

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 jerusalemsexaddict - 17 Sep 2009 18:14

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im sorry kutan

the forum is amazing in so so many ways

and im as addicted as the next guy (or girl)

but its not our actual life

or maybe it is.

and that might be part of the problem.

weve been living so long in fantasy and virtual worlds.

now we shifted to another one

an amazing and the best possible one

but still virtual and intangible.

because its safer than the real world

but let us not be afraid of the real world

we have what it takes

ok u could tell i just spent an hour by rav shlachter

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Re: Where I'm at

Posted by bardichev - 17 Sep 2009 18:19

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URI HERE IS SOMETHING INTERESTING

I AM NOT SURE IF IT MAKES YOUR POINT OR ARGUES AGAINST IT

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A Streetcar Named Desire...

"In the film A Streetcar Named Desire, Blanche DuBois, sliding into insanity, is one of the greatest and most challenging roles available to an actress. In recent years, Ann Margret lost ten pounds and grew depressed and anxious playing Blanche. Jessica Lange got panic attacks."

- National Public Radio, All Things Considered

The Joker ...

Constantin Stanislavski developed an acting technique known simply as, The Method. Marlon Brando, Ann Bancroft, Robert DiNero and Christian Bale are just some of the more well-known method actors. Stanislavski detected a profound relationship between the human spirit and the body. He taught that the careful altering of body motions and the conscious directing of the mind's thoughts, could actually change a person's chemistry and have a dramatic effect on feelings and emotions. Researchers studying the same actor playing a depressing role and later a part from a comedy, reported that, "...data suggested that there was a correlation between the type of personality being performed and immune responsiveness." The Method may have even contributed to one actors death. After being cast as the Joker, Keith Ledger locked himself in a hotel room for a month to "become" the psychopathic clown. One person recalled that, "Heath refused to talk to anyone out-of-character. If you tried to communicate normally he ignored you. He hung out on his days off still in character, freaking everyone out. Toward the end of filming, it was almost like he couldn't connect with those who cared for him anymore." Ledger died of an accidental overdose of sleeping pills before the film was released.

...And a Mystic

"External movements have the ability to awaken internal feelings

and emotions. Though feelings often seem to be out of our

control, by consciously acting in a certain way, we can

gain mastery over our feelings."

- Rabbi Moshe Chaim Luzzatto, 18th century scholar and mystic

None of us is perfect. There are aspects of ourselves that we would all like to change. We all strive to develop ourselves, to polish our character, and to grow. Sometimes, when it comes to growth and change, to transforming aspects of our lives, it's okay to be an actor. If you want to be a more patient person, try acting like a patient person even though you don't feel like it. Likewise, you can act the way a loving and empathetic person would act, act the way a responsible person would act, or act the way a generous person would act.

Long ago our tradition taught us what method actors have recently discovered: That playing a superficial role has the power to trigger a deep transformation.

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Sep 2009 18:21

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its different b.

but i have decided to drop this idea cause i think it actually makes pple sad.

i will just say that my original point was for pple to give each other space to leave the forum for periods.

and that i stick to firmly...

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Sep 2009 18:26

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i really want to post about my therapy session cause it was really awesome and stretched to an hour and a half without us even noticing!

but theres alot of thoughts to pull together and organize in my head.

and i just got into a pretty big argument with my sister and father(which is pretty amazing being as i dont even speak to him!)so yea im a little dissoriented.

Sheyechaper avonos!

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Re: Where I'm at

Posted by bardichev - 17 Sep 2009 18:38

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[Uri wrote on 17 Sep 2009 18:21:](#)

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SO HOW COME NO ONE LETS ME RETIRE :'(

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Sep 2009 18:40

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for the same reason we wont let guard retire

this place would fall apart without you

dont wry maybe one day well lengthen the leash

we'll let u go past flatbush even :o

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Re: Where I'm at

Posted by letakain - 17 Sep 2009 18:46

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[Uri wrote on 17 Sep 2009 18:40:](#)

we'll let u go past flatbush even :o

uri's extending your leash until it stretches till right in front of his room! then your stuck!!!!

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Re: Where I'm at

Posted by bardichev - 17 Sep 2009 19:05

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even

EVEN URI IS STARTING TO SAY EVEN

SOON HE WILL SAY MAMAELEH

YOU WILL BE FLAKY BEYOND THE POINT OF NO RETURN

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Re: Where I'm at

Posted by kutan - 17 Sep 2009 19:23

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[Uri wrote on 17 Sep 2009 18:14:](#)

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Uri,

we are all waiting to hear more.

Remember, your riding the first car of the roller coaster, but there's a whole bunch of people behind you

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Re: Where I'm at

Posted by Dov - 17 Sep 2009 19:58

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[bardichev wrote on 17 Sep 2009 18:38:](#)

[Uri wrote on 17 Sep 2009 18:21:](#)

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SO HOW COME NO ONE LETS ME RETIRE :'(

rebbe b - K'vodo better not retire until r' Guard finishes developing that vaccine. You, know for bD1S1, the *new* strain of bDS. ;D

Uri - keep the songs comin' young 'un! Oh, and You are in good company, for the Ariza"l has a little poem called "mah l'cho yitzri?", in which he refers to the YH as his (false) friend in a poetic way. It's in my siddur and in the siddur of R Yaakov Koppel, if you are interested...

- Dov

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Re: Where I'm at

Posted by bardichev - 17 Sep 2009 20:04

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BDS

FUGED-ABOUD-IT

I AM PUMPING SIMCHA WHEREBR I GO

I TELL EVERYONE AH FREILICH YOOOR!





:D :D :D Guard did any1 tell you u should become a comedian? (actually according to mr b you we still need someone to echo on cliffs...)

Uri, You are totally right about the real life thingee. I just realized today. I had to physically restrain myself (well, almost anyway ;D) from checking the forum. And I was thinking, 'but this is supposed to teach me how to live life not how to run away from it'. I've done that for too long. If it does, than we've just replaced the addiction with another one. (a slightly funnier/flakier one , ) I dont agree with the concern though. We give ppl space. No one is REQUIRED to come post, (unless ur in phone contact, but were talking about forum ) and when they come back, theyll know that ppl here *sincerely* care about them, and are worried when theyre away.

Besides, if this is a nice way of saying that you wont post so much anymore,  
FFOOOUUGGEEEEDDDABBBBOODDDDDIIIIITTTTTTTTT!

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though

-btw, did anyone else realize that mom jst graduated from rebbetzin to rebbe? Congrats grad