

The Answer

Posted by jerusalemsexaddict - 25 Oct 2009 12:21

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Sorry.

I just didn't know what else to name the thread, and I knew this title would get people excited.

This thread is **not** about how to not watch porn.

It is not about how to be clean.

It is not about how to deal with withdrawal.

I think the time has come for a "new" approach.

This approach will teach us how to be happy with ourselves and how to embrace and feel comfortable with life, two things that will basically insure that this whole thing will become a non-issue.

Now,are we ready to start the journey of healing?

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Re: The Answer

Posted by Tomim2B - 25 Oct 2009 12:26

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Woohoo! :D

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Re: The Answer

Posted by the.guard - 25 Oct 2009 12:44

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It sure got **ME** excited.

So how **do** we embrace and feel comfortable with life?

What **is** the answer?

Please **lead** us on our journey of healing, oh GYE admor!

Thank **you**!

P.S. What's up with **the** bold-italics??

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Re: The Answer

Posted by jerusalemsexaddict - 25 Oct 2009 13:07

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The first thing, and the maybe the most important thing is for us to discover Acceptance.

### **Step one:Acceptance**

Suppose you had a brilliant student in your class.This guy aced every single test he took. One day he gets back an exam, takes a look at it, and his face turns white.You hear him mumbling to himself "I should've just reviewed one more time".You lean over to see his test paper.

The guy got a 98.

Now you go through your whole day, helping people out, davening, learning, talking to people, and at the end of the you come home and are nicshal in motzi zera levatala.You say to yourself "I am a worthless loser who is not good for anything."

An exaggeration? Or perfectionism?

Whatever it is, this person obviously has low self-esteem. Why else does he not forgive himself for failures? He's trying to make it so that according to everyone's standards, he is awesome.

Will this person ever be happy?

What this guy needs is to accept himself. He needs to stop demanding from himself perfection, and stop beating himself when he fails to be perfect.

The number one most heard self-assessment on this forum is "I hate myself." In close second is "I am worthless." Is it coincidence that so many on this forum feel this way? Or is this the reason that all these people are on the forum?

People often speak about "comfort". Of course you don't feel comfort! If you demand from yourself to live up to the world's expectations and your own crazy expectations, how can you possibly feel comfortable with yourself ever?!

Those who will say "I don't feel this way. I am not over-demanding of myself. I am not a perfectionist."

Let me ask you this:

Sit in your uncomfortability for one moment and ask yourself: Why are you uncomfortable? If you were sitting with someone else, would you still be this uncomfortable?

Don't you wish you were somebody else?

This is one of the great benefits of groups and forums.

People understand exactly where the other person is coming from and accept him/her for who they are, regardless of their struggles, if not **because** of their struggles.

Also, just know that it was decided in shamayim that you were to be a sex addict.

WHAT??

Yea.

Whatever the reason, you were basically forced into this situation.

Losing security at a very young age must lead to looking for a comfort.

It all might have happened subconsciously and you might not see the developement of the addiction, but these things don't "just happen". The need for lust/love comes from a very deep place of insecurity that doesn't just start when you get older. Most have found this addiction to have started from a very early age. So, what do you expect to have happened??

But now you are older and are aware of how this part of your developed till now, and now it is your turn to do something about it.

But first, understand this fact. And accept it.

This is not your fault.

This is not a cop-out.

You didn't create your insecurity.

It was not your job to build your security.

But now it is.

And the first thing is acceptance.

This is where I'm at now.

I am insecure.

And that's okay.

Because of that insecurity, I am not able to see the whole picture of who I am.

But do I really think there is nothing there?



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Re: The Answer

Posted by the.guard - 25 Oct 2009 13:24

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Beautiful Uri! Good to have you back.

So many people are "afraid of expression because they are afraid of failure" - as you so beautifully wrote. And so they don't express the beautiful thoughts inside them. And that's a shame. It is clear that **you** do not have this problem. And that's GOLD.

P.S. Everyone, when you discover *your* gold, please hand it over to GYE **(like uri's doing!)**

P.P.S. I did my homework Uri, but I'm afraid I messed it up. What will the world say to my failure? :-[

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Re: The Answer

Posted by jerusalemsexaddict - 25 Oct 2009 13:27

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guard i do not have the tools to deal with issues like yours

its clear that you are beyond my help

see our therapists page over here [www.guardureyes.com/GUE/Tips/Therapists.asp](http://www.guardureyes.com/GUE/Tips/Therapists.asp)

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Re: The Answer

Posted by the.guard - 25 Oct 2009 13:42

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LOLROTf ;D ;D



Posted by jerusalemsexaddict - 25 Oct 2009 15:45



Will we choose to heal ourselves?

Or will we keep trying to run on broken feet?

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Re: The Answer

Posted by the.guard - 25 Oct 2009 16:47

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It feels good to have Uri and Momo posting again... All we need now is Rage and Sturggle, and we'll be back in business!

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Re: The Answer

Posted by 7yipol - 25 Oct 2009 20:32

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[guardureyes wrote on 25 Oct 2009 13:42:](#)

LOLROTf ;D ;D

744 GYE points

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Re: The Answer

Posted by the.guard - 25 Oct 2009 21:31

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