

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 because 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 different 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 I'm tired so I shall continue this

=====

=====

Re: Where I'm at

Posted by 7yipol - 05 Nov 2009 22:33

I hate to be the one disagreeing with R' Dov (Don't hit me Guard, don't hit!)

I think Uri's breaking his rule was the right thing to do today.

Who was it who gave us the brilliant line

"To heck with me what can I do for *you*?"

Uri is off the forum for now, in order to experience "life",

instead of burying himself in a visual world of wishful thinking.

But what better way to really live than to be there for the next person when they need us?

His posting wasnt a case of running *from* life,

rather, running *to* life!

And Uri wont even get to see this - coz tomorrow the rule is reinstated!

=====

Re: Where I'm at

Posted by the.guard - 05 Nov 2009 22:54

I'm sure Reb Dov agrees, he was probably just worried that Uri would get sucked back into the

=====

Re: Where I'm at

Posted by Dov - 08 Nov 2009 16:52

[7Up wrote on 05 Nov 2009 22:33:](#)

I hate to be the one disagreeing with R' Dov

Ha! Wow....whew....thanks, I feel much better now.

virtual world... Hey, and I was **too** there, for a moment

=====
=====

Re: Where I'm at

Posted by jerusalemsexaddict - 10 Nov 2009 17:11

I hate when this happens!

I write these really deep posts and you guys pick this one unimportant point and debate it.

Uch!

=====
=====

Re: Where I'm at

Posted by 7yipol - 10 Nov 2009 17:16

Thats because if we discussed the deep, profound posts, you'd have a hard time staying away from here!

But I must admit its great having you back.

Now if that newbe cry2tatte would also come and say hi...

=====
=====

Re: Where I'm at

Posted by yechidah - 10 Nov 2009 17:18

Shver.

combat this with some more of your deep posts

(that shouldn't be too shver.)

=====

Re: Where I'm at

Posted by the.guard - 10 Nov 2009 17:20

Uri, you're right. I just went back and read those posts and they blew me away. I decided to put them into today's Chizuk e-mail. Honest. Thank you!!

=====

Re: Where I'm at

Posted by jerusalemsexaddict - 12 Nov 2009 22:53

K.Can't let this thread be neglected,ch'v.

Some big hugs today:

1)Caught a bus exactly on time

2)Going into work I heard the song playing "I will survive"

3)Saw a magnet "It's better to try and fail and try and fail than to fail and to fail to try again."

Update on my life...

I now have a job working in a sefarim store.

I'm with seforim and people all day (seforim in between people's).

Now lets all hope Uri can take a joke.

=====

Re: Where I'm at

Posted by Net - 13 Nov 2009 03:39

[Uri wrote on 05 Nov 2009 21:34:](#)

Okay I also just realized i only have one star

i see how it is

anyway...

youve unleashed the monster mom.

I wanted to add something.

I think the real turning point for me in not getting tortured by my falls was that i realized that my fall had become about falling or not falling.

And rav shlachter said STOP

Since when did life become about surviving?

Another day making it without acting out or going crazy?

I was always worried about one or the other

I was surviving

And life SUCKED

Because i wasn't able to just live life with all my heart and soul and everything i had

I wasnt able to relax

It's like i was always drowning and trying to keep my head above the water

But everyone knows that when u struggle ur much more prone to die.

The way to not drown is to just let go.

Let yourself sink.

And you'll naturally float back up.

By struggling,you're just wasting all of your energy.

And at that moment,I firmly decided(not resolved)that from then on,I would start living.

And the past week or so has been beautiful.

I can breathe in the air freely.

I spent half the afternoon rolling down hills. (cracked,I know)

A freedom I never thought I would have.

I have just started living.

Not surviving.

Living.

And it's beautiful.

Now when I act out (which incidentally is much less) I just go "ok now ill just have to work a little harder to connect to life again."

I don't have to go crazy.

My life is not dependant on acting out or not.

I'm just...

living

Hey, that was exactly what i needed to hear, I get exactly like that, whenever i maust**** , I feel like such a stinking piece of s###

I make these crazy goals about going clean for a week and stuff. and whenever I mess up, i can't seem to get up and go on, it's almost like an obsession. it's so hard, I just harp on it nad never move on.. like today, ijust did it a couple of hours ago, and i'm telling myself things like, oh , I'm such a retard, I can't believe i slipped up , I didnt want to... i feel so tired now.... (which i do, after I slip) I'm gonna try for another week now.... etc etc. I just find it hard to change my focus, and i need direction. Cheers

=====
=====

Re: Where I'm at

Posted by jerusalemsexaddict - 13 Nov 2009 07:25

[Rage ATM wrote on 12 Nov 2009 22:56:](#)

[Uri wrote on 12 Nov 2009 22:53:](#)

I mas** here and there,

i would think that if youre rabbi/psychologist gave you permission to do it he'd also tell you to only do it in the bathroom or something.

Nope.It's my call.Free country.

Btw,are you in israel rage?

Cause I saw someone yelling and punching the machine at the bank last night,and thought it might be you.

=====

Re: Where I'm at

Posted by jerusalemsexaddict - 13 Nov 2009 12:49

I learned something today in the Ramchal that i simply must share.

His question was a often asked one?

Why are some people poor and some rich?

Why do some suffer while some have seemingly easier lives?

Why do some of us struggle with SA,while other people can get by without?

Why are so many of us depressed with so many insecurities while others not?

Why do so many of us come from insecure homes while others come from unconditionally loving families?

The answer:

Hashem created the world in a imperfect state.

This is our job.To perfect the world.

Hashem therefore sent certain neshamos down with certain missions to perfect parts of the creation.

It is known that there is a individual mission,and a worldly mission.

I have my neshama which has certain imperfections which I have to work on.

And then there is the world's imperfections which certain types of people have the koach to change.

Some people are rich so that they can work on giving. Because the world needs a certain amount of giving to be fixed. And the world needs a certain amount of mesiras nefesh to be fixed. The more difficult the nisayon, the greater effect it has on the world at large. And those that are poor were hand-picked by Hashem for this mission because **they have the ability** to withstand this nisayon.

Chevra, we all know one serious defect this world has and has always had.

Lust.

It's maybe the biggest one out there. Shver.

And Hashem hand-picked some of his greatest neshamos and sent us on this mission.

And we unknowingly come down to this world, and our house sucks, and our life is difficult, and the lust rages and burns within us.

And when we overcome it.

When we fix it....

Chevra, we are fixing the world.

A gutten shabbos to all my holy friends here

=====

Re: Where I'm at

Posted by jerusalemsexaddict - 14 Nov 2009 17:42

i was at home for shabbos (doctors orders) which is very hard for me and gets me feeling very insecure and irritable.

now i cant think of somthing to do tonight

ill prob act out,but that's not fun

i wanna live

what can i do to live

its so hard to pull myself out of this restless destructive mindset.

uch!

=====