

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

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Re: Where I'm at

Posted by 7yipol - 26 Nov 2009 21:43

[Rage ATM wrote on 26 Nov 2009 21:38:](#)

Uri ur reaction is totally justified and natural...no one here will think any less of u no matter what u do tonight...u r a giant in my eyes no matter what

Ditto.

But at least let us know youre with us?

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Re: Where I'm at

Posted by TrYiNg - 26 Nov 2009 23:09

[7Up wrote on 26 Nov 2009 21:43:](#)

[Rage ATM wrote on 26 Nov 2009 21:38:](#)

Uri ur reaction is totally justified and natural...no one here will think any less of u no matter what u do tonight...u r a giant in my eyes no matter what

Ditto.

But at least let us know youre with us?

Ditto

or me3?

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Re: Where I'm at

Posted by habib613 - 26 Nov 2009 23:11

uri, if you see this, mind telling us you're alive?

we're going crazy here across the atlantic

and all we can do is email mom a million times

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Re: Where I'm at

Posted by habib613 - 27 Nov 2009 06:32

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Re: Where I'm at

Posted by 7yipol - 27 Nov 2009 07:56

Uri, please call me on my cell when you see this. Thanks

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Re: Where I'm at

Posted by the.guard - 27 Nov 2009 10:25

you're usually up by now

Uri, it's selfish to keep your family in suspense and worried about you :(You know we'd all go into hell to pull you out if we had to. :-\

P.S. Uri, check out today's Chizuk e-mail...

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Nov 2009 13:13

I will try to start using this thread as a place for my cheshbon hanefesh that I am doing.

I am determined to break through all the layers.

In the meanwhile,I will try to refrain from trying to convince everyone of the truth of this derech.

Any questions will be answered happily.

Emails will also be responded to,iy'h,as soon as possible.

A gut shabbos

-uri

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Re: Where I'm at

Posted by the.guard - 27 Nov 2009 13:18

In the meanwhile,I will try to refrain from trying to convince everyone of the truth of this derech.

:D

Thanks for posting. We were all very worried.

But whatever. Past is past.

Asher Anochi Metzavecha HAYOM.

Good Shabbos!

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Re: Where I'm at

Posted by Eye.nonymous - 28 Nov 2009 17:03

It's easy to limit ourselves to the lust side of our problems on this forum.

But, if we're struggling with lust, we're probably struggling with other things too.

This family stuff really ought to be worked out.

Maybe start an additional thread here for the issue. Might help to keep things straight and sort things out.

--Eye.

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Re: Where I'm at

Posted by letakain - 01 Dec 2009 16:22

hello, bro.

hope your smiling today

letakain21

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Re: Where I'm at

Posted by jerusalemsexaddict - 01 Dec 2009 16:35

Free self-help support groups will be opening (in Israel) for men and women separately, under the guidance of Reb Shraga Shlachter, for singles as well as for couples - who either they or their spouse, are struggling with problems of control, confidence and trust - which are often expressed through fears, various addictions, compulsive behaviors, obsessions, and/or social isolation.

The groups will be starting around Chanukah Time, and will meet at the French Hill in Jerusalem. The men's group will meet Sunday evenings at 8:15 PM, and the women's group will meet on Wednesday mornings at 10:00 AM. (The groups will also help couples strengthen trust in their marriage, which in turn will help the spouse who is struggling with addiction to find freedom from his/her obsessions).

For details and registration:

Men should contact Uri at anotherid@gmail.com or at 052-7127899

(leave message if no answer).

Women should contact Rachel at 08-974-4504 or leave a message.

If there's anybody in israel and not coming to these meetings,i will hunt you down and beat you up.

No really,come on guys!We need more people and this would do all of us here so much good!

Come on!Be brave!

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Re: Where I'm at

Posted by Dov - 01 Dec 2009 17:12

Uri - Instead of beating them up, maybe if they could hear testimonials from the attendees 3 mo's after starting, they'd be just plain *jealous* enough to get over the schlep, or the shame and join up. It sounds like a really wonderful thing you are helping to start, Uri! "Vihi noam Hashem, v'chulei...."

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Re: Where I'm at

Posted by jerusalemsexaddict - 02 Dec 2009 06:35

To all my friends here,

When I came here roughly 4 and a half months ago,I was barely a few weeks clean from girls,depressed as anything,unhappy with life,suicidal,and just unsure if I would have any future in this world.

By Hashem's grace,I was led to this site and made what was without a doubt the best discovery of my life.

A group of amazing men and women that I never would've known existed had I not had this problem.

The care for a fellow Jew....

The sympathy/empathy....

The love.....

The acceptance....

For maybe the first time in my life,I actually opened myself up to people.

I discovered a beautiful person inside.Hashem's creation.Someone with potential.

Some who's life goal is not just to "make it",but to live and share and experience.

The happiness and freedom that I feel now is something that I never knew even existed.

And it's all thanks to you guys.....

Guard

Mom

Battleworn

Sturggle

Momo

and every single person here(sorry if i didnt call u out specifically.those are my sponsors and partners)

I am now 6 months clean from any sexual activity with any girl.

For the first time since I first experienced activity at 14.

-uri

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Re: Where I'm at

Posted by Momo - 02 Dec 2009 08:11

Uri, you know that you are the one that inspires us! Keep up the good work.

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