

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 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 imtrying25 - 24 Nov 2009 18:23

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[Rage ATM wrote on 24 Nov 2009 14:18:](#)

love the avatar...

[habib613 wrote on 24 Nov 2009 14:57:](#)

i can't see it...

Me neither.....

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Re: Where I'm at

Posted by the.guard - 24 Nov 2009 22:53

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Mazal Tov Uri on 100 pages of posts - the longest thread on GYE!!

And keep up the awesome work. Habib saw what I saw in your post.

That was your first REAL LIFE DOCUMENTED example of how your therapy is really **really** changing your attitude and actually helping you cut down on the acting out (not just getting you )

Keep inspiring us brother!

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Re: Where I'm at

Posted by TrYiNg - 25 Nov 2009 04:51

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**Congrats on 100 bro**

Ad me'ah v'esrim... (& more.. ;D)

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Re: Where I'm at

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Posted by jerusalemsexaddict - 25 Nov 2009 18:56

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im bored

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Re: Where I'm at

Posted by TrYiNg - 25 Nov 2009 18:59

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I posted bout a 100 things to do when you're bored, in the chill thread.

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Re: Where I'm at

Posted by 7yipol - 25 Nov 2009 19:21

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[Uri wrote on 25 Nov 2009 18:56:](#)

im bored

Also, check out mom an rage in her thread. Should give you a laugh

Come wash some dishes

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Re: Where I'm at

Posted by Dov - 25 Nov 2009 20:57

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...then come *here* and wash some dishes....

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Re: Where I'm at

Posted by Kedusha - 25 Nov 2009 23:59

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[guardureyes wrote on 24 Nov 2009 22:53:](#)

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I agree 100%.

As for Rav Shlachter, I'm reminded of the joke about a physician who puts his patient on a diet.

Doctor: "The good news is that you can eat anything you want."

Patient: "Sounds great."

Doctor (handing the patient a piece of paper): "Here."

Patient: "What's this?"

Doctor: "It's a list of all the foods that you're allowed to want!"

Similarly, when Rav Shlachter seems to condone acting out whenever the patient wants, the goal is for the patient to realize that this is not what he really wants.

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Re: Where I'm at

Posted by the.guard - 26 Nov 2009 08:40

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Great Moshol, Kedusha!

Uri, how are you doing? Did you survive the boredom? Sorry I couldn't chat, I only opened my chat for a few minutes for something very important and I was also in middle - and LATE - with  
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You know it's funny. When I opened my chat for those few minutes for this really important thing, suddenly I got like 5 chat pop-ups, from you, Tomim, Yiddle, Bardichev & Loynata. It made me realize how desperately we need a good GYE chatroom. (Also for your boredom, Uri...) I will see if I can get something like that programmed one of these days for the chevra.

Hashem should send me the right programming shlichim, and a good price, and the money to cover it, and the **head** to deal with it - on top of everything else. AMEN.

Meanwhile, why don't you 5 chat with each other on gmail?

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Re: Where I'm at

Posted by jerusalemsexaddict - 26 Nov 2009 14:01

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i had this whole plan when i got home to start this cheshbon hanefesh but i forgot one thing

im home

just had a very intense fight with my mom in which she basically announced to our block that im seeing a psychologist and its not working.bit\*\*.

now im depressed and pissed off and bored and pissed off.

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Re: Where I'm at

Posted by habib613 - 26 Nov 2009 14:05

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Re: Where I'm at

Posted by Momo - 26 Nov 2009 14:09

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Sorry about that man.

If you want to talk about it, just give me a call.

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Re: Where I'm at

Posted by habib613 - 26 Nov 2009 14:23

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uri, only 3 people online right now. you, momo and me.

lets discuss something if you're that bored

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Re: Where I'm at

Posted by jerusalemsexaddict - 26 Nov 2009 14:27

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bored?

right now my parents are arguing (the only time they ever speak) as usual and my dads like why do u always yell?!and my mothers like "its uri.that kid is so dissapointing"

"i know.he's really disgusting."

"I dont know what he learns in yeshiva.how does he act like this?"

and all that happened was me coming home from work and getting yelled at my mom for being lazy and not helping in the house and not being home this shabbos and disgusting her.

at least theyre talking.usualy they just rip each other to peices (verbally)

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