

My Meetings With A Sex Addiction Therapist

Posted by jerusalemsexaddict - 09 Sep 2009 17:24

Ok this thread I will use to record the ideas of my meeting with Harav Shraga Shlachter and my developement (iy'h) and healing (iy'h)through the therapy.

Tonight I started with a new therapist,a sex addict therapist,to be exact.

You have seen his name on the forum.He is the author of "first day of the rest of my life"

Really weird meeting,to say the least.

I walk in there and hes like why are u here?so i tell him.and he says let me get this straight:you are addicted to sex.i said ya.he said so whats the problem?sex is great!why would you want to stop?

I agreed with him completely.

But in all seriousness,his approach is very interesting.

It is as follows:

People need comfort and security/trust in the world.

Without those 2 things,we are going to have quite a difficult life.

All of us had some lack of trust as a little child.

That caused us to view the world in the same way(our view of the world is just an extension and development of our view of our mother,etc).

So the world is not a comfortable and secure place.

This causes alot of fears and anxieties.

A person cannot bear these.Nobody can bear this.Nobody.

So people each create their own blocks and ways of dealing.The word the rav used is "control".We need to control things that go on.

The comfort of sex and relationships is that comfort we so desperately want deep down.We want to stop hacving to "control" everything.We want the anxieties to stop.

So we drop our blocks and plunge in.

The comfort is of course,unreal and passing,but we nevertheless become addicted.

Now we don't even have control.

That drives us crazy.

What we (me and the rav) are planning to do in therapy is build trust in the world again.

What that means?I guess well find out.

-uri

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Re: My Meetings With A Sex Addiction Therapist
Posted by Rage AT Machine - 10 Sep 2009 18:31

[guardureyes wrote on 10 Sep 2009 18:21:](#)

"How can they all be right?" you ask.

You know, you're right!

Pass the milk, Tevye

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Re: My Meetings With A Sex Addiction Therapist
Posted by kutan - 10 Sep 2009 18:57

[guardureyes wrote on 10 Sep 2009 18:21:](#)

Maalin is right.

Kutan is right.

R' Shraga is right.

"How can they all be right?" you ask.

You know, you're right!

Me, I didn't ask. As soon as I hear Kutan is right, I'm cool.

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Re: My Meetings With A Sex Addiction Therapist
Posted by Efshar Letaken - 10 Sep 2009 19:08

RATM,

Right on the ball.

When you do get around smacking that guy please give him one from me to on the other cheek.

Don't worry I will give it (the slap) back to you.

E.L.

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Re: My Meetings With A Sex Addiction Therapist
Posted by Rage AT Machine - 10 Sep 2009 22:52

you know what, efshar, i got so many slaps (from so many people, for so many good reasons)
that i'll just spring for that one...its on me, bro...

ratm

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Re: My Meetings With A Sex Addiction Therapist
Posted by BruceWayne - 11 Sep 2009 02:34

[Rage AT Machine wrote on 10 Sep 2009 18:16:](#)

[BruceWayne wrote on 10 Sep 2009 17:53:](#)

I'm going to assume that sex is WAY more addictive than pr0n or masturbation. One of my
friends even told me that you can't stop once you start, and he wishes he never had.

I dont know if there is a general rule...i think for most people, pr0n and bate is much more addictive...also, it sounds like your friend was discreetly trying to show off...if one of my friends would come up to me when i was a yeshiva boy and say, "man, im just having way too much sex, i dont know what to do about all this sex that i am having, i wish i can just have less sex all the time" id pretty much , out of sheer reflex, give him an open slap to the face...

Maybe he was, but he's not at all religious. Who knows, maybe he was being honest? And I was

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Re: My Meetings With A Sex Addiction Therapist
Posted by MosheF - 11 Sep 2009 14:15

Uri, firstly, thank SO MUCH for posting about your therapy session, I have thought about opening a thread many times for people to share their therapy experiences to help others that either can't afford therapy or who have tried numerous waste of time ones (both apply to me). PLEASE keep posting, it can only hope others including myself.

already out of Yeshiva by then

I'm curious if R' Slachter is a professional or just someone who got out of it himself and is now helping others without formal training. Doesn't really make a difference to me since I don't live in Israel.

[MaalinBKodesh wrote on 10 Sep 2009 17:11:](#)

I'm kinda bothered by the above. I think I'm missing something.

How makes it seem like the sex, the aveira, was good for you, that it helped get you through hard times, and that without the aveira you would have been worse off.

I think he meant that the sex drive that hashem put into every human is a good thing and should be appreciated and thereafter used correctly.

[BruceWayne wrote on 10 Sep 2009 17:53:](#)

I'm going to assume that sex is WAY more addictive than pr0n or masturbation. One of my friends even told me that you can't stop once you start, and he wishes he never had. So I've always been very careful to avoid any physical interaction. I

I can't tell how many times over my porn/internet/mbation addiction I have thought to myself, what the heck, I'm masturbtng anyway, I may as well enjoy it and do the real stuff. B'h I never got to that point because every red line I've crossed up to today became addictive after the first time. So I am thankful that my addiction does not include real contact because if I had broken that barrier I would struggle today with that and it's way more difficult.

Having said that, I still feel that pang of jealousy of others who have had tons of the real stuff, I know I'm a pig but what can I do I'm an addict.

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Re: My Meetings With A Sex Addiction Therapist
Posted by the.guard - 11 Sep 2009 14:56

I still feel that pang of jealousy of others who have had tons of the real stuff, I know I'm a pig but what can I do I'm an addict.

As you recover, you will find that you are more and more grateful that you did not have as much of the POISON that others may have had.

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Re: My Meetings With A Sex Addiction Therapist

Posted by kutan - 11 Sep 2009 16:15

[guardureyes wrote on 11 Sep 2009 14:56:](#)

I still feel that pang of jealousy of others who have had tons of the real stuff, I know I'm a pig but what can I do I'm an addict.

As you recover, you will find that you are more and more grateful that you did not have as much of the POISON that others may have had.

Well said.

MosheF, the glasses on your nose are colored.

once they come off... poison will look like poison.

And true pleasure will look like true pleasure.

Ah. But who says WE are not the ones with the colored glasses? Maybe mine (MosheF) are crystal clear?

Fair question.

The answer...

You can only know if you've worn both pairs. Then its obvious, which one really shows whats poison and what is pleasure.

k

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Re: My Meetings With A Sex Addiction Therapist
Posted by MosheF - 11 Sep 2009 16:34

[kutan shel hachabura wrote on 11 Sep 2009 16:15:](#)

the glasses on your nose are colored.

once they come off... poison will look like poison.

And true pleasure will look like true pleasure.

Kutan (Godal), loved that line!

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Re: My Meetings With A Sex Addiction Therapist
Posted by Eye.nonymous - 12 Sep 2009 18:38

Uri, are you done with all your meetings?

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Re: My Meetings With A Sex Addiction Therapist
Posted by jerusalemsexaddict - 13 Sep 2009 12:41

No.

I go every wednesday.

ive only had 2 meetings so far.

ill try to keep up a summary of them.

-uri

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Re: My Meetings With A Sex Addiction Therapist
Posted by kanesher - 14 Sep 2009 12:52

I've always thought of sex as nuclear energy. It's sheer power; it can destroy, or it can build. You can use it to connect in the right context and commitment (we have a word for that; it's called kiddushin), or you objectify and cheapen. B'lkar, it touches one's essence; even prostitutes need to deal with "Johns" who develop an emotional connection. But if you're missing context- of what the person is, who they truly are beyond their bodies - you connect only to their bodies, and hence cheapen yourself and them to just bodies. If we express ourselves sexually without having a real emotional connection, our emotions become numb. If we express ourselves sexually without having a real mental connection, our minds become numb.

Pornography and the like of course, have zero potential for connection. And we become numb to emotional aspect of sex, and hence super-sensitive to the physical. A woman in the street is only a body and judged as such (of course, she many also present herself that way); we couldn't care less about who she is. But real tayvah deals with both the emotional and physical; a desire to connect physically in a real way. And it is faaar better; but one must give up lollipops before he can taste a porterhouse steak (which, you can get in Manhattan, they say - though nikur is a nightmare).

The Torah, therefore, was magdir us - to make sure we have a connection before we connect - and we call it kiddushin. Grada, it's not a guarantee; many problems exist in marriage when the connection is happening without connection, but Tzaddikim Yelchu Bo.

). You misuse it, you are doing evil. But it's not evil. Some guy smoked a terrorist driving a tractor some time ago. Guns are great - when used to smoke terrorist.

So, no, it's not evil, anymore then a gun is evil (NRA, card carrying

And hatzlacha on therapy!

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Re: My Meetings With A Sex Addiction Therapist

Posted by the.guard - 14 Sep 2009 13:32

Pardon my rambling

I've always thought of sex as nuclear energy. It's sheer power; it can destroy, or it can build.

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Re: My Meetings With A Sex Addiction Therapist

Posted by kanesher - 14 Sep 2009 13:39

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