

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 jerusalemsexaddict - 16 Oct 2009 08:20

ur sending sushi via ups?

shver.

i hope it doesn't stink up the woodford :-[

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Oct 2009 22:13

I had a terrible night.

a friend of mine saw the girl that I'm still emotionally dependant on in town with a guy with long hair and an earring. I know I should grow up and get over her but I'm still totally dependant on her.

shver.

so I went to an engagement party and what do you think they had???

a bottle of Woodford!

I drank half the bottle by myself.

now I am drunk.

but at least I didnt go to Tel Aviv and ...

shver.

Anyway mom saved my life (literally) again

and here I am depressed and crying like a newborn baby ashamed of myself and of who I am, and of what I was and what I am and will be.

when will this end???!!!

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Re: Where I'm at

Posted by the.guard - 18 Oct 2009 10:38

Uri, did you see Chizuk e-mail #605:

Personal Victory of the Day: Uri's Win

Anecdote of the Day: Yankel Hits Bottom

Beautiful!!

You have greatness in you and you have nothing to be ashamed of; not who you **are**, and especially not who you **WILL BE!** (Admor of GYE)

P.S. To take your recovery to ever higher levels, please join Duvid Chaim's group starting tomorrow. Recovery must be the number 1 priority in your life. If you don't get sober, everything in your life will get progressively worse. And if you do, everything will get progressively better. Believe this or *else*.

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Re: Where I'm at
Posted by 7yipol - 18 Oct 2009 11:41

If only my boy knew what he does to that place!

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Re: Where I'm at
Posted by jerusalemsexaddict - 18 Oct 2009 16:26

You know that pain you have?

That really deep pain which you're afraid of confronting?

That holds the key to your true depth.

It is very close to the pain.

And we think that the pain is deep.

But really, it is just us that are deep.

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Re: Where I'm at

Posted by jerusalemsexaddict - 18 Oct 2009 16:27

Depression is a security when there is nothing else.

Depression is an escape from fear.

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Re: Where I'm at

Posted by Rage AT Machine - 18 Oct 2009 16:34

uri, re: your ex with pony haired agil dude

i dont think we ever completely get over someone and erase them from memory...uri, the password i have for this site is the name of a girl i once knew and loved....lets leave it at that...i dream sometimes of girls ive loved...in my dreams we're still together...in my dreams its the only place i hurt...in real life, ive becomes a rock...

now, you, uri, have got a big heart...you wear your heart on your sleeve and youre proud of it...my prayer for you is that you continue to love big and hurt big as opposed to stop loving and stop hurting..its not a curse to hurt, its a curse to no longer care...

keep fighting

ratm

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Re: Where I'm at

Posted by 7yipol - 18 Oct 2009 16:40

[Rage AT Machine wrote on 18 Oct 2009 16:34:](#)

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This is unquestionably the saddest, most pain-filled post ever posted on this forum.

Rage; I daven for you that you go through the pain of defrosting very soon. Because after the pain is warmth, comfort and love. Yes, and even - or especially - a Tatte in Shamayim.

I speak from experience, not just flake land

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Re: Where I'm at

Posted by jerusalemsexaddict - 18 Oct 2009 16:46

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Re: Where I'm at

Posted by Rage AT Machine - 18 Oct 2009 16:49

oh, and the "friend" who told you he saw her with this dude is A Hole in The Universe....

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Re: Where I'm at

Posted by 7yipol - 18 Oct 2009 16:51

[Rage AT Machine wrote on 18 Oct 2009 16:49:](#)

oh, and the "friend" who told you he saw her with this dude is A Hole in The Universe....

ditto

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Re: Where I'm at

Posted by kanesher - 18 Oct 2009 17:17

[Rage AT Machine wrote on 18 Oct 2009 16:34:](#)

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keep fighting

ratm

Ouch. Ouch. Ouch. Sometime we rage when we can't cry. But water melts rocks, as R' Akiva found out, and when pinnocchio becomes a real boy, perhaps he'll find solace. Becoming a rock stops us from grieving and then it always hurts - maybe it's time to let go? Just to mourn, and let things move through you instead of freezing up so they don't hurt?

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Re: Where I'm at

Posted by 7yipol - 18 Oct 2009 17:19

[kanesher wrote on 18 Oct 2009 17:17:](#)

[Rage AT Machine wrote on 18 Oct 2009 16:34:](#)

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When you are ready, we are here. Your pace, your terms.

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Re: Where I'm at

Posted by Dov - 18 Oct 2009 22:00

Gevalt, that hurts.

That having been said, just maybe, *his* new dependence on *her* will cause a critical airlock decompression (CAD), releasing the malfunctioning emotional tether from your memory of her (MD - Memory de-Tethering) and enable your full-independence-recovery-circuits (FIRC - oops) to engage the nuculur (thanks, Bush) reactor of reality within you, putting your tachlis-boosters (TB - oops again) back on line (L -?).

Whatever.

GET OVER IT!!!!

Love,

Dov

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