

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 habib613 - 26 Nov 2009 15:16

take buses...

leave now.

i think that's the best idea i've thought of in ages...

you leaving your house...

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Re: Where I'm at

Posted by jerusalemsexaddict - 26 Nov 2009 15:23

www.creatingwords.com/articles/general/abusive.htm

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Re: Where I'm at

Posted by the.guard - 26 Nov 2009 15:24

Uri, normally I would agree with the SMMCMD approach ("shoot-my-mom-chainsaw-my-dad"), but ever since I've spoken to Rav Shlachter I've learned that you can't fight control with control. Your desire to massacre & mutilate them is your subconscious way of "subtly" regaining control over a situation that you feel is out of your control. Instead, I suggest biting the bullet (*before* firing it), leaving the house, and putting your complete trust in: yourself, the world, and in Hashem - **to care for you**.

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Re: Where I'm at

Posted by jerusalemsexaddict - 26 Nov 2009 15:27

i cant take it anymore :-[

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Re: Where I'm at

Posted by habib613 - 26 Nov 2009 15:29

was that an i can't take it anymore and i'm taking the next plane to the US

or an "i can't take it anymore and i'm going to borrow my neighbor's gun"

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Re: Where I'm at

Posted by jerusalemsexaddict - 26 Nov 2009 15:33

i just cant

i just cant think straight about places to stay

and i hate bouncing from one persons house to another

i cant take much more of this

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Re: Where I'm at

Posted by jerusalemsexaddict - 26 Nov 2009 15:35

scrwe this bottom line thing f it im out

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Re: Where I'm at

Posted by habib613 - 26 Nov 2009 15:36

no your not

stop a second, just one,

and think why you wana cross your bottom line.

think again

is it worth it?

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Re: Where I'm at

Posted by the.guard - 26 Nov 2009 15:39

From Rav Shlachter:

Parents who are aware of the physical and emotional stages of development that their children undergo, and who interpret correctly the attempts to take control, which are in order to fill what's missing in the child's feeling of security, will allow the child the protected space required for their emotional self-development. By doing this, they will be greatly helping their children learn to trust them - and to trust in themselves. This will automatically reduce to a minimum their dependence on control in order to feel secure and protected.

In contrast, parents who find it difficult to reduce their control and disconnect their own feelings for the benefit of their children, will find that the more their child develops their own emotional independence, the more they will feel their own feelings of control and security questioned. This will translate into attempts to control the natural processes that their child is undergoing through futile attempts to stifle and squash the emotional independence that their child is developing. Not only will they ultimately not succeed, but they will also cause irreversible damage to their child's trust in them- and in himself, and will only strengthen the child's need and dependence on control to once again feel secure and protected.

Do you understand now why you want to bottom-out? It's clear as day...

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Re: Where I'm at

Posted by the.guard - 26 Nov 2009 15:49

(By the way, I am posting this in bits and peices because I am translating it *mamash now*, in these moments, for today's chizuk e-mail... I was supposed to translate this article a few days ago already, but I couldn't seem to get to it... Now though, exactly when Uri needs to hear this, Hashem got me to translate it and post it, paragraph by paragraph, as I finish them... The article is brilliant, and it explains **exactly** what Uri is going through. By "taking out your parents" [*no, not to dinner*] or by breaking your bottom line, you are attempting to regain control... This is fully understandable... But as we see in the next paragraph, it won't help...)

Continuation...

Trust leads to trust, and control leads to more control. It is impossible to fight control with control. The only way to let go of the need to control is by strengthening trust. And the way to build trust is through **letting go** of control. Nature abhors a vacuum. When there is a lack of one of them, the other one will come and quickly fill its place. This is because a person cannot exist without the feeling of security and protection, not even for a moment.

Stay tuned for the next paragraph, as Hashem talks to Uri through Rav Shlachter....

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Re: Where I'm at

Posted by the.guard - 26 Nov 2009 16:10

Continued...

In the relationship between parents and their children, husbands and wives, friends, or in social interactions of any type, and much more so in peoples own relationships with *themselves* - especially someone with a compulsive nature, or who suffers from anxiety, or who suffers from an addiction (all of which stem from the lack of trust they have in themselves and in the world around them); in order to feel secure and protected, they are driven to use control frequently. However, paradoxically, the very fact that they are completely dependant on control is likely to *remove* the feeling of security that the control gives them, and cause them to feel exposed, hurt, and *without* a feeling of security and protection. And in order to **return** the feeling of security to themselves as fast as they can, they will use the only way they know how and will wage an all-out in a battle of control through futile attempts to regain control over their control, and this will only strengthen the need for *more* control! **Is there any way out of this vicious cycle?**

Only one paragraph to go... **But that's the clincher paragraph that holds the answer!**

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Re: Where I'm at

Posted by the.guard - 26 Nov 2009 16:27

Last paragraph...

In light of what we have explained about trust and control and the direct relationship between them, the answer to this question is clear as day. Precisely now, when they feel unprotected and completely powerless, and when they recognize that even control does not help them to feel secure and protected, lies the golden opportunity for them to embark on a new path. All they have to do is to stop trying to fight to control their control, which will anyway be futile, and instead, simply admit defeat and completely surrender. Then, the very surrender and powerlessness that they feel will suddenly remove at once the bonds of control, and in place of the control will naturally rush in a strong feeling of trust that will fill them with a feeling of security and protection - as strong as that of a babe in its mother's arms.

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Re: Where I'm at

Posted by the.guard - 26 Nov 2009 16:38

Uri, do you realize how Hashem is speaking to you?? This article describes EXACTLY what you're going through - and it gives you the solution too.

NOW, precisely NOW, when you feel completely powerless, hurt, lost, and exposed, - and you want to fight these impossible feelings in the only way you know how - by trying to **regain control** in the only ways that we addicts know how, precisely NOW lies your **golden opportunity** for a **new path!** NOW is where you can be literally REBORN. Just "let go" of the burning need for control completely! ***You know it won't help anyway!*** And as soon as you let go of it, **trust will naturally come flooding in!**

bni, ani hayom yeliditicha!

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Re: Where I'm at

Posted by kanesher - 26 Nov 2009 17:15

...sounds all so familiar. Hence, the Atlantic between myself and my parents. Works out well.)

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