

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 7yipol - 16 Aug 2009 15:12

You're gr8! I don't know how you're so **strong**!!!! -proud sis

But remember everyone, *real* strength is in the fight; the constant return to the boxing ring

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regardless of how wounded or sore we feel. Not necessarily how often one falls in the process

Re: Where I'm at

Posted by habib613 - 17 Aug 2009 01:21

Uri, i just listened to your recording in the park, and the whole time i was in between laughing and crying.

seriously, can you be my rebbe?

you are beyond a doubt incredible and in shamayim, well, i'm pretty sure that you are seriously helping to build up Bayit III.

layla tov,

Habib

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Aug 2009 06:39

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Aug 2009 07:43

K.So due to all the pressure im getting from pple to leave my house,i am heading out for the day.

I am printing out a copy of the gye handbook and im heading to the old city to daven for everyone here.

Maybe ill even bring my guitar.

Anyway all the best-uri

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Re: Where I'm at

Posted by Momo - 17 Aug 2009 08:01

Uri, i just listened to your recording in the park. I found it so inspiring! Kol Hakavod for not giving in. Your recording made your struggle very real to us.

I remember when I was your age and simply giving in and giving up, feeling hopeless and depressed. I'm so happy you aren't waiting 10 or 20 or 30 years to deal with this issue but are doing it at your age. By dealing with it now and not waiting another 10-30 years, you are literally saving 10-30 years of your life that some of us "older" guys have thrown away (I'm not that old,). When I say "thrown away", I mean spending those years lusting and serving ourselves instead of getting close to HaShem and serving Him.

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Re: Where I'm at

Posted by Tomim2B - 17 Aug 2009 08:16

Momo, are you back, or are you just checking in? I saw that you posted in the "Womens Area" and I was hoping you'd post in your thread.

2B

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but I'm older than you

Re: Where I'm at

Posted by Momo - 17 Aug 2009 08:26

Thanks 2B. I'm just checking in.

Vacation's great.

No internet access starting tomorrow through the weekend, so I wanted to check in while I still can.

Take care,

Momo

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Re: Where I'm at

Posted by battleworn - 17 Aug 2009 09:34

[Uri \(JA\) wrote on 17 Aug 2009 06:39:](#)

You're 100% right! I moved it all away.

BTW I want to clarify that practically speaking I agree that it's not yet time to consider marriage.

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Re: Where I'm at

Posted by Sturggle - 17 Aug 2009 10:10

whoever voted for cholent only in the winter, kol hakavod on standing for your beliefs, social pressure can be rough... as long as you're not doing it solely for the sake of being different. and i had some really good cholent this past shabbos...

uri, how was your day out?

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Re: Where I'm at

Posted by Momo - 17 Aug 2009 10:48

[struggle wrote on 17 Aug 2009 10:10:](#)

whoever voted for cholent only in the winter, kol hakavod on standing for your beliefs, social pressure can be rough... as long as you're not doing it solely for the sake of being different.

I admit it; it was me, and I really feel this way.

The summer is too hot for chulent! I feel the same way about soup too!

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Aug 2009 11:04

i didnt end up going out.its too hot.my printers broken.and im exhausted and depressed.

i fell yesterday.after the email and everything.

i dont want to go to yeshiva.

i dont want to say selichos.

i dont want to do anything except sit in my room watching youtube videos and eating cereal and drinking coke and sleep.

i need a friend who i can talk to.

im too tired.im too bored.im tired of this.

how much longer?

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Re: Where I'm at

Posted by Momo - 17 Aug 2009 11:16

Uri, you are not alone. We love you!

This is a battle of ups and downs. What counts is that we keep on and don't give up. If you need to, give yourself a day to mourn, and then pick yourself up tomorrow.

Depression only leads to further sliding in spirituality. I know what I'm talking about from experience.

Also, think of all the times you said "no" to the Y"H until you fell.

If you would like to call me, let me know and I'll give you my number in a private message.

We will always respect and love you, no matter how many times you fall. That's what families

are all about!

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Re: Where I'm at

Posted by Sturggle - 17 Aug 2009 11:28

Uri!! We love you!! HKB"H loves you!!

I totally hear where you're at right now and my heart goes out to you!

I am also so here for you, feel free to pm me for any contact info...

B'Ahava Gmura,

Struggle

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Re: Where I'm at

Posted by battleworn - 17 Aug 2009 11:33

Uri, what you did on Thurs. night is worth more than 1000 days of sobriety. Ignore the fall and remember that you have Hashem in you and with you. Listen to those songs, sing them and live them and keep being michazek us. You are probably the most powerful source of chizuk on this holy forum.

I just heard your recording and I laughed and cried. I imagined when Moshiach comes and you'll be shining with a tremendous light and unfathomable beauty and scent of kedusha, and we will be the lucky ones to know who you are and why the Shechina rests on you more than on everyone else.

In awe,

battleworn

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