at

Posted by Tomim2B - 31 Jul 2009 13:57

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Re: Where I'm at

Posted by jerusalemsexaddict - 31 Jul 2009 14:46

no pepper and i tried to do jumping hjacks in my room but i have no energy.i only have one thing on my mind.

to make it worse my really frum friend is coming for shabbos and hes very perceptive and not so accpeting(long story) and he just walked in.gotta go...

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Re: Where I'm at

Posted by the.guard - 31 Jul 2009 14:54

URI, we're with you! Read your last beautiful post again and again:

Chevra,as i approach the end of day 14 iy'h,i look back at the last 2 weeks and smile .ok,now i am crying(slightly embarrassing as my little sister is standing near me watching me).i am starting to breathe fresh air again.my emotions arent all soiled.im starting to feel truly relaxed and content for the first time in what seems like forever.i know it sounds like im way overdoing it,but im feel the disease starting to loosen its hold on me.again,maybe im imagining this,but i feel that im startring to break the addiction,and i feel very free.i now am starting to imagine a life with no pressure for lust.a life in the here and now,not in fantasy.i life without constant fear.a life without constant shame.im like a blind person who cant see fully yet,but is introduced to the idea of

sight bichlal.in only 2 weeks.imagine 90 days!imagine a year!thank you Hashem for giving me the opportunity i never thought i would have,and for making it so much more geshmak than i dreamt it would be.may You give me the strength to not just have a peek,but to have the full thing-the gift called life.i know im seriously overdoing it,but this is how i feel at the moment.tisha b'av was a time of reflection for me.the past 2 weeks of sobriety are the first 2 weeks of my life.with a heart overflowing with love-Uri

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Re: Where I'm at

Posted by 7yipol - 31 Jul 2009 14:59

Were davening for you Uri.

No one here is giving up on you. Now ***dont give up on yourself!***

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