

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

=====

=====

Re: Where I'm at

Posted by jerusalemsexaddict - 14 Sep 2009 20:01

[Efshar Letaken wrote on 14 Sep 2009 18:06:](#)

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.

[Rage AT Machine wrote on 14 Sep 2009 18:14:](#)

THANK YOU, efshar...

i dedicate this one to you, bro:

lol thats awesome

i hate poems

i hate rhymes

i like lemons

dont like limes

gets you right there *fist on chest* doesnt it?

finally we are starting to see the depth in this guy

keep it up,big guy

youre making us all proud

-uri

=====

Re: Where I'm at
Posted by Rage AT Machine - 14 Sep 2009 20:05

[Uri wrote on 14 Sep 2009 20:01:](#)

finally we are starting to see the depth in this guy

keep it up,big guy

youre making us all proud

-uri

hahahahaha...i like you, uri, because you kick back...

=====

Re: Where I'm at
Posted by letakain - 14 Sep 2009 20:15

[/quote]

finally we are starting to see the depth in this guy

keep it up,big guy

youre making us all proud

-uri

[/quote]

=====

Re: Where I'm at

Posted by jerusalemsexaddict - 15 Sep 2009 08:38

WARNING:THE FOLLOWING POST IS REALLY INTENSE.NOT MEANT FOR CHILDREN OR ANYBODY,REALLY

thanks, uri! i wanted to say that SOOOOOOOOO badly!

I have not been posting on my thread so much lately...

I am going through an incredibly rough time...

One of the hardest of my young life...

I am undergoing surgery,my friends.

Emotional surgery...

And theres no anetisia available...

This process takes quite a while,too...

Let me explain..

I have been living in a fantasy world for a large part of my life,as far back as I can remember actually.

I have always had my escapes, shells, etc..

My therapist has removed them.

How?

I'm not sure, to be honest.

But we did a lot of digging deep, and we basically found pain and comfort.

The pain is insecurity and tremendous fear.

The comfort is sex.

But, as we all know, it is a false comfort, and its power shrinks over time.

Bekitzur, it is not a healthy comfort.

The truth hit me like a blinding light.

I live in fear and I have a false comfort.

My therapist told me that our mission is to help me start living again, but without the fears, and I won't need the comfort.

Meanwhile I am **allowed** to use the comforts, at night only, self only.

Again, this is my personal strategy. Don't try this at home.

But something in me had changed, and drastically.

The next night, with his plan in mind, I felt a need for comfort and I proceeded to comfort myself...

But it did not work.

I was shocked.

And quite frightened.

I needed comfort!!

So I went at it again....

Nothing or barely anything, really....

My anxiety was rising by the moment!

I had a few shots of whiskey,hoping to allay the anxiety a bit.

I was chain-smoking ciggarettes...

Nothing..

You see for the first time in my life,I had nowhere to run.....

Because I was aware that it's not a real hiding spot....

Therefore,its hiding spot potential was removed.

I had nowhere to hide....

I searched my mind frantically for any escape I could think of,no matter how drastic.

My mind landed on sex(with a woman).

But my red line?!

Doesn't matter.

I have to go have sex.

I must leave these fears behind.

I can't bear it.

But deep down I knew

that even sex would not work anymore.

And what comes after that?

How can one escape the overwhelming pain at that point?!

I was afraid of the answer.

But my mind was a blur.I couldn't think straight.

I made a phone call(arrangements with a girl i know in tel aviv.but thats a seperate story).

And I got into my car and drove off,ontu the highway,to make the 45 minutes trip to Tel Aviv.

I could barely see straight through the tears that were poring down my face.

I felt like I had no control,no life,no security in self,nothing.

I was a ball of skin and air.

As I passed ramat shlomo,I made a decision.

How did I make it?Not sure.

I called up battleworn.

"Tell guard to call me.Quick.

It's an emergency."

I pulled into ramat shlomo and into the forest there,got out,and sat on the ground crying.....

I took out my phone and called mom.

"Hello",came her kind voice on the phone.

I didn't answer.

I tried to..

but nothing came out.

"Uri?"

"ya",i got out through my tears.

"Relax.Take your time.Take a deep breath.I'm here."

After a minute or so,i finally managed to say

"Mom.

I'm about to do something very stupid."

"Okay"

"I'm on my way to tel aviv,where im gonna have sex with a girl,and possibly after,hurt myself".

I was crying silently and steadily at this point.

"No youre not uri.Youre gonna stay right there,and were gonna talk this out."

And we did.

I was starting to regain my composure when I got a call waiting.

It was guard.

"Uri,I love you man."

I didn't have anything to say to that.

We spoke for quite a while.

"I just can't handle this roller coaster life.I don't want to do it anymore."

"Uri,why do people go on roller coasters?Aren't they afraid of dying?

The answer is that they are not,because they trust the maker of the roller coaster.

Uri,you are right.Life is a roller coaster.And you're on it,nothing you can do about that.

The decision that lays in your hands right now is:will you trust the One who runs the roller coaster?

I can go on about that night for a while.

Many brilliant things were said by a number of people.

These guys saved my life (literally).

And this is where I'm standing now.

Will I live life?

Will I trust life?

Will I interact with people,or will I sit in my own fake fantasy world?

It is quite scary.

Why did i write this whole novel?

Im not sure.

Maybe cause I just want you guys to know what I've been living with and dealing with for the

past week.

The vulnerability.

The anxiety.

I am undergoing intense surgery.

Will I have faith in the Doctor?

Do I trust Him?

Good day all-

Uri

p.s. guard does not take phone calls ever.i had to make it really clear that this was a life or death situation.so if u try getting his number and he doesnt give it,thats cause he doesnt.

=====

Re: Where I'm at

Posted by jerusalemsexaddict - 15 Sep 2009 08:40

should i remove this post?

=====

Re: Where I'm at

Posted by Tomim2B - 15 Sep 2009 08:52

No way! There's so much to learn from this!

2B

=====

=====

Re: Where I'm at

Posted by 7yipol - 15 Sep 2009 08:57

[Uri wrote on 15 Sep 2009 08:40:](#)

should i remove this post?

NO!

=====

=====

Re: Where I'm at

Posted by jerusalemsexaddict - 15 Sep 2009 08:59

eh,mom,you just like it cause ur a heroin in it.

thank you,btw

=====

=====

Re: Where I'm at

Posted by Momo - 15 Sep 2009 09:01

Wow, that's pretty intense.

I have a few things to say.

1. Guard and 7Up are the heroes of our generation. Thank you for saving Uri.
2. Uri, the answer is to replace your relationship with sex and alcohol with a spiritual relationship with HaShem. How is a hard question, but see the next point.
3. Uri, I think you REALLY need to get in a 12 step program. Why not start by calling in to one of the 12 step programs listed on this forum? (Baruch or Duvid Chaim).
4. My advice is that you right now throw out every phone number of any girl willing to have sex with you at the drop of a hat. Just like we delete porn from our computers. Do it right now while you're sane!

=====
=====

Re: Where I'm at

Posted by jerusalemsexaddict - 15 Sep 2009 09:04

[Momo wrote on 15 Sep 2009 09:01:](#)

Wow, that's pretty intense.

I have a few things to say.

1. Guard and 7Up are the heroes of our generation. Thank you for saving Uri.
2. Uri, the answer is to replace your relationship with sex and alcohol with a spiritual relationship with HaShem. How is a hard question, but see the next point.
3. Uri, I think you REALLY need to get in a 12 step program. Why not start by calling in to one of the 12 step programs listed on this forum? (Baruch or Duvid Chaim).

4. My advice is that you right now throw out every phone number of any girl willing to have sex with you at the drop of a hat. Just like we delete porn from our computers. Do it right now while you're sane!

1)Agreed

2)True,but also with my self and the world around me.

3)I don't have access to an american line.

4)Already out but u'd be surprised how easy they are to find if u just know where to look.plus,im not sane.

=====

Re: Where I'm at

Posted by Momo - 15 Sep 2009 09:31

[Uri wrote on 15 Sep 2009 09:04:](#)

3)I don't have access to an american line.

4)Already out but u'd be surprised how easy they are to find if u just know where to look.plus,im not sane.

You can't dial an American phone number from your parent's house? Tell them that you found this really great mussar group in the States that you want to join.

I meant a moment of sanity. We are all sane, but with moments of insanity.

I posted on DC's call summary. I don't know if you saw it, but it might be helpful to you today.
Here's the link: rehab-my-site.com/guardureyes/forum/index.php?topic=727.msg17955#msg17955

=====

Re: Where I'm at
Posted by jerusalemsexaddict - 15 Sep 2009 09:32

[Momo wrote on 15 Sep 2009 09:31:](#)

[Uri wrote on 15 Sep 2009 09:04:](#)

3)I don't have access to an american line.

4)Already out but u'd be surprised how easy they are to find if u just know where to look.plus,im not sane.

You can't dial an American phone number from your parent's house? Tell them that you found this really great mussar group in the States that you want to join.

I meant a moment of sanity. We are all sane, but with moments of insanity.

I posted on DC's call summary. I don't know if you saw it, but it might be helpful to you today.
Here's the
link:rehab-my-site.com/guardureyes/forum/index.php?topic=727.msg17955#msg17955

great mussar group??

ha!my parents wont even pay for yeshiva.good one

i am insane with moments of sanity

ill check out dc thanks

=====

Re: Where I'm at

Posted by jerusalemsexaddict - 15 Sep 2009 09:49

i have a tremendous headache.

its been going on for the past 4 days or so

coping mechanism?

=====

Re: Where I'm at

Posted by Tomim2B - 15 Sep 2009 09:53

Do you drink coffee?

2B

=====