

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 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 jerusalemsexaddict - 07 Sep 2009 21:27

battleworn i apologize but i have no koach to respond at the moment

i have a pretty schedule these days thank g-d and i am EXHAUSTED

i will post tommorow how im doing but yea this topic needs alot of iyun

love from jerusalem-uri

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Re: Where I'm at

Posted by jerusalemsexaddict - 08 Sep 2009 09:13

Good morning tzaddikim,

First of all,thank you battleworn for responding so beautifully and at such length even though you were so not in the mood.

I agree with you fully about bitachon helpig to remove depression.im just really bad at bitachon.im iy'h gonna start today to learn shaar habitachon of the chovos halevovos.

Regarding pain,it's true that a relationship with Hashem would make it easier to bear,but that relationship is hard to create while were so down and out.Like a bad cycle to be caught in.

Bauch hashem,the last couple days have been busier than usual.

Im involved in several chessed projects.

It feels very good to be exhausted at the end of the day because you spent the day helping people.

Im 0 days clean.

I havent been so depressed.its just that im very numb to the consequences.im just sitting here and its so easy to just click and enjoy myself for a while.

Im like eh,im a sinner anyway.

As rosh hashana approaches,im trying desperately to find some way out.

Its not that i dont like teshuva.

I mean,i dont.But thats not the reason.

I dont like davening.

I dont like the intensity of the day.

I dont like it.

Where can i go?

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Re: Where I'm at

Posted by jerusalemsexaddict - 08 Sep 2009 10:16

im falling big time here

this is my last call for help

i have two tabs open one of them is GYE

i also have had enough of falling by myself i have my finger on the phone waiting to call a girl which i know for certain will lead to sex tonight/today.

i dont know why im posting.

i was feeling good a minute ago.

now i feel low.

uch

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Re: Where I'm at

Posted by battleworn - 08 Sep 2009 10:18

should I call you?

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Re: Where I'm at

Posted by jerusalemsexaddict - 08 Sep 2009 10:22

no

i wont pick up

sorry

idk what the point of posting was then

whatever

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Re: Where I'm at

Posted by battleworn - 08 Sep 2009 10:25

URI HASHEM LOVES YOU TO MUCH TO LET YOU GO OF YOU!!! NOTHING WILL HELP!!!
HE WON'T LET YOU DESTROY YOURSELF!!! FORGET ABOUT IT!!!

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Re: Where I'm at

Posted by battleworn - 08 Sep 2009 10:28

THE FASTER YOU GET THE MESSAGE, THE MORE PAIN YOU'LL AVOID!!! THAT'S ALL
THAT'S IN YOUR HANDS!! BUT YOU CAN'T POSSIBLY PUSH HASHEM OUT OF YOU
LIFE!!!! HE LOVES YOU AND CARES ABOUT YOU WAY WAY TO MUCH FOR THAT!!!

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Re: Where I'm at

Posted by TrYiNg - 08 Sep 2009 10:32

You know the point of posting , its bec. REALLY YOU DON'T WANT TO DO THIS!

PLS URI,THINK ABOUT YOUR SONG.

ALL THE MALACHIM , THE WHOLE PAMALIA SHEL MAALE IS WAITING TO SEE THE
BATTLE OF THIS PRECIOUS CHILD OF HKBH! THEY ARE ALL WATCHING YOU . IN YOUR
OWN WORDS;

Down below in this world we are in,

there is a boy whose about to sin.

But at the last second he runs outside.

He hides in a corner and he starts to cry.

....

Suddenly he feels a need to act out,
he turns to shamayim and starts to shout out.
HASHEM! You know what I really want to do,
But I wont do it, because I love you.

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A commotion takes place up above.
It is now very clear that the angels are in love.
In whose zchus was this one born,
this mortal man who takes the heavens by storm??

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Re: Where I'm at
Posted by battleworn - 08 Sep 2009 10:34

YOU HAVE NO IDEA WHAT LOVE MEANS!!! Let me tell you a little secret. I have a son that has caused me more pain than I would have ever thought possible even after having a very painful life in the past. And let me tell you -the more pain he causes me the more I love him! My heart breaks to million of pieces over the pain of his Neshomoh. YOU CAN'T GET AWAY FROM THE LOVE OF A PARENT!!! AND THAT'S JUST A TINY MOSHOL TO HASHEMS LOVE!!!

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Re: Where I'm at
Posted by jerusalemsexaddict - 08 Sep 2009 10:37

okay both of your posts just shook me up especially battleworns comment that u cant push

hashem away.i feel like i asked him to leave the room and now im alone.but battleworn is right thats not possible.

so im gonna take a break for a bit but im not saying that im not gonna fall.im already into it.im just taking a break.thats it./

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Re: Where I'm at

Posted by jerusalemsexaddict - 08 Sep 2009 10:38

was that u battleworn who just called me several times on anonymous?

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Re: Where I'm at

Posted by TrYiNg - 08 Sep 2009 10:41

Great. Don't say you wont fall . It sounds too hard. I know. Just think that you wont for the next few min. Promise yourself that no matter what, you won't fall inthe next 10 min. If thats too hard then only the next 5... Go Uri! WE BELIEVE IN YOU!

AND... PIK UP THAT PHONECALL!

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Re: Where I'm at

Posted by jerusalemsexaddict - 08 Sep 2009 10:43

now momos calling

u guys are amazing

im sorry im not in the place to pick up the phone at the moment

im mamesh in the balance between falling and staying up

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Re: Where I'm at

Posted by Momo - 08 Sep 2009 10:44

I'll call you now again, but pick up the d**m phone.

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