

Where I'm at

Posted by jerusalemsexaddict - 16 Jul 2009 19:45

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 world's biggest hypocrite. It bothers me even more because 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 we'll get to a different 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 I'm tired so I shall continue this

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Re: Where I'm at

Posted by jerusalemsexaddict - 29 Jul 2009 08:00

I want to thank you TrYing for helping me to realize that I cannot become complacent just because I feel clean. I'm on day 13 now and I don't want to lose it. Things have been going pretty smooth that last day or so, b'h. I'm trying to keep my life in the correct perspective which is proving to be quite difficult not knowing which moods and such are withdrawal symptoms. But thank G-d I have davening which usually seems to clear my head.

On the subject of davening, I've noticed that I'm not alone on this site with problems of concentration. Many of us have trouble facing G-d, and some of us just can't focus with all the stuff on our minds. I have always been very ashamed of myself when I space in and find myself by Modim. Pull myself together and slip off again halfway through the bracha. That's my experience of davening: 5 second spurts of concentration. I space in and realize and say to myself "G-d must be ticked off right now". But I say to myself G-d loves me no matter what. That's my usual experience.

This morning during shmone esrei i had an amazing insight.i remembered watching a brother of mine who has adhd a week ago.this kid mamesh cannot sit still.hes all over the place,detroying everything in his way.anyway,i convinced him to try to learn a little chumash in return for a prize.The sight made me almost cry.my brother was clearly fighting an intense struggle to keep himself in his chair.hed say a few words,space out,and force himself back in a bit later.over and over.i could see it was torture for him.did i yell at him for spacing out???Heck NO!!!i was impressed and moved beyond belief.every word was a victory.

My beautiful friends,Hashem does not love us despite our struggles and falls,whether in davening or in sexual matters and such.Our Tatte in Shamayim loves us BECAUSE of our struggles.he watches us as i watched my brother that day.he sees us come into davening determined.he sees us fall,and he sees us giving it our all to concentrate a bit more,only to fall again a minute later.The same certainly applies to our struggle here.Imagine yourself in G-d's place.Is there anything more touching?With love-Uri

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Re: Where I'm at
Posted by TrYiNg - 29 Jul 2009 08:05

Hey, B FAIR!

I'm also a " 20 year old sex addict TrYiNg to recover" and you also post in my thread "ridiculous

You really *do* post as if you're 40 years old, though. (had to get at least another one in...)

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Re: Where I'm at
Posted by jerusalemsexaddict - 29 Jul 2009 08:31

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Re: Where I'm at

Posted by TrYiNg - 29 Jul 2009 08:39

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Re: Where I'm at

Posted by 7yipol - 29 Jul 2009 08:43

such a tattletale.....

Uri,

Your insight via your brother shows maturity. Taking everyday situations and being able to connect them to the 'bigger picture' is what helps us elevate the mundane, and bring kedusha in to everything.

The nicst part about all the praise we shower on each other, is that its all meant sincerely. No

...Now stop arguing kids, and start cleaning your rooms. iyH we are expecting a special guest tomorrow and all must be spick and span! Mashiach deserves the best of welcomes!!!! :D :D

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Re: Where I'm at

Posted by TrYiNg - 29 Jul 2009 08:46

oooh... my heart skipped a beat there.

(but if he comes, I'll be sooo embarrassed. I'm only up to day 1... :-\)

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Re: Where I'm at

Posted by 7yipol - 29 Jul 2009 08:49

I'm only up to day 1.

Not "only up to day 1". Already on to day 2!

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Re: Where I'm at

Posted by jerusalemsexaddict - 29 Jul 2009 13:23

Friends,i just got up from my nap and i had the most awful dream.in my dream i broke my streak :(it was so scary and sad.but the weird thing is that afterwards i called my friends together to tell them about it.the dream/nightmare ended with me heading off to tell them,feeling ashamed but looking forward to the comfort.

im still trying to process that my streak is still alive and healthy.dreams are very real.

what this dream shows,though,is partly why pple become addicted to this site.our addictions are a source of shame and secrecy for all of us.for some of us,90% of our thoughts during the day cannot be shared!but here we have the forum,where we can put everything out on the table with pple who care and sympathize with us.and sometimes its a shock for us to find out;really were

wishing all here a most meaningful(and not so difficult)fast.LOVE-Uri

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Re: Where I'm at

Posted by Efshar Letaken - 29 Jul 2009 17:59

Uri Uri, Sheer Dabeiri!

Here's how I interpret those words.

Uri Deserves for us to Speak His Song/Praise.

You are very inspiring to us all.

I Have Some Good News To Tell You, Moshiachs On His Way!

No He Wont Wait Any Loner He's Comin Any Day!

So Just, Hold On! Just A Little Bit Longer, & Every Word He Promised Will Be, Just Hold On & You'll See.

tRyInG,

Stop singing so loud, I can hear you all the way to my house. Kol B'Isho! lol

E.L.

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Re: Where I'm at
Posted by TrYiNg - 30 Jul 2009 06:00

I was *really* singing...:D :D :D

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Re: Where I'm at

Posted by jerusalemsexaddict - 30 Jul 2009 19:41

.ok,now i
am crying(slightly embarrassing as my little sister is standing near me watching me).i am starting
to breathe fresh air again.my emotions arent all soiled.im starting to feel truly relaxed and
content for the first time in what seems like forever.i know it sounds like im way overdoing it,but
im feel the disease starting to loosen its hold on me.again,maybe im imagining this,but i feel that
im statrtng to break the addiction,and i feel very free.i now am starting to imagine a life with no
pressure for lust.a life in the here and now,not in fantasy.i life without constant fear.a life without
constant shame.im like a blind person who cant see fully yet,but is introduced to the idea of
sight bichlal.in only 2 weeks.imagine 90 days!imagine a year!thank you Hashem for giving me
the opportunity i never thought i would have,and for making it so much more geshmak than i
dreamt it would be.may You give me the strength to not just have a peek,but to have the full
thing-the gift called life.i know im seriously overdoing it,but this is how i feel at the moment.tisha
b'av was a time of reflection for me.the past 2 weeks of sobriety are the first 2 weeks of my
life.with a heart overflowing with love-Uri

Chevra,as i approach the end of day 14 iy'h,i look back at the last 2 weeks and smile

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Re: Where I'm at

Posted by jerusalemsexaddict - 30 Jul 2009 19:51

Let me clarify that.

i am far from breaking this addiction.its very possible ill still have a bunch of falls.in fact,even
right now i feel a tayva(cause im not feeling so well,another big trigger on my list.i think the
gemara says that or**** is good for headaches.shkoyach).

anyway,what im trying to say is that my head is only now for the first time poking out of the
water and it feels great and hopefully it will motivate me to conquer this full.until then..one day at
a time.-uri

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Re: Where I'm at

Posted by kutan - 30 Jul 2009 20:07

Uri

this is the way life works. Hashem gives us a taste, then lets go, and asks us then to work for it. the work is hard, as we were hoping the taste stage would stay forever... but ultimately it leads to real success.

Learnt this from R' Akiva Tatz, this is one of his big themes.

www.simpletoremember.com/authors/a/rabbi-akiva-tatz/

examples all over chumash. krias yam suf and then 49 days to shavuuous. First luchos broke, the second was made by man. The beis hamikdash, first was heavenly, second a hollow shell in comparison, and the third will be awesome.

childhood, adolescence and maturity are another example.

And of course the romance of meeting your kala, it can never last, its only a taste of what marriage can be like if YOU **WORK ON IT!!!!**

so anyway, please don't be terribly disappointed if you might have hard times still. this would then be a taste and the hard times not a setback but the nature of the world.

Very important point to keep in mind for your whole life!!!

kutan

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Re: Where I'm at

Posted by jerusalemsexaddict - 30 Jul 2009 20:15

yes im very familiar with the concept.rav tatz repeats the idea quite often.i was not dissapointed to find i still have struggles.im still in the early stages,for G-d's sake.i was just commenting on the begining of the redemption.thank you for the reminder though,gadol.im sure there will be bumps ahead.gotta be prepared!

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