

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 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 Tomim2B - 01 Aug 2009 02:26

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Re: Where I'm at

Posted by the.guard - 01 Aug 2009 18:05

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Way to go Uri, you are really inspiring!

See Chizuk e-mail #478 on [this page](#) for some ideas on dealing with stress...

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Re: Where I'm at  
Posted by 7yipol - 01 Aug 2009 18:38

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Whew!

Now, *I* get to relax! **I worried all Shabbos!**

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Re: Where I'm at  
Posted by jerusalemsexaddict - 01 Aug 2009 21:55

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chevra,

shavua tov.thank you for the chizuk and advice.7up im so sorry i wasnt able to inform u before shabbos of my success.please do not worry aboutme it just makes me feel that much guiltier.i had an ok shabbos,baruch hashem,in terms of my streak.but i for some reason felt pretty depressed.this has been going on for a few days already.i missed shacharis cause i was too depressed to leave bed.and while for some reason shabbos im usually in the clear,sat night isnt as easy.i so far already had one close call.at the moment im allright though thank G-d.im just trying to do one period at a time here.theres the night,the late night,the morning,the afternoon,the late afternoon,and all over again.each tekufah comes with its own trials and struggles.im learning how to handle each one differently.

as i was saying,for some reason on shabbos i very very rarely have trouble not mas\*\*.if theres a girl i might fall.but myself,almost never.maybe its my hightened sense of purity??any thoughts?

again i spent a lot of time in bed this shabbos.i feel depressed whenever in bed,especially after waking up.most after a nap.any thoughts/similar experiences?wishing everyone a safe night-uri

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Re: Where I'm at

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Posted by jerusalemsexaddict - 01 Aug 2009 22:28

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wow this place is DEAD motzei shabbos in israel.u guys gotta make aliya soon or im gonna remain bored as heck,and we all know what that leads to...

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Re: Where I'm at

Posted by Tomim2B - 02 Aug 2009 04:26

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Re: Where I'm at

Posted by TrYiNg - 02 Aug 2009 05:45

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[Uri \(JA\) wrote on 01 Aug 2009 22:28:](#)

wow this place is DEAD motzei shabbos in israel.u guys gotta make aliya soon or im gonna remain bored as heck,and we all know what that leads to...

VERY SOON , IMYH!

( I have some good news to tell you, moshiachs on his way...)

E.L, it's in middle of the night...

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Re: Where I'm at

Posted by 7yipol - 02 Aug 2009 08:26

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please do not worry aboutme it just makes me feel that much guiltier

Guilt is the last thing I want you to feel. Can you explain why my concern makes you feel that way so I know what to avoid in the future? Remember; concern and pressure are worlds apart. We are happy and here for you if you make it through the day; we are here if you even if dont.

Try force yourself out of the bed even if its the last thing in the world that you want to do. Go to bed with a plan: "When I wake up I will do x, y, and z.

[quote].im just trying to do one period at a time here.theres the night,the late night,the morning,the afternoon,the late afternoon,and all over again.each tekufah comes with its own trials and struggles.im learning how to handle each one differently.[/quote]

This is the wisest way to do it. Momo also breaks his day into pieces and he's one of the most stubborn warriors on GYE. You can learn a lot from him.

Wishes for a wonderful, HAPPY day,

7up

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Re: Where I'm at

Posted by jerusalemsexaddict - 02 Aug 2009 08:51

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im out of bed.now what?im bored and feeling depressed.lust fills up time so nicely,i must say.im reading the gue handbook cause nothing better to do.in truth i prob have several options of things to do with my day,but i dont have the will or koach.my fantasies have switched for the most part from lust to love.my abstinence is becoming a little more of a reality for me,but my need is as strong and as real as it has ever been.it has found expression and security in lust and refuses to leave.which leaves me bored and depressed.im clean but theres a sparkly clean and theres a boring clean and tidy.im the second.

mom i dont want u to be so concerned about me that it disturbs your shabbos or sleep or such.thats ridiculous.its just mas\*\* for G-d's sake.i dont have suicide on my agenda,ch'v.

i wouldnt mind encouragement and a friendly word right now(no mussar please.and dont tell me to get out and do something either).im sorry im in such a bad mood right now guys.i love you all-Uri

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Re: Where I'm at

Posted by Tomim2B - 02 Aug 2009 09:16

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Re: Where I'm at

Posted by 7yipol - 02 Aug 2009 09:35

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mom i dont want u to be so concerned about me that it disturbs your shabbos or sleep or such.thats ridiculous.its just mas\*\* for G-d's sake.i dont have suicide on my agenda,ch'v.

Dont worry Uri; I slept just fine and still managed to enjoy my Shabbos. But once youre adopted here on GYE, we care. Not much you can do about it ;D I wasnt worried about the mast\*\* etc per say. My concern was more that if you did fall ch'v you would feel very down - and the yh  
At least  
you didnt fall; hold on to that!

So why arent you trying 'heavy metal' or deveikus (feels strange to say the 2 in the same sentence!)?

Whenever you feel able, may I suggest you make up a list of all the things you could theoretically do to stay busy - short term and long. Anything from basketball to volunteering for

.....(fill in the blank), hobbies, hiking, friends, learning, either torah or a new skill etc etc.

Love is a definite improvement over lust in my humble opinion. iyH the desire for human love will eventually transfer itself into love for Hashem. Because He loves you so very much. Look for His hugs, believe me, they are there!

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Re: Where I'm at

Posted by Sturggle - 02 Aug 2009 11:13

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dear uri,

what you are saying about how you feel today is something that strongly resonates with me. like some others have already mentioned, it might be helpful to go over your posts. what would you like to be doing with yourself? maybe it's ok to relax, lay low and even stay in bed for a while. at times when i feel depressed and i want to just stay in bed, the most helpful thing for me is not to fight and do just that. maybe i'd think of what i want to be doing and then when i'm ready i'll do it. for me it could take some time. also, if you want, you can write me a post on my thread, your last comment meant a lot to me and i don't get close to as much action on my thread as you do on yours.

:D ;D :

kol tuv man.

struggle

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Re: Where I'm at

Posted by jerusalemsexaddict - 02 Aug 2009 12:40

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i appreciate the advice everybody.im still in a pretty bad mood but im gonna get myself outside  
iy'h.im thinking of getting a partner/sponsor.id most prefer a woman,but since thats not so  
shayach,im looking for a yeshivishe guy married preferably chilled out to be my partner.o,and in  
israel,being as thats where im at.i know theres a section for this but i feel that more pple see my  
thread.pm me if u have someone-uri

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Re: Where I'm at  
Posted by 7yipol - 02 Aug 2009 18:41

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How are you feeling now Uri?  
p.s. i feel like that belongs in a singles section

I think a sponsor / partner is the best idea youve had so far! I strongly recommend it, even if it

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means I have to share