

Where I'm at

Posted by jerusalemsexaddict - 16 Jul 2009 19:45

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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 unsatiabile 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 the.guard - 13 Sep 2009 17:04

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Re: Where I'm at

Posted by chl - 13 Sep 2009 18:56

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bs"d

very powerful poems, uri. thanks for sharing!

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Re: Where I'm at  
Posted by habib613 - 14 Sep 2009 05:47

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i like it. well not like it, exactly, but don't tell me you've never been in that place where all you want to do is cover your head with a pillow to block out the world and just go to sleep.

thanks uri for writing it. and posting it.

you seem to know exactly what (most) people need to hear.

and just to let you know- you're songs got me through shabbos. no way i'd have made it without them.

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Re: Where I'm at  
Posted by Momo - 14 Sep 2009 05:52

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Beautiful poem and depressing.

EL, I think no posts should be removed. It's Uri's space, let him write what he wants to. If you get depressed, don't read it.

But, I agree with you that it's sad. I have felt that way too, and I'm sure all of us had. He expressed it very well.

Uri,

This should be a time for simcha, not depression. Think about how much you've changed and grown in the past few months.

Think about the possibilities for the coming year. If you accomplished what you have in only a couple of months, think where you'll be this time next year if you continue the path you've paved for yourself.

This coming year will be your (and my) first complete year with your GYE friends! That's something to look forward to.

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Re: Where I'm at  
You've entered OZ, and there's no turning back. You're the lion who is finding courage.  
Posted by JerusalemExile - 14 Sep 2009 06:08

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thanks guys for the comments.

i have removed the second poem.

E.L. is right.

Why depress others?

Momo-youre too funny.youre right that thats an encouraging thought,but theres a full 2 days of this stuff.how can i daven the whole day with that perspective?!i wish r'h was like a free day and everyone can use it how they want.i would go sit in the park and write songs to HKBH and thats it.no cold benches,no pangs of hunger at 1pm,no depressing tefillos,etc...

habib-youre sweet

Hoping everyone has a very fulfilling and beautiful day

i love waking up and seeing a full page of replies

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Re: Where I'm at  
Posted by Momo - 14 Sep 2009 06:47

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[Uri wrote on 14 Sep 2009 06:08:](#)

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Uri,

Is there a Carlibach minyan where you live? I think you'd enjoy that.

By the way, you can go home after Shacharit and make kiddush, then come back to Shul for Mussaf. That will solve the hunger issue.

You can always go to the park after lunch and sing songs to HKBH.

I feel your pain. I want so badly for you to be happy! Imagine how HaShem feels! He's hurting so badly. He wants for you to come back to Him! Imagine He's like a father on the other side of the room with His hands open, waiting for you, His child to run toward Him so that you can feel His hug!

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Re: Where I'm at

Posted by jerusalemsexaddict - 14 Sep 2009 07:02

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[Momo wrote on 14 Sep 2009 06:47:](#)

[Uri wrote on 14 Sep 2009 06:08:](#)

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i dont do carlebach minyanim.

im most probably not gonna be home for r'h.ill prob head to some yeshiva.

i cant run into Hashem's arms right now cause i broke my leg.if He wants me,let Him come get me.

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Re: Where I'm at  
Posted by Momo - 14 Sep 2009 07:05

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[Uri wrote on 14 Sep 2009 07:02:](#)

i cant run into Hashem's arms right now cause i broke my leg.if He wants me,let Him come get me.

That reminds me of this:

### Footprints in the Sand

One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky.

In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there was one only.

This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints, so I said to the Lord,

“You promised me Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there has only been one set of footprints in the sand. Why, when I needed you most, have you not been there for me?”

The Lord replied, “The years when you have seen only one set of footprints, my child, is when I carried you.”

Mary Stevenson, 1936

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Re: Where I'm at

Posted by jerusalemsexaddict - 14 Sep 2009 07:06

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touch'e

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Re: Where I'm at

Posted by TrYiNg - 14 Sep 2009 08:06

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Uri, you shouldn't have removed that poem. It so accurately mirrors everyone's feelings at times. We need to express *all* our feelings. E.I, not dwell on it. Just express it.

And what happened to your leg? -concerned sis

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Re: Where I'm at

Posted by jerusalemsexaddict - 14 Sep 2009 08:12

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[TrYiNg wrote on 14 Sep 2009 08:06:](#)

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i was using metaphors (i think)

my legs fine thank you

and i think it was the right decision taking down the poem.

dont wry i have a song going up soon..

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Re: Where I'm at  
Posted by TrYiNg - 14 Sep 2009 11:10

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i was using metaphors (i think)

didn chap :D -slow flake

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Re: Where I'm at  
Posted by letakain - 14 Sep 2009 15:36

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[Uri wrote on 14 Sep 2009 08:12:](#)

[TrYiNg wrote on 14 Sep 2009 08:06:](#)

cant wait for the next song

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dont wry i have a song going up soon..

good! i was so annoyed that i missed it- sheesh! one day off the forum and i have like 50 replies! it was fun to see that!

and i agree with trying! expression of feelings is one of the most healing things about this forum. keeping them a secret just leads to more stress/anxiety/lonliness that can only foster a need for comfort/escape which can lead to acting out very easily. NEVER hesitate to post!!!!

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Re: Where I'm at  
Posted by Efshar Letaken - 14 Sep 2009 18:06

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Uri,

I appreciate the fact that you took it down even thou I was out voted by just about everyone.

I didn't say that we shouldn't express our feelings when we are having ruff times.

But wishing to Die & making a poem out of it, is just a bit to much for me.

Just one mans "True" opinion.

I don't think there's anything wrong with calling out something the we might feel is wrong if we do it respectfully.

Like back in Da Days when I was in Yesivah in Israel when I wanted to Respectfully Disagree

with someone I was taught to start out with " Adoni Hasus" Tishmah!..... Em "Kol Hakavod"  
Shemagiah Lecha Ani Omer Lecha SheAta Chamor, Manyak! (Just Kidding!)

E.L.

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