

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 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 Me3 - 27 Sep 2009 14:55

The Fall

I'm broken

I'm feeling down

Hashem my love

nowhere to be found

I try to stay strong

but I just fall again.

When will the day come

when this nightmare will end?

My son my son

I'm right here by your side!

Why would I go

And why would I hide?

Do you think I'd leave you

when you need me most??

My child I love you

says the heavenly Host.

Walking down the road

my heart is torn.

Why can't I be good?!

And stop watching porn?!

There surely must be

a special place for me in hell.

It's the forth time already

this week that I fell.

My son my son

Please pick yourself up

Why do you beat yourself??

Enough is enough!

I gave you the hardest mission

this'll take a bit.

But it'll never get done

if yourself you always hit.

Hashem must be so mad at me

I say to myself

I keep breaking my word

Hurting my neshama's health.

Will I ever be clean

Will I ever be good?

When will I be perfect

Always doing what I should??

My child did you not listen

When I said you were my son.

Does a father leave his child?

You are my only one.

The test I gave

Takes a lifetime to fulfill.

My son please have some patience

You'll make it, yes you will.

PLEASE FIND THAT URI AND BRING HIM BACK, ACTUALLY, JUST BRING HIM TO SHUL
ON YOM KIPPUR.

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Re: Where I'm at

Posted by Efshar Letaken - 27 Sep 2009 15:22

I trust in you that you will come out stronger from this one just like you did the other ones.

Gam Zeh Yavor!

Just do some damage control so there's less of a mess to clean up when your done with this
tantrum of yours.

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Re: Where I'm at

Posted by letakain - 27 Sep 2009 16:19

uri, you mean so much to me and to everyone on gye

we would not be the same people without you

that we are today because of you
you give us chizuk and write us songs
and sing for us and tease us
you post smileys, and hugs, and tefillos
and torah
you make us smile and cry with inspiration
you have such a holy neshama
Hashem loves you
we love you

THESE ARE THE UNDENIABLE FACTS.

you are very special.
that's all.
that's what we know
that's what Hashem knows.

letakain21

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Re: Where I'm at
Posted by jerusalemsexaddict - 28 Sep 2009 21:52

Ok fine you guys got me
ill stay

i really have the best sisters in the world

and me3 is very good at quoting other people's songs

ur going places,man

Okay.

After a pretty miserable Yom Kippur,I had a long talk with guard,mom,and struggle.

My father,mother,and older brother.

I've been pretty depressed lately.

Why?

Cause I suffer from chronic depression.

Meaning: I go through periods of intense depression without a noticeable cause.These periods can come and go out of nowhere.

When I am up,I am happy.

I am living.

I am creative.

I am a masmid.

I am enjoyable to be around.

I am proactive.

And then,out of nowhere,it all dissappears...

I am lost.

I am empty.

I am fragile.

I am dead.

I freak out.

I am ashamed.

I am naked.

And I fight it.

I fight it with all i have.

But it almost always overcomes me.

And I run.

I dive for cover under my shell.

And wait till the storm passes.

I dont pick up phone calls.

I am miserable.

But at least I am safe.

I need love so much at that moment.

But I am scared to open up to it.

Because then I will be out in the open.

What if im rejected?

That would finish me.

Porn is safe.

That's the way I lived my life for so long.

But things are a bit different now.

Here there is unconditional love.

Here there is trust.

Even when Im down,when Im naked and empty,people still love me.

But it's taking me a while to get used to this idea.

Of people wanting to hear from me even when I feel I have nothing to offer.

It gives me strength.

So when I feel down and I run away from everyone,naturally i want to run from the forum too.

But that would be so stupid because this is my one place of trust.

This and Hashem.

I always run from Him too.

But I must get it into my head:

I don't have to run from Him.

He knows I suffer from depression.

And He loves me all the more for it.

He wants me as I am.

He knows that i wont be davening 3 tefillos when im really down.

He knows I wont be learning 3 sedarim when im really down.

He doesnt need those things.

He doesnt want those things.

He wants me.

As I am.

With anything I have to offer.

Depression is a blindfold.

A depressed person doesnt see good in the world.

He has to trust his instinct(and his memory) that it's there.

He must be patient and wait for it to be removed.

When his eyes are covered,He must trust the One leading him.

That's how trust is learnt.

(MOM)

When klal yisrael was taken out of mitzrayim,many outright miracles were performed.

G-d was clearly there beside them.

Then suddenly,they were in the desert,and He "dissapeared".

It seemed that He had "abandoned" them.

But that's where the test was,as we all know.

He was testing theyre trust.

(guard)

We must trust that the same Hashem who hugs us so often,

the same Hashem who led us here,

the same Hashem who brought us to this world,

the same Hashem who took us out of Egypt,

the same Hashem who gives us life each and every second,

the same Hashem who gave us GYE,

He is here.

And He will always be here.

And He has always been here.

And He will not leave.

No matter what.

And He is guiding us.

And He does not abandon us in the dark.

We just must call out to Him.

And we must have trust in Him.

And He will guide us.

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Re: Where I'm at

Posted by kanesher - 28 Sep 2009 22:14

My dear Uri, I need to ask - are you talking about a real diagnosis of Manic Depressive from a competent mental health professional? Manic-depressive, or bipolar, is a real disease, that cannot be solved by any amount of therapy, but requires real medication. Untreated, it can be terribly dangerous.

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Re: Where I'm at

Posted by jerusalemsexaddict - 28 Sep 2009 23:19

kanesher,

i meant chronic depression.

thanks for catching that.

manic is insane.

chronic is just frequent.

i hope your y'k was uplifting

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Re: Where I'm at

Posted by Me3 - 29 Sep 2009 00:41

Welcome back Uri

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Re: Where I'm at

Posted by letakain - 29 Sep 2009 00:52

-uri

yay!!

he's back!!

that was a really nice post uri. i especially liked the part about what mom and Guard said but no shocker there!

but my favorite- being printed- part?

[Uri wrote on 28 Sep 2009 21:52:](#)

We must trust that the same Hashem who hugs us so often,
the same Hashem who led us here,
the same Hashem who brought us to this world,
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No matter what.

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And He does not abandon us in the dark.

We just must call out to Him.

And we must have trust in Him.

And He will guide us.

right there.

uri in 2 paragraphs.

thanks!

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Re: Where I'm at
Posted by habib613 - 29 Sep 2009 02:20

and thanks for giving us a little more torah from R' Guard and mom.

as always, they tell it like it is

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Re: Where I'm at
Posted by Rage AT Machine - 29 Sep 2009 02:29

uri, thanks for staying...every once in a while i need someone to kick me in the shins real hard

seriously, dude, you are the life of the forum...dont go nowhere..

ratm

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uri- thanks for staying

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Re: Where I'm at
Posted by TrYiNg - 29 Sep 2009 05:52

Did anyone say yet, " uri thanx for staying" ;D

Not that I seriously thought you'd leave, or I'd be on my hands n knees begging...

Btw,

i meant chronic depression.

thanks for catching that.

manic is insane.

chronic is just frequent.

manic isn't insane. Its an illness. So is bipolar

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Re: Where I'm at
Posted by jerusalemsexaddict - 29 Sep 2009 05:53

i mean to insane levels of depression

like 1 to 10 to 1 to 10

the extremes

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Re: Where I'm at

Posted by TrYiNg - 29 Sep 2009 06:10

Got you. Sorry I misunderstood

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Re: Where I'm at

Posted by kanesher - 29 Sep 2009 06:43

Tireh Uri, thanks for staying on board.

But even chronic depression can reach clinical levels; and depression resulting from slight provocation needs to be looked into, prozac/zoloft can do wonders. Also, sometimes medication can act as a stabilizer until therapy can make things more stable.

Maybe it's worth looking into?

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