

## My Meetings With A Sex Addiction Therapist

Posted by jerusalemsexaddict - 09 Sep 2009 17:24

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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 yechidah - 12 Nov 2009 20:41

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thank you Uri

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Re: My Meetings With A Sex Addiction Therapist  
Posted by the.guard - 12 Nov 2009 21:38

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Uri, this is such gevaldig, precious stuff. If I ever make a book one day, I'd like to have a chapter called "My Meetings with a sex addiction therapist" - By Uri.

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Re: My Meetings With A Sex Addiction Therapist  
Posted by jerusalemsexaddict - 12 Nov 2009 22:09

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More from tonight's meeting which I forgot to post earlier...

What happens when you see a good looking girl and you want her?

You feel (subconsciously,usually) your insecurity and you want her (to feel control of your

insecurity) and we HATE the fact that we are shaken up by this girl.

So we escape to our little world of sex and porn where we are "in control".

Maybe at that moment just take note of your feeling of insecurity.

Go build your security in life instead of crumbling it more.

Live life with all the fears that come with it.

Don't worry about later. Even about falling later. Especially about falling later.

You'll deal with later when later comes up.

Just wing it.

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Re: My Meetings With A Sex Addiction Therapist  
Posted by kanesher - 12 Nov 2009 22:31

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[Uri wrote on 12 Nov 2009 22:09:](#)

More from tonight's meeting which I forgot to post earlier...

What happens when you see a good looking girl and you want her?

You feel (subconsciously, usually) your insecurity and you want her (to feel control of your insecurity) and we HATE the fact that we are shaken up by this girl.

Hmmm....

why does desire mean insecurity? I think I can relate to this...as in, maybe there is an aspect of

life which I am missing? As in, not being able to accept my own genuine desires?

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Re: My Meetings With A Sex Addiction Therapist  
Posted by jerusalemsexaddict - 12 Nov 2009 22:38

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Well,in general that's where sex differs from other addictions,because there's natural desire in there as well.but "lust" i think in general is a form of security.and i speak of the insecurity of how much it affects you and makes you NEED,and we hate how this girl ruined our day just because we cant have her.

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Re: My Meetings With A Sex Addiction Therapist  
Posted by Markz - 01 Jan 2017 04:20

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[yechidah wrote on 17 Sep 2009 14:56:](#)

kanesher

your story hits home.

from grades 1-7 I was bullied by this one kid.

Boruch Hashem I was never really hurt but by recess he would suddenly and out of the blue tackle me and shove me to the ground and sit on me for about 15 seconds.sometimes he would spit at me or shove sticky candy wrappers down my shirt.etc etc etc - 8 years on and off with this garbage

my mother knew about this and said that one day she will beat him up(she never did)

From Grade 8 on I didn't have such problems but it must have bothered me because there was one time where I lost control.

I think I was about when I was 18 or 19 and younger kids used to play by recess in the Mesivta building of the school.I saw one 10 year old really start beating up on another kid and I mean really bad.I must have snapped or something because I never did this before nor since.I grabbed this ten year old bully dragged him to a secluded staircase and smashed him against the wall and basically hung him there there with his feet dangling.and I told him that I will kill him if he ever does such a thing again.the poor kid had this panicked look and was trying to kick me with those dangling feet.It didn't work.Finally I threw him to the floor and he scrambled off.

This was very wrong.It was proper to restrain him but not to scare him like that.

Probably could have used therapy then.

do I need it now?

who knows.

for now I will settle for good old fashion tefillah

kanesher, who is the author of this "on killing" book?

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Re: My Meetings With A Sex Addiction Therapist

Posted by Markz - 01 Jan 2017 16:00

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The above post was a humorous way of bumping this thread

This thread is awesome. I feel like quoting each post separately so they get read, from #1 and on.

If you are bored and need a ninth candle, this thread is it - check it out.

Is is there any specific post here that you appreciate (besides for yechida hanging somebody)?

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