

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 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 the.guard - 22 Nov 2009 22:32

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Uri, I'm gonna say something shocking, but I want you to believe me: your dad's right.

Right it was shocking? ;D ;D

And what did you just learn from that?

That even those you thought you could trust, like guard, can be mean and dead WRONG.

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Re: Where I'm at  
Posted by TrYiNg - 22 Nov 2009 22:40

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Good one guard.

Actually it's not that we think they're right. (at least I don't) It just hurts that the people who are supposed to believe in you and help you are the ones who cause so much pain. The people kids live *because of* , we have to live *despite of*..

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Re: Where I'm at  
Posted by imtrying25 - 22 Nov 2009 23:26

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Wow Uri my heart just goes out for you. Im really sorry that you have to go through so much. I dont really know what to say so im not gonna say more. Just that i feel for you. Sorry.

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Re: Where I'm at  
Posted by habib613 - 22 Nov 2009 23:34

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u can't trust people like you're dad. i know a whole lot of tzaddikim around here who know you better than he does, and who wholeheartedly disagree with every word he said. same goes for you trying.

i kinda wanna buy uri's dad and trying's mom muzzles, and mail them to their houses.

anyone wanna chip in to buy them?

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Re: Where I'm at

Posted by Momo - 23 Nov 2009 06:38

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Uri, I'm so sorry about the nasty things your father said to you. Of course they're not true. You know how far you've come in the past few weeks!

Maybe he's disappointed in himself and letting it out on you. Maybe he senses you've changed for the better and he's jealous because he hasn't.

Can you have rachmanus on him because he's your father? Maybe doven for him?

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Re: Where I'm at

Posted by jerusalemsexaddict - 23 Nov 2009 07:18

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ill respond,iy'h when i get i chance.

but i just want to share something that happened to me this morning.

I woke up not in such a good mood.

I've been sick,which I never handled well.

My shabbos was terrible.

On motzei shabbos,my father attempted to rip me apart.

I woke up and was like "k.i need a boost.ill act out."

I took a shower and just stood there thinking.

K.Rav Shlachter said I can act out whenever I want.

But honestly,if I act out now i'll be upset and feel sensitive to everything and be in survival mode.

Survival mode sucks!!!!

Life is awesome!

Only after we leave survival mode do we realize really how much we lived in it and howmuch it sucked.

I'll get a boost for a minute.

But then i'll spend the rest of the morning surviving.

Shver.

So I can.

But I choose life.

Off to another day at work,chevre.

-uri

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Re: Where I'm at

Posted by 7yipol - 23 Nov 2009 08:00

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Uri,

All I have to say is that you are one awesome son! ;D ;D ;D

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Proud to be your 'mom'

Re: Where I'm at  
Posted by imtrying25 - 23 Nov 2009 10:55

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. Anyways  
im real happy for you on your victory especially after what you went through. A Mashel; when one breaks a bone they say that after it heals its stronger than it was before. I feel the same here. Im really sorry for everything youve gone through and everything your constantly going through but it seems to me that your stronger than almost everyone i know your age. Chazak v'ematz.

Also ive got a friend that i feel can gain alot from you in these areas. i wonder if we can hook you guys up. hes learning here in israel. hes 19, i think. Get back to me . Thanks. And always remember Shver!

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Dont know yet if im qualified to call you bro. Or maybe we should keep it at chavrusa

Re: Where I'm at

Posted by the.guard - 23 Nov 2009 12:46

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[Uri wrote on 23 Nov 2009 07:18:](#)

ill respond,iy'h when i get i chance.

Btw i was wondering. I been trying to get a hold of a sefer for a while, can you help me out?

but i just want to share something that happened to me this morning.

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I've been sick, which I never handled well.

My shabbos was terrible.

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Shver.

So I can.

But I choose life.

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-uri

Uri, honestly, in spite of the fact you've written hundreds of beautiful posts on this forum, and many of them have featured in the Chizuk e-mails, this post of yours right now, in my opinion, is the most beautiful of them all.

Why? What's so beautiful about it?

**Chevra? Do you see what I see here?**

Post below and let Uri know if you see it too.

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Re: Where I'm at

Posted by habib613 - 23 Nov 2009 16:42

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Uri THAT was what R' shlachter wants!

exactly that...

it's pretty awesome, i gotta admit.

kol hakavod

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Re: Where I'm at

Posted by yechidah - 23 Nov 2009 17:11

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The following poem was written by Frank Ochberg, MD, founder of Gift from Within

Survivor Psalm

I have been victimized.

I was in a fight that was

not a fair fight.

I did not ask for the fight.

I lost.

There is no shame in losing

such fights.

I have reached the stage of

survivor and am no longer a

slave of victim status.

I look back with sadness

rather than hate.

I look forward with hope

rather than despair.

I may never forget, but I need

not constantly remember.

I was a victim.

I am a survivor.

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Re: Where I'm at

Posted by 7yipol - 23 Nov 2009 17:17

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Uri is as close to techiyas hameisim as Ive ever seen!

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Re: Where I'm at

Posted by yechidah - 23 Nov 2009 17:40

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## MY SUNGLASSES

Jill

A poem about abuse.

You wear your sunglasses to shade your eyes from the sun so bright,

But for me, they shade a totally different light.

You see and hear a beautiful person, I try very hard,

But hidden deep inside, I am permanently scarred.

You see a twinkle in my eye and a smile on my face,

But hidden deep inside, I'm in a darker place.

A place of hurt and a place of shame,

I was put there by a person who staked his claim.

You see, I wear my sunglasses to hide the agony, to shield the pain,

To cover the tears, realizing there is nothing left to gain.

He said he loved me, I thought it was true,

Maybe he did, but why oh why did he treat me so cruel???

The harsh words, the name calling, the implications to blame,

Oh right, we can't talk about this right now, it's time for the pregame.

The despair and the loneliness have gone on too long,

So I've decided to stand on my own two feet and be strong.

These feelings of never being good enough I can't deny, the damage is done,

They are very permanent, and impossible to overcome.

I've tried and tried to no avail,  
All that's left is a bitter verbal trail.  
Everytime I look in your eyes and try to see myself there,  
All I see are my feelings, bruised, scarred, and bare.  
I've decided I can't look for myself there anymore.  
I can't bare to see that person there forevermore.  
I've finally seen the light, this light so true,  
But unfortunately, you still don't have any clue.  
So I wear my sunglasses to hide the agony, to shield the pain,  
To cover the tears, realizing there is nothing left to gain.  
I wish you all of the best, I really do,  
But you've realized too late that this has brought you to  
An uncompromising fate too.  
Hopefully, next time you will listen and you will see,  
That a prize so grand is NOT for free.  
Love her, and adore her, and cherish her name,  
Instead of degrading her, and humiliating her,  
And verbally beating her down to shame.

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Re: Where I'm at  
Posted by imtrying25 - 23 Nov 2009 18:46

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Wow, Yechida what a great poem. I think most of us can relate to it in one way or another.  
Thanks again for all your beautiful pieces.

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