

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 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 kanesher - 18 Jan 2010 17:18

interesting... I wonder if this what chazal meant when they instituted a bracha on a beauty woman...

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Re: Where I'm at

Posted by Dov - 18 Jan 2010 17:23

methinks this is the *real* reason Guard separated those genders....

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Re: Where I'm at

Posted by Me3 - 18 Jan 2010 17:24

BTW anybody see Uri? Did he get stuck on the wrong side of the mechitza?

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Re: Where I'm at

Posted by Ineedhelp!! - 18 Jan 2010 17:27

[Me3 wrote on 18 Jan 2010 17:24:](#)

BTW anybody see Uri? Did he get stuck on the wrong side of the mechitza?

I emailed him and he told me why he hasnt been on the forum...

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Re: Where I'm at

Posted by Dov - 18 Jan 2010 17:35

Please stop that Rage. You are bringing back some bad memories....

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Re: Where I'm at

Posted by the.guard - 18 Jan 2010 18:23

Uri won't be back on the forum.

He has a very precious soul, and we merited to watch it shine for about 7 months.

That will never be lost, not to us and not to him.

We love him, and truly wish him only the best - 'till 120 (as the pages of his thread).

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Re: Where I'm at

Posted by cordnoy - 28 Dec 2014 06:09

[Me3 wrote:](#)

The Fall

I'm broken

I'm feeling down

Hashem my love

nowhere to be found

I try to stay strong

but I just fall again.

When will the day come

when this nightmare will end?

My son my son

I'm right here by your side!

Why would I go

And why would I hide?

Do you think I'd leave you

when you need me most??

My child I love you

says the heavenly Host.

Walking down the road

my heart is torn.

Why can't I be good?!

And stop watching porn?!

There surely must be

a special place for me in hell.

It's the forth time already

this week that I fell.

My son my son

Please pick yourself up

Why do you beat yourself??

Enough is enough!

I gave you the hardest mission

this'll take a bit.

But it'll never get done

if yourself you always hit.

Hashem must be so mad at me

I say to myself

I keep breaking my word

Hurting my neshama's health.

Will I ever be clean

Will I ever be good?

When will I be perfect

Always doing what I should??

My child did you not listen

When I said you were my son.

Does a father leave his child?

You are my only one.

The test I gave

Takes a lifetime to fulfill.

My son please have some patience

You'll make it, yes you will.

Where is that poem thread?

This should be required readin' for us all (especially beginners)!

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Re: Where I'm at

Posted by cordnoy - 05 Jul 2015 20:55

[jerusalemsexaddict wrote:](#)

Ok.This is quite hard for me to say,but I must anyway.

People have been telling me that I've been too intense on the forum.

Also,I sense in myself this annoyance sometimes when I go through the forum.

I was aware the whole time that it comes from a need for some control and stability.

But until now I didn't realize the extent.

Chatai ani mazkir hayom...

As I work with rav shlachter on trying to let go of my various controls and "securities",I find myself desperate at times for any form of security.

My desire for an emotional connection with a woman is stronger than it has been in a long time.

And this desperation showed itself on the forum,too.

As this is one of my biggest places of security,I sometimes hold on too much.

I find myself spending an abnormal amount of time on the forum,and sensing any "controls" on the forum very acutely.

And I have responded in kind.I have so strongly wanted to ensure this place of security that I have been too strong minded and even confrontational at times,all to feel secure.

I so badly want to be sure that I am headed in the right direction that I have pushed my BAD WORD REMOVEDta too strongly at times,just to feel that my path is correct for me.

As I sensed this,I tried taking a step back,but I found leaving this place of security a little too difficult.

So from now on,I will try to let go of this need to control and hear people out more,without feeling too threatened.

Alas,Rome was not built in a day,but I shall try my hardest.

My love to all

-Uri

don't really know what he was referrin' to, but there's lots of relevance in this post.

This one, i don't mind thinkin' about.

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Re: Where I'm at

Posted by cordnoy - 03 Aug 2015 22:40

[jerusalemsexaddict wrote:](#)

Recently I've been feeling a good bit of anxiety and depression,something which for a while dissappeared.

I've been thinking alot about what rav shlachter said:a person cannot handle being a place with neither control or trust.That's how ive been feeling lately.Ive been working on letting go of control alot,and trust takes a bit to build,so right now im sort of hanging in thin air.

Maybe meanwhile,i could try for some control...though im not sure exactly how to do that anymore...

I just feel tired and worn out.

Life is so big and scary sometimes.

What can I do to assuage my fears?

Hashem!!

"The measure of your anxiety is the measure of your distance from God."

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Re: Where I'm at

Posted by YeshivaGuy - 27 Jan 2021 01:18

[jerusalemsexaddict wrote on 06 Dec 2009 17:19:](#)

Massive gray hallway...lots of strange unknown faces....the child grabs even stronger onto his fathers pants...please dad i dont want to go...not today....tomorrow

uri i told u i have to go to work i dont have time for this now

please.ill go with u to work...im scared

shut up stop being a baby ur pissing me off

dad the child is begging please

his father starts walking back towards the stairwell

the child follows happily yay were going home

his father stops suddenly in the stairwell

the child looks at him confused beseeching

daddy...

it happens quickly

the blow to his face knocks him to the floor

the child sits there stunned too stunned to cry

the father walks away...

the tears are frozen to his face as the child sits traumatized...

he sits there for a long time...

finally he gets up and walks into the classroom the tears still on his face dry as ice

he is no longer afraid...

at least not of school.

Im on the verge of tears...

Sorry guys for bringing this back up

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Re: Where I'm at

Posted by YeshivaGuy - 27 Jan 2021 01:25

[jerusalemsexaddict wrote on 26 Nov 2009 14:27:](#)

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)

Oyy!!! The pain, oh the pain. Oyy

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Re: Where I'm at

Posted by yosefthet zadik - 22 Jul 2025 11:35

Just wow!!! To this whole thread!!!

(Does anyone know what ended up with Uri? Did he get married? I'm sure Dov or The Guard have answers, please share!)

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