

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 jerusalemsexaddict - 25 Sep 2009 12:25

Mom pointed out something amazing to me today.

2 weeks ago I had a serious breakdown and almost did some crazy things.

Today I realized that that night was a tremendous hug.

It brought me down to the pits.

I was helpless,torn,and empty.

And from the ashes,a new me was able to arise.

Thank you Hashem!!

Im still a little nervous about shabbos.

Shabbos for me is a little anxiety-causing cause im cut off from everything.

I feel out of control.

But that might be a humongous opportunity for me,Im just realizing!

Wow,Thank you Hashem!!

What do I do to deserve all these beautiful hugs?!

Hashem :-*

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Re: Where I'm at

Posted by letakain - 25 Sep 2009 15:13

[Uri wrote on 25 Sep 2009 12:25:](#)

What do I do to deserve all these beautiful hugs?!

Hashem :-*

you write poems and insanely inspiring posts that help others be good

you smile at hashem

talk to him all the time

inspire others to talk to Him.....

the list goes on and on and on!

but even forgetting about that- what reason does a father need to love his son? the fact that you

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Re: Where I'm at

Posted by Rage AT Machine - 25 Sep 2009 16:33

uri,

give him nechas just adds to it but even if you weren't you'd still be His son!
is probably moza by shabbat for you and i hope your shabbat was a smash...im sure youre familiar with the theme in recovery that has been mentioned a number of times: youve got to hit rock bottom before you can really recover...i think the reason is obvious: hitting rock bottom motivates you to never want to go there again...ive seen some pretty scary ratm before i chanced upon this site and i am scared of ever seeing that ratm again...one of the reasons i think its harder for single people to recover is because at 20 or 21 with no responsibilities and no one dependent on you, you cannot possibly hit rock bottom...you are at that point in life, rock-bottom proof...uri, you should really give props to the Lawwwwd almighty for allowing you to hit rock bottom now when most people your age are just continuing to spiral down the addiction without any clue of whats up and whats down...

keep fighting

ratm

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Re: Where I'm at

Posted by Efshar Letaken - 25 Sep 2009 17:39

Keep on Amazing me! Please!

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Re: Where I'm at
Posted by Kedusha - 25 Sep 2009 18:11

I agree with RATM that it's much less likely for a single person to hit "rock bottom." But, it can indeed happen. A simple example is someone whose addiction is causing his college grades to spiral downward.

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Re: Where I'm at
Posted by Rage AT Machine - 25 Sep 2009 18:51

kedusha,

i think you CAN maintain good grades and keep this addiction going, i think most of the college guys that get good grades are doing just that. I also think that flunking out of college is nowhere near rock-bottom...

finally, i got this in an email and its a little funny and since we're on an sa site talking about school and jobs, i thought what the hey:

a hareidi yeshiva boy (lets call him uri) is sitting on the number 2 bus in jerusalem heading to the kotel. a scantily clad chiloni girl gets on and sits right next to uri...uri, without missing a beat, calmly takes an apple from his bag and hands it to the girl...she is surprised and asks whats up. uri says "well, until chava got her apple she had no idea she needed to wear clothes, so i thought it might help you too." the next day the hareidi boy is sitting on a bus and the same girl gets on, this time dressed properly. she walks right up to uri and ands him an apple. he asks whats up. she says "until adam got his apple he had no idea that he needed to work, so i thought it might help you too."

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Sep 2009 06:51

i have alot to write

but for some reason,this morning i woke up feeling awful

Hashem knows that i havent been looking foward to Y'K

in fact,ive been dreading it since motzei y'k last year.

so He gave me the option to not go to shul,i guess.

I dont know really wat to think

im very congested so my brain is not working 100 percent.

my home is sometimes really unbearable.

things were going so well.

why do i have to get this double-whammy?

k,im going back to sleep.

g'mar chasima tova everyone

p.s. i still love You Hashem,even if You have to make my life difficult for whatever reason.im sure its all for the best.

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Re: Where I'm at

Posted by the.guard - 27 Sep 2009 10:21

i still love You Hashem,even if You have to make my life difficult for whatever reason.im sure its all for the best.

Words to live by!

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Sep 2009 13:53

im suffering from really strong depression at the moment

im really angry at my parents

a little hurt by guard

a little hurt by everyone

my life is going nowhere

im in a lower place than i have been in years

maybe ever

i dont have strength anymore

im sick with a cold

i think i brought it ontu myself on purpose psychologically

its not about falling or not falling anymore

i just want to sleep and not have to wake up until this is all over

i dont even hav the emotional strength to cry right now

just last week i thought things were finally picking up

i was naive enough to think that maybe things would change

how foolish i was

i think im done with the forum

i think im done wth israel

im done with judiasm

the end.

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Re: Where I'm at

Posted by Me3 - 27 Sep 2009 13:57

Please reread your first line as true and disregard the rest of what you wrote.

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Re: Where I'm at

Posted by habib613 - 27 Sep 2009 13:58

lkt

felt the same way (mostly) an hour ago

still want to just crawl under my covers

but let's try.

at least just for this one last yom kippur

if you promise to go to shul, and to daven one amida with as much kavana as you can muster

then i promise too.

after y'k we'll see how you feel

promise?

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Sep 2009 14:08

what will that do

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Sep 2009 14:12

over yom kippur im gonna give it some thought and decide whether to return to the forum or not

right now im leaning strongly towards no

so if this is my last post,then goodbye all

and thank you

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Re: Where I'm at

Posted by habib613 - 27 Sep 2009 14:18

what?

davening?

really asking Hashem for hatzlocho with

your parents

with your relationships

with your job

with your depression

with your battle against the YH

with your music

with your neighbors

with your boss

with your tfilah

with your friends

?

i wonder what that will do?

at the very least, it will keep you sane to see if i keep up my end of the bargain (will it?)

was riding in a car on the highway right after RH and totally wanted to just open the car door and "fall out"

and so again and again i told myself no until i got home

you know what i learned from that?

keep trying until you get home

will you try again?

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