

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 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 TrYiNg - 17 Sep 2009 00:52

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Uri, that post was mindblowing. Thanks for being us mechazek before RH. If only I can ever feel even a tiny bit of that....

Tzomo Lecho Nafshi...

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Re: Where I'm at

Posted by habib613 - 17 Sep 2009 04:37

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are you feeling better?

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Sep 2009 04:48

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Yea much better thanks habib...

Still have a bit of a headache but overall...

I slept the whole night straight without waking up once (crazy!)

I think it's cause i slept holding my tehillim (idk if that's mutar,but i guess ill find out).

im really happy cause it means that ill be able to go see my therapist tonight.i was so worried id have to wait till next week.

i owe u an apology habib for not writing songs lately..

im just very tired and uninspired most of the time.and sick.

iy'h when the time is right...

i had an insight yesterday when davening mincha that id like to share.

i was having trouble concentrating(story of my life)

but i didnt beat myself up as i usually do

my relationship with Hashem is changing

it is now so very clear to me that He doesnt leave me for who ill be in 10 years or 5 or even in a month.

What kind of love is that?

He loves me for who I am now.

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He doesn't want me to daven all of shmone esrei with crazy kavanah!!!!

Cause im not there yet!!!!

That would be someone else's tefilla!

And He wants mine!

Mine,with my space in,space out,space in,space out....

Mine with my eyes drifting every once in a bit while i run to catch them...

Me with my laziness...

If I was perfect....

I wouldn't be me

And He wants me!!!!

DO you guys hears what im saying??!!!!

This idea is earthshattering!!!!!!!!!!!!!!!!!!!!

Im bugginout here!!!

becomes crazier by the moment!!!

ON rosh hashana we dont tell Hashem "ok this year im gonna be perfect"

He doesnt want to hear that!!!!

He wants us to say "ok Hashem this is where im holding.and since i love You so so very much i am gonna do my best with what i got to give You my best"

How simple is this idea?!

And how beautiful!

Hashem!

I love you so much!!!!

-uri(flaky as ever)

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Re: Where I'm at  
Posted by letakain - 17 Sep 2009 04:56

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URI! i'm so happy you're feeling better!  
  
and i LOVE when your flaky- it's inspiring! and keeps me strong!

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Re: Where I'm at  
Posted by jerusalemsexaddict - 17 Sep 2009 04:59

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I want to just clarify...  
  
I am very far from where i want to be....  
  
In fact,I am not really anywhere.  
  
I still seek out comforts when im needy...

I even did yesterday....

But the comforts are much more shallow now (they were always shallow,of course.but now i see their shallowness much clearer)

And I have a taste of what life with Hashem and reality and people can actually be.

But i have a long long way to go.

And there will be falls.

But it is worth it.

So I'm in.

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Re: Where I'm at

Posted by Sturggle - 17 Sep 2009 05:02

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So in man, so in...

Boker Tov!!

You're words are absolutely beautiful and full of emes.

I feel it!! All the way from wherever you are to wherever I am...

And you're last couple of posts put a huge smile on my face (ok, ok, and a little teary-eyed...)

How do I make a huge smiley here?!!

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Re: Where I'm at

Posted by letakain - 17 Sep 2009 05:03

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you rule, uri!

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Sep 2009 05:06

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uh oh its just the 4 of us with no parental supervision....

daddy and mommy went out to a wedding...

lets order burgers bar and make popcorn!!!!

and invite all our friends and watch scary movies...

(shiver...)

i hate scary movies...

hold me sturggle....

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Re: Where I'm at

Posted by Sturggle - 17 Sep 2009 05:08

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LOL!!

I'm tired... I think I'm gonna go back to sleep...

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Sep 2009 05:09

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u cant.

itll be yichud i think.

come back sturggle...

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Re: Where I'm at

Posted by habib613 - 17 Sep 2009 05:16

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I'm in too. ;D

and Uri, your attitude counts so much in this struggle. so falling yesterday, as long as you pick yourself up today, is fine. and wanting to feel really close to Hashem is superfine- it's GRRRRRRRRRRREAT!

thanks for inspiring me all over again ;D

and also- no apologies for not writing songs. write whenever you feel like writing. I'm happy with the songs i have 8)

[Uri wrote on 17 Sep 2009 05:09:](#)

u cant.

itll be yichud i think.

come back sturggle...

and being alone with our computers is already semi-yichud :D

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Re: Where I'm at  
Posted by jerusalemsexaddict - 17 Sep 2009 05:25

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sheesh u guys really know how to kill a party!

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Re: Where I'm at  
Posted by jerusalemsexaddict - 17 Sep 2009 05:35

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guard please delete these posts when u come on...

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and this is exactly why i dont go on the girls threads anymore

Re: Where I'm at

Posted by TrYiNg - 17 Sep 2009 05:59

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**Hey, was there a party without me ?** :o :o I think I'm gonna bust it. Whats moms cell num, again?

Actually I'm just dying to join... We can always put up a mechitza habib :D

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