

Where I'm at

Posted by jerusalemsexaddict - 16 Jul 2009 19:45

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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 worlds 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 well 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 7yipol - 01 Oct 2009 20:42

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Perhaps we should keep Kutan sleep deprived.

"Nichnas yayin yeitze sod" applies to exhaustion too...

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Re: Where I'm at

Posted by Sturggle - 01 Oct 2009 22:04

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Uri,

I could imagine you had a challenging day.

It amazes me that you can

bring out of it so much positive energy.

Sleep well at your friend's.

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Re: Where I'm at

Posted by TrYiNg - 02 Oct 2009 10:33

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Kaneshher, you brought true pts

To realize that he probably had hell as a child too.

So true. But even more difficult to undestand. If they know what it feels like, how can they do it do their kids again?(I've asked myself this question over and over and over again....My mom *still* complains about her mom. ***Why doesn't she understand that she is doing the same thingggggggggggggggggggggg!***

So your kids won't have to. You're picking up the broken pieces of soul. SO your kids won't have to.

Everything that happens just strengthens my resolve to become a better parent/person , so my kids/husband won't ever have to feel this way. Why didn't they do that?

Uri, Your simply amazing.

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Re: Where I'm at

Posted by kanesher - 02 Oct 2009 10:50

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[TrYiNg wrote on 02 Oct 2009 10:33:](#)

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Uri, Your simply amazing.

I wish it were true. It would be true if we were intellectual beings. We're not. We are hardwired as well, programs and scripts deep within us. And in times of stress or anxiety we revert to what's familiar, to what we perceive as the classic roll of mother/daughter and father/son. And husband/wife.

We don't base it on the results - be based it on what we saw as a child. To a child, whatever his parents do is what should be. Hardwired. Later, when his intellect develops, he may see that that is wrong. But the wiring is still there.

The best we can with our intellect is to find methods to rewire and rescript ourselves so that our anxiety-based reactions are different. But don't expect your intellect to kick in in times of stress. You can only use it beforehand and make decisions to get therapy, live healthier, and get help.

### **80% of sex abusers were sexually abused themselves**

Four out of five. Ouch.

My point is that even if you have tremendous resolve for "never again" you will find yourself acting in the same ways as you saw as a child unless you get help.

I'm married. And I found myself lashing out at my wife just my like father did to my mother. And I swore I never would. I saw myself losing patience with my children just like my father did.

Luckily, nothing compared to him. But enough to terrify me, and pushed me to get the help that I needed.

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For girls, the horror can get even deeper. Remember, it's not intellectual and has nothing to do with resolve. Often, girls who has been abused who seek out classic abusers, because that's what seems like a normal male/female relationship deep down, no matter how they preach intellectually about one. Of , they don't say "he's such a great abuser" - they say - "wow, we

both like ice cream soda! must be be bashert!" and he's so "protective" (read: controlling) and he's so "concerned" (read: incapable of trust) and he's so "passionate" (read: unstable) and "guiding" (read: controlling again!) and march all the way to the chuppah. And hopefully, all the way back.

You can put an abused girl in a room of a hundred wonderful guys and she'll heat seek the one jerk like her dad. Baduk U'Menusah.

This issues need to be worked out with more then intellect. Been there, done that.

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Re: Where I'm at

Posted by TrYiNg - 02 Oct 2009 11:14

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Could be some don't.

To a child, whatever his parents do is what should be. Hardwired.

I never thought it was normal even when I was a little kid...

Proof: My siblings are married and are amazing fathers/mothers. Yes, by intellect. Or rather internal strength.

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Re: Where I'm at

Posted by kanesher - 02 Oct 2009 11:34

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[TrYiNg wrote on 02 Oct 2009 11:14:](#)

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Absolutely. Many people display remarkable resilience. And of course, I certainly hope that no one has to continue these horrible patterns.

You asked how it was possible, how people can't see. I hope I explained that; unfortunately it certainly is possible. And I think that's a possibility that should be taken into account. And again, I wish you - and your siblings - only the best in your personal lives.

But realize marriage is intensely private. I am certain that none of my siblings - or my wife's - certainly not the single ones - realize the difficulties we've gone through - though she enjoys deep relationships with her sisters.

Once again, I don't know anything about you or your situation. I'm trying to talk about something in general.

Gut Yomtov!

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Re: Where I'm at

Posted by kutan - 02 Oct 2009 13:31

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Kaneshher,

Your points are all very valid and cogent.

Just like to add, that the sex abuser thing is more powerful than most other abuse

the reason may be that it is the brain's subconscious way of trying to say that what happened to me when I was young was not bad and evil, and I'm gonna prove it by doing the same to others.

People abused sexually should get PROFESSIONAL help. they very usually need it.

kutan

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Re: Where I'm at

Posted by jerusalemsexaddict - 02 Oct 2009 13:57

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i can personally atest to this reality.

we treat ourselves as our parents treat us

and naturally we treat other pple the same way.

i am not married and have never been.

but i had a serious girlfriend for a long period.

I treated her like trash sometimes.

And I was aware of it.

But I couldn't stop myself.

Now I realize that there was a strong need to control.

That need,as we know,is overpowering.

And I see my dad is a control freak.

And I control myself with an iron hand.

Once I give myself some space and acceptance,

I will finally be able to give others some space and acceptance.

I don't know which thread this should go in

so ill just put it here.

I received a ride today from an interesting character(israel is pretty full of interesting characters).

This guy asked me:

"What is the hardest mitzva on Succos?"

I shrugged.

"'Vehayisa ach sameach'.The Rav(idk who he was referring to,but I like the idea) says that the mitzva to be happy on succos is an all-encompassing mitzva.

Meaning:

On Succos we are not supposed to be depressed.

We are not supposed to be down.

We are not supposed to be sad.

Or angry.

Or impatient.

Etc.....



I smiled at the man and got out of the car at my destination.

All of a sudden I realized.....

That is impossible.

What's that guy even talking about?!

But then I realized another thing:

Even without what that guy said, the mitzvah is not so doable for me (or most anybody).

But then I chapped the answer.

Succos!

What is the idea of a succa?

A succah is there to remind us of the clouds of glory that protected us.

We go into the succah and we remember that those "clouds of glory" are still always above us, even if they aren't in the shape of clouds.

We really can live in a "succah" the whole year round.

This world is Hashem's succah.

And we're in it.

We're His special guests.

Bnei bayis really.

And that's the only way to achieve that serenity and happiness that the Torah demands of us.

When we have that security, that emunah, that bitachon....

Than "Vehoyisa ach sameach"

May you all have the bestest of chagim!

And a great shabbos, of course!

-uri  
I love you all

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Re: Where I'm at  
Posted by kutan - 02 Oct 2009 14:19

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shkoyach, Uri.

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Re: Where I'm at  
Posted by yechidah - 02 Oct 2009 14:27

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Uri

I mention you in my last post

and I am telling you the absolute

I have never met or seen a neshomah like yourself.

It's an honor to let us hear your voice

have a wonderful Yom Tov

yechida

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Re: Where I'm at

Posted by letakain - 02 Oct 2009 15:32

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have a fabulous y't! 8)

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Re: Where I'm at

Posted by jerusalemsexaddict - 04 Oct 2009 17:35

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[yechida wrote on 02 Oct 2009 14:27:](#)

Uri

I mention you in my last post

and I am telling you the absolute

I have never met or seen a neshomah like yourself.

It's an honor to let us hear your voice

have a wonderful Yom Tov

yechida

wow.

you make me blush rebbe :-[

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Re: Where I'm at

Posted by jerusalemsexaddict - 04 Oct 2009 21:38

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WHERE THE HECK ARE YOU GUYS!?!?!?!?

IM MAMESH GOING OUT OF MY MIND HERE

IM WRITING TO RAV ELYASHIV TO GET THIS 2 DAY THING REVERSED

THIS IS CRAZINESS!!

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Re: Where I'm at

Posted by letakain - 05 Oct 2009 00:28

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hi, uri!

just wanted to say thanks for the tehillim- totally saved me last night

now i'm 2 days ahead cuz i didn't know where we were up to! 8)

not that i mind repeating them!

hope your doing ok!

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