

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 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 we'll 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 jerusalemsexaddict - 14 Nov 2009 17:50

or so who says?

i wanted to clarify.

this is only really nights

days i live life baruch hashem im learning

but nights

and motzei shabbes

uch

and after being home for shabbos

uch

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Re: Where I'm at

Posted by the.guard - 14 Nov 2009 17:52

its so hard to pull myself out of this restless destructive mindset.

You should read some of the amazing posts of Uri on this forum. It will blow you away...

How about a trip to the kotel, a stop at a restaurant in the old city for Melava malka, with an ipod and some good music... Or maybe bring your guitar and just start playing songs to Hashem in the old-city (with a little can next to you for donations to GYE)

Maybe start a chesed project or volunteer work to keep busy...

Spend some time with friends.

Spend some time with your younger siblings, take them to the park, give them rides...

Go visit your Mom...

Do a work-out... releases stress...

Bike-ride...

Love from the

GUARD

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Um... did anything here sound like a good way to "LIVE LIFE" and get out of your head?
Re: Where I'm at

Posted by kanesher - 14 Nov 2009 19:45

Yeah, know the feeling. I remember those off shabbosim when I was in mesivta - not spiritually positive, to put it mildly. Urgh! Even now - I mean, I visit my parents maybe once a year for a few days and my wife counts the days until we leave - "you're just not the same person".

Go figure...

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Re: Where I'm at

Posted by 7yipol - 15 Nov 2009 16:02

How you holding up, son?

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Re: Where I'm at

Posted by Momo - 16 Nov 2009 09:09

Uri, welcome back! I read about your return in a chizuk email!

By the way, Guard, I loved this idea:

[guardureyes wrote on 14 Nov 2009 17:52:](#)

Or maybe bring your guitar and just start playing songs to Hashem in the old-city (with a little can next to you for donations to GYE)

Uri, I'm glad you're finding true happiness.

All the best,

Momo

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Re: Where I'm at
Posted by TrYiNg - 16 Nov 2009 13:50

URI????

What u so bz with bro?

Working?

:-\

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Re: Where I'm at

Posted by 7yipol - 16 Nov 2009 14:47

[TrYiNg wrote on 16 Nov 2009 13:50:](#)

URI????

What u so bz with bro?

Working?

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Hey, he's a responsible working man now!

My guess is he'll be on tonight..

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Re: Where I'm at

Posted by TrYiNg - 16 Nov 2009 14:50

Can't even come say hello?

Hey, he's a responsible working man now!

Ok, ok...backing off :-[:-[

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Re: Where I'm at

Posted by jerusalemsexaddict - 16 Nov 2009 20:07

Yup,I'm a working man now.

Huh?

What's that?

Responsible?

One sec,i'm looking it up...

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Re: Where I'm at

Posted by habib613 - 16 Nov 2009 21:27

uri, i love you're new guy.

he's so YOU!!!!

like the beard, especially.

and the tummy.

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Re: Where I'm at

Posted by jerusalemsexaddict - 16 Nov 2009 21:39

Rage,truly inspirational.

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Re: Where I'm at

Posted by jerusalemsexaddict - 22 Nov 2009 15:44

"You are.....a sick demented kid"

No,Im not

"You are disgusting.I regret the day i made you"

What?

"A worthless son.Can't even get up in the morning"

Stop.....please.....

"A ben soreh u'moreh"

"You're a hyprotical peice of sh**"

Dad...please stop....

"Get the hell out of my house!"

"Find someone else who maybe will deal with you"

But what did I do?

"(mother's name),that kid is really disgusting.I want him out.He's destroying our house"

I'm right here,you know?Do you realize how much this hurts me?

"He is a disgrace to our family"

"A chillul Hashem"

"Stupid charedi kid.Pretends to be religious,but doesn't even show his father respect"

Is this true?Am I really as worthless as he says?

"Just go.I don't want to see your ugly face"

Okay.

He's right.I am worthless.After all,he's my father,and he knows me as well as anyone.

"Hey uri!Is everything alright?"

"Yea.Listen,can I maybe stay by your place tonight?"

"Sure.No problem.Is everything okay though?"

Deep breath.

"Yea.Everything's fine.I'll see u later tonight."

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Re: Where I'm at

Posted by TrYiNg - 22 Nov 2009 16:15

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He's right.I am worthless.After all,he's my father,and he knows me as well as anyone.

No you're not. You know that. I've never seen someone with such a will to live and extreme courage to do whats right. The way you keep on getting up and continue going despite all odds, is more than brave its...its.. simply mindboggling. And the care and concern for a fellow jew that just screams from your posts show an indomitable human being..Someone who not only survives through thick and thin,and still becomes a better person because of it, but uses it to help others . Have you ever seen such display of amazing character? Need anyone say more?

oh, and jst cuz he's your father doesn't give him the right to say something so degrading and hurtful..My mom always says the same things. I know that even if she's a parent she knows less about me than anyone else in the whole world and her saying all those things jst goes to show that **she** is all that. An insensitive and selfish human being. And more.

Remember that we all love you no matter what in the world your dad thinks.....!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! & hashem does too..guaranteed.

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Re: Where I'm at

Posted by 7yipol - 22 Nov 2009 16:37

Between the 2 of you, my heart breaks.

I feel your pain as much as an outsider can

and wish with all the strength in a mothers heart

that I could just take you into my arms and chase away the monsters

both real and imagined.

Both of you are survivors

even though its the last thing you feel like at times,

and last thing you want to be.

I am about to make a shocking statement.

And I am even willing to swear that what Im about to say is 100% true:

Parents are human, for good, and for bad.

And parents are ***NOT ALWAYS RIGHT***

In these specific cases,

your parents are ***WRONG WRONG WRONG.***

You are both amongst the most special people I know,

and growing despite the odds against you.

Or perhaps,

because of them.

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