GYE - Guard Your Eyes

Generated: 13 September, 2025, 19:35

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 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

Re: Where I'm at
Posted by TrYiNg - 14 Oct 2009 08:31

me too. :'(

It seems u also dissapeared . Y am I the only one on now?

Re: Where I'm at

Posted by 7yipol - 14 Oct 2009 09:25

:'(:'(:'(

It seems that everyone is so sad, so Im crying along to be part of the group. Misery loves

Let me introduce myself; my name is Miss Ery!

Smile kids, life really is a good place to be visiting. Trust me, Ive been there, done that and wallowed in it for too long too. Force yourselves to notice the sunshine, the fall leaves (okay, I admit thats a challenge in a city without green Trying!). Take a walk and notice the gurgling baby in his stroller, the school kids laughing and running home to play. Notice *life*, everyday, 'boring' life. Notice the colors, how many different shades of green and blue the world is made company they say, so here I am!

You are the REASON for that picture. You are a kaleidascope of all those colors and hues.

"Bishvil li nivra haolam" Hashem doesnt make mistakes. And He doesnt create worlds for second class citizens.

There is kedusha even in your falls *because you are crying your eyes out each time, begging to be tahor.* Even falling can bring you closer to Hashem. How much more so NOT falling!

Picnic in the park kids! Lets go!	
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Re: Where I'm at	
Posted by TrYiNg - 14 Oct 2009 09:36	

Smile kids, life really is a good place to be visiting.

I know mom. Seems as if you're a mind reader. I was saying the same thing today to a friend of mine. I think we've lost sight of the simple joys in life. I for one, luv every moment. All the difficult moments pay off, when I can rest for a moment and just experience life itself. What a gift.

Just one problem.

It's actually dark now.

And no kids are out playing.
and everyone else on this side of the planet is sleeping peacefully
and I'm not
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Re: Where I'm at Posted by 7yipol - 14 Oct 2009 09:44
Perfect time to close your eyes, and picture the park!
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Re: Where I'm at Posted by Sturggle - 14 Oct 2009 09:48
Uri,
how you doing this mornin?
im sure last night was really hard for you and i know that its an ongoing and constant struggle for you.
i think youre doing an amazing job, of course, with Hashem's help.
you got some really good responses and I don't have what to add.
and I'm totally not joining this crying fest!
I think I'm teared out for a bit!
ok, I could prob get back into some tears pretty easily
But, I am so here with you guys!

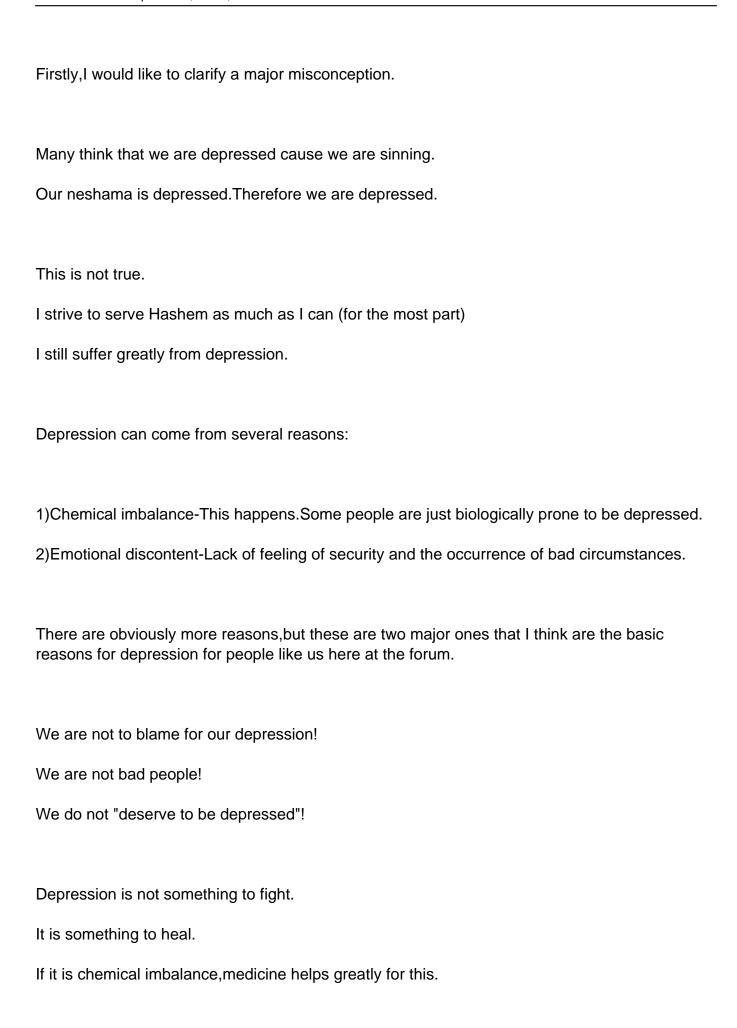
Mom,
picnic in the park?!!
which one?!!
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Re: Where I'm at Posted by TrYiNg - 14 Oct 2009 09:50
Not crying. Just sulking.
R we having one ,or are we supposed to picture it ?
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Re: Where I'm at Posted by 7yipol - 14 Oct 2009 09:53
Hmmmm, no park next to Kever Rochel thats for sure
Guard, where do you suggest?
tRyInG, of course its real! Werent you at Letakains engagement party? I thought I saw you there
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Re: Where I'm at Posted by TrYiNg - 14 Oct 2009 09:57 Picnic
ok. Getting exciting. What do we need to prepare mom?

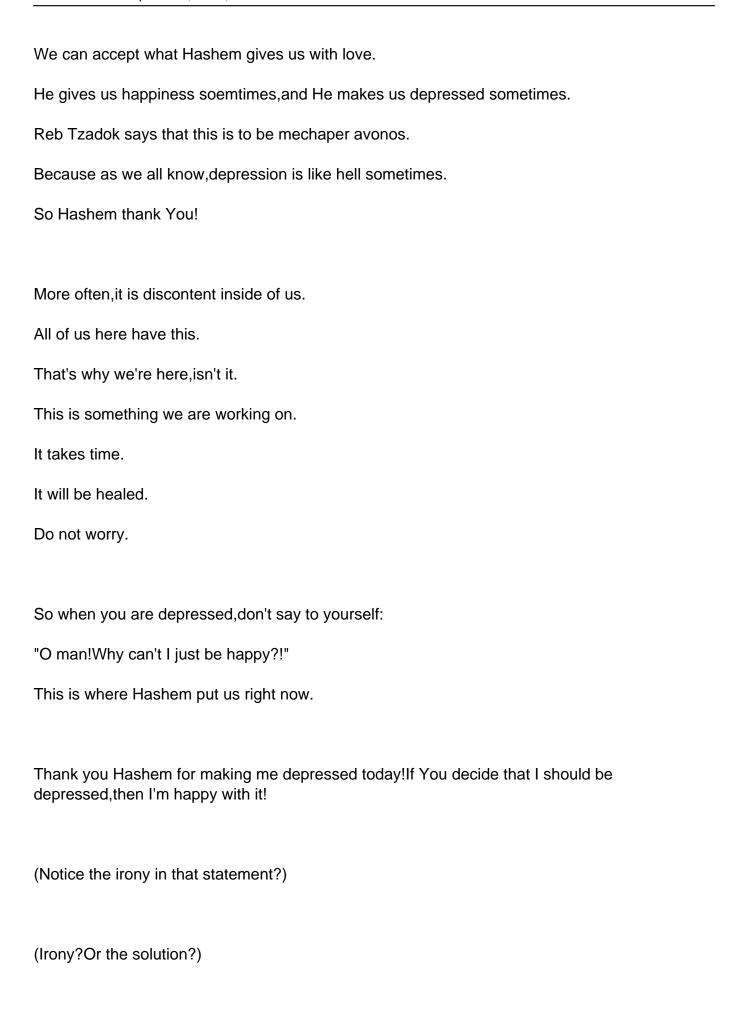
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Struggle, pls bring a pen and take down the grocery list. Urrriii! Wake up! WE'RE ALMOST LEAVING!
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Re: Where I'm at Posted by 7yipol - 14 Oct 2009 10:01
Sleepy heads get left behind.
Guys, bring the frizbee, and Uri, get that guitar tuned pronto quick!
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Re: Where I'm at Posted by jerusalemsexaddict - 14 Oct 2009 10:03
i am having a terrible,horrible,no-good,very bad day
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Re: Where I'm at Posted by Sturggle - 14 Oct 2009 10:08
isn't that exactly why a picnic would be a great idea?
we could always just cry together
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Re: Where I'm at Posted by 7yipol - 14 Oct 2009 10:19

I	l Iri	wrote	on 14	Oct 2	009 1	10.03
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i am having a terrible,horrible,no-good,very bad day
Im so sorry.
Think green trees and Uri's songs
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Re: Where I'm at Posted by jerusalemsexaddict - 14 Oct 2009 10:28
ok i cant take it anymore red line shmed line
sorry guys
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Re: Where I'm at Posted by the.guard - 14 Oct 2009 10:30
i am having a terrible,horrible,no-good,very bad day
All of us here,or at least most of here, struggle greatly with depression.
We are depressed that we are depressed.
And we are depressed that we are in this cycle of depression.





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Don't say:
"O man!My davening now will be weak anyway.Any mitzva I do will be weak.I might as well not do it."
Wrong!
Hashem wants us to give Him what we have.
If all we could do is learn 10 minutes, then that is perfect!
Not ok.
Perfect!
He put us here,depression and all.
Don't beat yourself up.
Give Him what you got.
It's all that He asks for