

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 - 19 Oct 2009 06:39

[Elya wrote on 14 Jan 2009 01:15:](#)

I want to mention something. I was recently at a conference and one of the groups was having a debate about filters and if they are helpful. I know for me personally they are essential. But someone brought up the point that there is a huge difference in being sober and being in recovery from lust.

When we are living a spiritual life, when we are not worried about the future

and we have come to terms with our past... we live in the present moment, take one day at a time.

When we are living like this... in serenity... there is little chance we will act out... no matter if we have a filter or not.

So this is the end goal. The filter cannot be the end goal. REcovery is the end goal. And that means

working a program of perfecting our Middos. So we don't hold resentments, anger, fear, etc.

We trust Hashem that whatever he has dealt us, moneywise, healthwise, Shidduch wise, is meant to

be.

We get rid of our resentments and fears by examining them for our part in them. We make amends to

people we have hurt and help others recover.

The tools are all here on the forum and on the guard site. The tools are in your communities at

SA & SLAA meetings. There were 595 goyim at this conference and 20 Jews from all spectrums.

Chassidim, Misnagdim, all walking around with their Yarmulkes making a Kiddush Hashem. We had

a minyan on Shabbos with a sefer Torah, all arranged by the conference.

If they can do that publicly, you can go to a meeting. If they can LEAD meetings and get up and speak in front of 100s of people as a proud yid, you can too.

it all depends on whether you REALLY want to get better or you're happy living on the cliff of the slippery slope, where the Yetzer Harah convinces you, it's OK to just peek as long as you don't go all the way.

Hatzlachah Rabba.

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Re: Where I'm at
Posted by 7yipol - 19 Oct 2009 08:31

[dov wrote on 18 Oct 2009 22:00:](#)

Gevalt, that hurts.

That having been said, just maybe, *his* new dependence on *her* will cause a critical airlock decompression (CAD), releasing the malfunctioning emotional tether from your memory of her (MD - Memory de-Tethering) and enable your full-independence-recovery-circuits (FIRC - oops) to engage the nucular (thanks, Bush) reactor of reality within you, putting your tachlis-boosters (TB - oops again) back on line (L -?).

Whatever.

GET OVER IT!!!!

Love,

Dov

Well said R' Dov!

Couldnt have said it better myself...

Words of absolute wisdom...

The simplicity yet depth overwhelms the mind...

HUH???

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Re: Where I'm at

Posted by jerusalemsexaddict - 19 Oct 2009 12:29

intersting convo going on over here.

i dont even mind the hijacking cause its such interesting conversation.

my life's been very interesting the last 2 days.

more to come...

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Re: Where I'm at
Posted by TrYiNg - 19 Oct 2009 13:18

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Re: Where I'm at
Posted by letakain - 19 Oct 2009 17:23

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Curious. gotta admit
Re: Where I'm at
Posted by Rage AT Machine - 19 Oct 2009 18:36

I thrice...

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Re: Where I'm at
Posted by Me3 - 19 Oct 2009 19:04

Rage thanks for not stepping on my territory, oh and...

Me3

me also. (was gonna say me too, but don't want to get mom confused

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Re: Where I'm at

Posted by Rage AT Machine - 19 Oct 2009 19:26

no probs me3...in case you havent noticed already, i go to violently extreme measures to make sure that i NEVER chas veshalom offend anyone even inadvertently or step on their toes, rachmunu litzlun...

but, seriously, uri, we're all hopin you'e doin mighty fine....

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Re: Where I'm at

Posted by jerusalemsexaddict - 19 Oct 2009 19:30

Well,for beginners..

I might be taking a new job as a madrich in a teens-at-risk yeshiva in the jerusalem area.

So that should be interesting to see how that turns out.

And i met a girl.

It was in the weirdest way u can imagine.

she came to me asking for help.

and i am trying to help her.

and i sorta like her.

before everyone begins to freak out

1)i have my sex addiction therapist's approval that this could be good for me

2)i am not gonna date this girl just yet,cause neither of us are ready

but i am/was desperate for some sort of female connection.

that's clear from one of my first posts ever.

and,acc. to my therapist,it all connects very well.

so,well see how it goes,with Hashem's help

Hashem is setting His masterpeice in to place.

It's quite amazing to watch when you have an open mind..

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Re: Where I'm at

Posted by Rage AT Machine - 19 Oct 2009 19:39

job: i really hope you get the post at the at-risk palce.....it would benefit us tremendously if we had people who were more in touch with what the kids are facing today than the people we have in place now....girl: i hope she leads you to the right places for you and you dont lead her anywhere at all....therapist: weird little dude, man, weird little dude....between you and momo, im really wondering if there is a method to his madness....

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Re: Where I'm at

Posted by jerusalemsexaddict - 19 Oct 2009 22:38

i dont mean to threaten

but if one more person messes around with one of my posts (editing stupid stuff)

im leaving the forum bli neder

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Re: Where I'm at

Posted by 7yipol - 19 Oct 2009 22:48

[Uri wrote on 19 Oct 2009 22:38:](#)

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huh?

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Re: Where I'm at

Posted by Me3 - 19 Oct 2009 22:49

Uri

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Re: Where I'm at

Posted by Kedusha - 19 Oct 2009 22:51

[Uri wrote on 19 Oct 2009 22:38:](#)

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im leaving the forum bli neder

Also "I" should be capitalized. ;D

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