

The Answer

Posted by jerusalemsexaddict - 25 Oct 2009 12:21

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 jerusalemsexaddict - 27 Oct 2009 07:30

You are a gift to the world.

What are your gifts to the world?

What does the world gain by having a Uri?

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Re: The Answer

Posted by jerusalemsexaddict - 27 Oct 2009 07:33

I would like for anyone who feels they can post to post the following:

"I, Uri, accept myself, in this moment, just the way I am."

Say it.

And mean it.

I know this is flaky.

But I've got news for everyone.

I am a flake.

Now any volunteers?

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Re: The Answer

Posted by TrYiNg - 27 Oct 2009 07:42

"I, Uri, accept myself, in this moment, just the way I am."

Seriously, this is an amazing idea.

Look at the mirror and see the person staring back as another person.

Look at that person.

See his/her qualities, the good and the bad.

Try to understand and empathize with the person.

See what brought the person to be who they are.

Feel their pain.

Not only in the mirror, but if we try to view ourselves from a diff point of view we'd be shocked at what we discover.

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Re: The Answer
Posted by habib613 - 27 Oct 2009 08:13

uri i would say it,

only i can't say it and mean it.

so i think i'm gonna take a backseat in this thread and just watch what's going on

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Re: The Answer
Posted by 7yipol - 27 Oct 2009 09:51

Some deep stuff going on here.

Im out of my depth.

KUTGW

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Re: The Answer
Posted by jerusalemsexaddict - 27 Oct 2009 12:20

[TrYiNg wrote on 27 Oct 2009 07:42:](#)

"I, Uri, accept myself, in this moment, just the way I am."

thank you,trying,for being the first one

i didnt think uri was such a girly name though

no offense

[habib613 wrote on 27 Oct 2009 08:13:](#)

uri i would say it,

only i can't say it and mean it.

so i think i'm gonna take a backseat in this thread and just watch what's going on

it will be weird in the beginning.

you wont so much mean it.

after years of hating yourself you think loving yourself will happen in one day?

what've u got to lose??

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Re: The Answer

Posted by the.guard - 27 Oct 2009 13:28

"I, Uri, accept myself, in this moment, just the way I am."

I tried saying it, it just didn't have the ring of truth... Hmm... Maybe I should try my name instead?

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Re: The Answer
Posted by habib613 - 27 Oct 2009 13:32

lol R' Guard

[Uri wrote on 27 Oct 2009 12:20:](#)

what've u got to lose??

routine, security

what's gonna happen next time i mess up. i won't know what to say to myself.

and i hate not knowing what to do.

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Re: The Answer
Posted by jerusalemsexaddict - 27 Oct 2009 13:37

[habib613 wrote on 27 Oct 2009 13:32:](#)

lol R' Guard

[Uri wrote on 27 Oct 2009 12:20:](#)

what've u got to lose??

routine, security

what's gonna happen next time i mess up. i won't know what to say to myself.

and i hate not knowing what to do.

Habib,

Read what you wrote.

You have a good understanding of how you cope.

But don't you think that you've put yourself in this cycle.

The security you have now is depression and low sense of self and bottling up?

Shver. (weak)

It can be different, dear sister.

Just let go of this whole cycle.

And start loving yourself.

Nothing else matters.

TrYiNg loves you.

Letakain loves you.

Mom loves you.

The rest do too, but i cant say that :-\

When will you start loving yourself?

No offense.

But your cycle SUCKS!

Next time you fall go outside of yourself and respond as you would if someone else told u they fell.

And be sympathetic to yourself and your struggles.

Come on sister!

Break this thing!!!

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Re: The Answer

Posted by habib613 - 27 Oct 2009 13:49

I will bli neder try to stop myself from saying 'i hate you' at least once a day.

ok?

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Re: The Answer

Posted by jerusalemsexaddict - 27 Oct 2009 14:02

chill,sista!

slow down.

maybe start with something small?

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Re: The Answer

Posted by Kedusha - 27 Oct 2009 14:26

Uri, you've got talent! Why not get the appropriate training, and use that talent to help others in a professional setting? In other words, you'll be able to do what you're doing now, but get paid

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Re: The Answer

Posted by 7yipol - 27 Oct 2009 14:28

[habib613 wrote on 27 Oct 2009 13:49:](#)

I will bli neder try to stop myself from saying 'i hate you' at least once a day.

ok?

for it!

Okay, does this come easier:

"mom 7up loves me bacuase she sees how special I really am"

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Re: The Answer

Posted by jerusalemsexaddict - 27 Oct 2009 14:28

thanks Rebbe

Have I ever told u how much I love you,btw?

I admire you

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Even if you live at the top of a mountain and always walk there during the DC calls

And thank you,btw,for not editing my posts lately
