

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 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 Momo - 15 Sep 2009 10:01

[Uri wrote on 15 Sep 2009 09:49:](#)

i have a tremendous headache.

its been going on for the past 4 days or so

coping mechanism?

Take Acamol, drink water, take a nap.

Also, do something fun for yourself that's kosher, like play on the guitar. I get headaches when I'm depressed.

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Re: Where I'm at

Posted by battleworn - 15 Sep 2009 10:09

It probably is a coping mechanism. And pretty soon you won't need this kind of thing anymore! I have a lot of experience with this. First I suffered from serious headaches for quite a few years. Then it was my stomach and then it became chronic fatigue.

But then I learned that life is not something to be scared of. Neither is The Source of life - Hashem. And slowly but surely, all the "coping mechanisms" disappeared along with my extreme self-consciousness, my social insecurity, my low self confidence and all the rest.

Dearest holy brother Uri, your long post above is GREAT! Instead of trying to hide from reality, you're discussing it openly. Yup, the surgery is painful. But for the rest of your life you will be SO SO grateful that you were zocheh to start living in the real world at a relatively young age.

What a wonderful way to come in to Rosh Hashana. Rosh Hashana is all about starting your life anew, with the right attitude and that's what you're completely involved in right now. I'm a bit jealous!

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Re: Where I'm at

Posted by Momo - 15 Sep 2009 10:45

Hey Uri man,

I was thinking about your long post. A thought came to me. I'll tell it over Bardichev style.

THE Y"H STARED YOU IN THE FACE.

YOU STOPPED THE CAR AND CALLED YOUR SPONSORS.

YOU SAID **YES** TO GUARD.

YOU SAID **YES** TO 7UP.

YOU SAID **NO** TO THE Y"H.

YOU WERE PUT IN THE SAME SITUATION AS OTHER TIMES AND SAID **NO**.

DO YOU KNOW WHAT THAT MAKES YOU?

A BAAL TESHUVA!!!!

Sure, you may have a few prosecuting angels escorting you on R"H. But you'll also have at least 2 defending angels carrying you, one on each of your arms, one for each time you said "No" during the past 2 weeks.

THINK ABOUT THAT!! YOU HAVE A ZCUT OF HITTING THE MARK AT LEAST TWICE WHILE SOME GUYS NEVER HIT IT!

FOCUS ON THE TESTS YOU PASSED! NOT ONLY PASSED, BUT WITH AN A++!

THIS IS A REASON TO BE HAPPY! SO PAT YOURSELF ON THE BACK AND SMILE! ;D ;D ;D

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Re: Where I'm at
Posted by letakain - 15 Sep 2009 11:37

i'm at a loss for words. stopping that car was such a special, admirable, strong thing to do. and incredibly hard!

Guard, Mom= The big heroes of GUE

but uri, in this situation- the hero was YOU!

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Re: Where I'm at
Posted by habib613 - 15 Sep 2009 11:45

owwwwwwwwwwwww! that sounds so painful. in every way possible.

i'm crying again, cuz i feel your pain.

oh uri. everything you did shows your greatness. and calling mom and battleworn to call guard?

smartest thing you ever did.

all i can say is REFUAH SHELEIMA!!!!!!!

and when i daven today, i'm gonna say your name so that your surgery goes well, and so that maybe Hashem will be able to give you a little bit of anesthesia in the beginning.

hatzlcha rabba

wow

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Re: Where I'm at

Posted by the.guard - 15 Sep 2009 11:52

i have been so super busy lately, not even able to post on the forum... but wow, that was SOME post. I don't have what to add, i can only repeat once again:

"Uri, I love you man!"

That roller coaster Moshol is from your therapist. It's awesome, so true. If we could live with that, we'd enjoy the ride no matter whether we were going up or down.

But Uri, you need to find what to fill your life with. I suggested you put your creativity to use in productive ways. Check out "Lomda" or "Mercaz Hachareidi" to learn a profession. You can go just a few times a week, in the evenings... Frum guys only. It doesn't have to take up all your time. And they have subsidized courses. It comes out really cheap (if money is the issue).

It will take your mind off your pain, it will help you feel fulfilled.

Be well, and keep posting these amazing, moving posts! I just hope they get happier as the REAL you opens up, like a butterfly coming out of a cocoon.

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Re: Where I'm at
Posted by kutan - 15 Sep 2009 13:39

Uri,

You have been an inspiration to me this entire summer.

Your posts have impacted my life more than any one else on the forum, and that is saying A LOT. there are a lot of amazing people and posts on the forum.

Your life is presently tough, but your potential is AMAZING. Actually, much more than that, but could not think of a more potent word.

Please keep us posted on your roller coast ride, so that we can hang on.

I thinks its on the way up.

kutan

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Re: Where I'm at
Posted by Kedusha - 15 Sep 2009 15:55

Dear Uri,

You were right on the mark when you realized that this was not something you could handle on your own. I think Momo is right about joining a 12-Step Group. As Rabbi Twerski writes:

I attended an AA meeting where the speaker was celebrating his 20th year of sobriety. He began

by saying, "The man I once was, drank. And the man I once was, will drink again" (but the man I

am today, will not). Alcoholics who have not had a drink for many years but have not overhauled their character are "dry drunks" and will often drink again. The same is true for this addiction.

See the GYE Attitude Handbook, p.p. 15-16.

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Re: Where I'm at
Posted by kutan - 15 Sep 2009 16:21

Uri,

Not sure what the name is exactly for back seat drivers on roller coasters, but at the risk of being one, I'd say to keep 12 steps on the horizon until you've sorted through the sessions.

Too much new stuff at once is overwhelming to me.

kutan

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Re: Where I'm at
Posted by letakain - 15 Sep 2009 16:31

please remain seated at all times while the ride is in motion. please keep your seatbelt buckled and your arms and legs inside the cart at all times. Thank you for riding on the "up n' down", and enjoy your stay at GYE!

(letakain cowers in the back seat, peeks through her covered eyes and gains reassurance from everybody being on the ride with her!)

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Re: Where I'm at
Posted by Efshar Letaken - 15 Sep 2009 16:38

Uri,

There aint nothin in that post that needs to be removed at all.

If anything, I wouldn't mind to hear as Paul Harvey would say "The Rest Of The Story"

There's a lot to learn from it, and is full of chizuk to see how you actually stopped yourself from something most people would fail in your situation.

E.L.

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Re: Where I'm at
Posted by Efshar Letaken - 15 Sep 2009 16:39

7up,

That's a Fall!

Now start from one again! lol

Miss you

E.L.

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Re: Where I'm at

Posted by kanesher - 15 Sep 2009 18:51

Uri -

Wow. That moment of - zero - of - nothing - and a sort of self - and a like - well , now what?

that zero moment - I think that's what is called tasting life; daas - life is tasted deepest at the edge of death.

Kol HaKavod; you're mechayev the rest of us. And heck, get a calling card friend, or skype - or gizmo 5, or googlevoice (free, I think).

Thank you, Uri. Keep the post up!

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Re: Where I'm at

Posted by nishmas - 15 Sep 2009 20:30

Uri,

About your long post, thanks for sharing. I'm new here, but you've given me so much chizuk

even before I came onto this forum.

You've been in pain. I will not belittle. You understand the Gemorah better than most that says "Noach Lo L'Adam Shelo Nivrah Mishenivra" (It's easier for a person not to have been born than to have been born). But we also know that Hashem only created us for our benefit and would never set us up for total failure.

But it's HARD! DIFFICULT! It can be enormously PAINFUL! We feel EMPTY and VOID!

R' Zelig Pliskin says that when you don't want to think of the color Orange, what do you do? Usually, we say to ourselves "Don't think of Orange, Don't Think of Orange". So what do you end up thinking of? Obviously Orange. What should you really do instead? Instead, you should think of BLUE. Concentrate on something good, or like R' Guard says, things to fill that VOID, things that make you feel better and accomplished.

So let's start redirecting our thinking.

Who was it here that said over from the Steipler how much you gain in Shomayim from every ounce of effort that you put forth in these areas? So Let's starting counting your accomplishments:

Let's start making an Accomplishments List and Gratitude List for you URI, and please look at your list when you start going haywire. And of course, keep calling all of your friends and sponsors. Since I'm new here, I can only start with a few points. But when the going gets tough, take out your Accomplishment and Gratitude lists. The pain you have is real. Let's mitigate it, step by step.

HaaSS Kataigor V'Kach Sanaigor Mikomo (Silence the Accusing Angel! And let the DEFENDER take his place).

The Bardichive RAV was the ultimate Saneigor (Defender). So let my friends Bardichev and Noorah who have been very kind and helped me over the past few days become the

SANAIGOR. And let all of the other Heilige Tzadikim & Tzidkoniyyos on this forum here join and defend you in Shamyim.

Accomplishments

You were crying in pain (Tears never go to waste; they're filling the cup of Hashem along with HIS Tears)

You called Battleworm (every call and conversation to stop is an accomplishment and merits zechusim)

You called Mom

You spoke to Guard

You've started going to a Therapist, someone who understands your pain much better than most

You are holding us on the forum together

The Achdus you've created is UNBELIEVABLE!

You have written so many poems with so much meaning; They are just like the PIYUTIM

You have written and sung meaningful songs; just like the Piyutim

THESE POEMS & SONGS ARE REAL AND LIVING SLICHOS FOR US

You share your struggles and have given us enormous chizuk

The Ribono Shel Olam LOVES YOU more than anything you can imagine

HE only wants good for you.

But it's painful. You sometimes don't see a way out.

Try to mitigate vulnerable times. H-A-L-T – I find that when I'm H-ungry, A-ngry, T-ired & L-onely, I feel more vulnerable.

URI, YOU ARE SUCH A HEILIGE NESHAMAMA!

Nishmas

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