

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

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Re: Where I'm at

Posted by jerusalemsexaddict - 02 Aug 2009 20:11

not so good.

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Re: Where I'm at

Posted by the.guard - 02 Aug 2009 20:40

Uri, I'm keeping my eyes open for a partner for you...

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Re: Where I'm at

Posted by jerusalemsexaddict - 02 Aug 2009 20:49

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Re: Where I'm at

Posted by Tomim2B - 02 Aug 2009 20:58

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yackov shwartz pm'd me.i think hell be good.just right now i dont even have the koach at all

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Re: Where I'm at

Posted by jerusalemsexaddict - 02 Aug 2009 21:01

im sincerely sorry everyone for being so depressing,but thats just how im feeling.its not just the abstinence.its everything in my life:past and present.its just so hard to cope now that im removing all my crutches to lean on.i feel myself falling....oy!i think im gonna take a little break from the forum becuase im even getting myself depressed reading what im posting.stay strong-Uri

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Re: Where I'm at

Posted by Tomim2B - 02 Aug 2009 21:05

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Re: Where I'm at

Posted by Tomim2B - 02 Aug 2009 22:13

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Re: Where I'm at

Posted by the.guard - 02 Aug 2009 22:41

Uri, the reason it's so hard for you is because you are struggling with something much more powerful than you. We addicts can't struggle with lust. We can only "let go" of it completely. We can't afford to even give lust the time of day. We addicts can't even afford to "work on this area" or try and "change the way we think". It's far too hard for us to focus on "the problem". The only way to succeed is to STOP living in the problem and live in the SOLUTION. Lust is all "me centered". It's all about me. The solution is to live for others, to live for Hashem. We need to train our minds, that when we start to feel lust, we just laugh and say "hey, what can you expect from an addict?" and then painlessly switch "channels" to a channel of "giving" and "gratitude". To think what we can do for the person we want to "take" from, to daven for them to have everything good. To think of all the blessings we have in life, to feel gratitude to Hashem, to think about what can we do *FOR* Hashem, for others, and to make ourselves more useful to others... We need to change our mode of thinking to "giving, love and gratitude", instead of the "me centered getting" mode that breeds the lust.

By changing the way we think and the things we do - in the SOLUTION, we find that problem goes away by itself!! What I mean to say is, we can't fix the problem. Forget it, it's **way** too strong. But when we live in the SOLUTION, the problem AUTOMATICALLY goes away...

All this "struggling" with the Yetzer Hara and "working on ourselves" - that's for OTHERS. That's NOT FOR ADDICTS. We cannot deal with lust at all. We need to completely bypass it. And only when we recognize that we are addicts, that we are ill, that we cannot deal with lust AT ALL, and we agree to surrender it to Hashem and GIVE IT UP COMPLETELY - ONLY THEN can we find true freedom!!

Our mind tells us that if we stop lusting, if we don't feed our lust, life will be much less fun... But our mind is LYING to us. It is the OPPOSITE! It is ONLY when we finally GIVE UP on struggling with lust and LET GO of it, that we will finally find true freedom and happiness.

But we can only do this "one day at a time". We can't "let go of lust" for life. It's too hard to think in such terms. We can, however, decide that today we are completely letting go of our "right" to lust. **Today** we won't give lust the time of day.

(This Yesod I learned from Dov, and I think it is the best advice I ever heard).

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Re: Where I'm at
Posted by 7yipol - 02 Aug 2009 22:54

Leave us? "Fuggedaboutit" as Bardichev would say (although his NY accent isnt fake, while mine definitely is BH!)

We're all here davening for you and holding you up even if you dont want to be.

Chazak V'ematz!

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Re: Where I'm at
Posted by TrYiNg - 03 Aug 2009 01:20

looks like I arrived after the storm..
Uri; Moms dont give up that easily.

Hope you're doin ok. Keep going. I'm davening for you.

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Re: Where I'm at
Posted by bardichev - 03 Aug 2009 01:59

u do not need to be from ny to fuggedaboutit!!

u need a littlte street smarts

this is urban warfare it is an old streetfight

YH is not laying low and he has no mercy

he"s been around the block and he has another trick or two in his bag

show him who is the boss you are

get off the floor

put on a strong face

and fight fight fight

fight for your life

there is no giving up in a street fight

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Re: Where I'm at

Posted by Efshar Letaken - 03 Aug 2009 02:52

Now this is a little bit more of the bardichev we all love to hear from.

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Re: Where I'm at

Posted by Efshar Letaken - 03 Aug 2009 02:59

Tomim 2B,

Please if you have great matereal that can help, be so kind & post it here so that we can all gain from it.

E.L.

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Re: Where I'm at

Posted by bardichev - 03 Aug 2009 03:04

E.L.

you know and we all know

the YH hits us hard and heavy

he really is a trickster

he knows how to win each and every time

all the sykologee (mis-spelled) will not work

if you can't stand the heat get out of the kitchen

get out of his way

you know which train he take you know where he hangs his hat

keep on walking the walk

bardichev NYC11219

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