

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 Momo - 07 Dec 2009 13:22

You think you feel badly, check this out: rehab-my-site.com/guardureyes/forum/index.php?topic=477.msg32823#new

It's sung to rap.

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Re: Where I'm at

Posted by jerusalemsexaddict - 07 Dec 2009 14:01

me too

but i cant afford that amount of beer every night.

of course,if ur willing to sponsor...

btw,im coming to america in a month.

and im staying by your house for shabbat,raja...

so get the guest room ready

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Re: Where I'm at

Posted by jerusalemsexaddict - 07 Dec 2009 14:11

next do e minor then g

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Re: Where I'm at

Posted by 7yipol - 07 Dec 2009 14:57

[Uri wrote on 07 Dec 2009 12:45:](#)

I apologize to the whole chevra here for last night's miserable performance.

I am having a very hard time now that I am letting go of control and I am feeling alot of pain and fear and insecurity.

I am,unfortunatelly,lashing out at the only people who can actualy help me out of fear of trust and love,and feel the urge to run from everything constantly.

I have been attempting to take control of my fears and life and it is getting me nowhere as usual,just hurting me.

I have been resisting the control of authority on all fronts(as usual) and I will try to behave better in the future.

Apologetic and fragile

-uri

We'll get there son

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Re: Where I'm at
Posted by the.guard - 07 Dec 2009 15:25

[Uri wrote on 07 Dec 2009 12:45:](#)

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:(... Feeling your pain, son. We'll always be there for you. In America or *wherever*.

Follow those who light the path in front of us all... Like Reb Dov and Reb Shraga...

Keep on the path of honesty, humility and **trust**.

I see BIG things in store for you.

LOL (lots of love),

Guard.

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Re: Where I'm at

Posted by jerusalemsexaddict - 07 Dec 2009 16:38

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is rav shlachter right about all this???

im letting go of control but i dont find any trust coming in.

and im afraid of trying to get trust from pple cause that's "control"

am i not understanding something?

all that's happened is that my gaava is increasing like crazy,i keep thinking i have all the answers,i take on all these cases,im mean to pple im close to,and i desperately desire a woman to be with.

i thought i was on the path of recovery.

instead i just make myself sick.

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Re: Where I'm at

Posted by imtrying25 - 07 Dec 2009 17:03

Hey wats up Uri. we gotta just keep our trust in thise who know better and just follow their lead. Although we might not see the results we want right away we gotta believe that they know best. And were just following and eventually well get there and feel and see the truth first hand. tried calling last nite but i guess you werent in the mood. Its ok i understand

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Re: Where I'm at

Posted by the.guard - 07 Dec 2009 17:07

[Uri wrote on 07 Dec 2009 16:38:](#)

:'(

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Re: Where I'm at

Posted by letakain - 07 Dec 2009 17:10

getting a shot:

mommy: come, sweetie, it's our turn

Sounds like these might be good questions to discuss with him on your next visit

little kid: whimpers. Noooooo! it's gonna hurt!!!!

Mommy: shh....it's ok, i'm going to hold you'r hand the whole time

Doctor: Hi!....ok, this is going to hurt a bit.

Child: begins crying... Mommy, please! don't let him hurt me!!!!!!

Mommy: come, shaifeleh! sit on mommy's lap. scream as loud as you want. it's ok to cry. close your eyes and bury your face in my shoulder. i'm holding you so tightly. But stick out your hand for the doctor. it will hurt, but This is good for you.

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Re: Where I'm at

Posted by the.guard - 07 Dec 2009 17:16

all that's happened is that my gaava is increasing like crazy

hey Uri, As long as we don't know what is causing our pain and sickness, we are very far from recovery. But the fact you recognize all this about yourself, and you are starting to recognize your desperate need for control, that is **the biggest proof in my eyes** that the therapy is WORKING. For the first time, you actually SEE what is wrong with you. And that is just one step away from getting better.

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Sounds like a baal gava to me

Re: Where I'm at
Posted by 7yipol - 07 Dec 2009 17:28

[Uri wrote on 07 Dec 2009 16:38:](#)

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I also see this as improvement. Shvil hazahav doesnt come easily.

Until now, you desperately tried being in control of yourself and own life.

Now, you are trying the other extreme of controlling others.

Unlike the past, when you controlled, now your aim is to *help* via control.

You are moving in the right direction.

Be patient with the process

and with yourself.

We believe in you.

iyH soon, you will too

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Re: Where I'm at

Posted by habib613 - 07 Dec 2009 18:02

[Uri wrote on 07 Dec 2009 16:38:](#)

is rav shlachter right about all this???

i don't know how to answer that, but i do think you've been different lately.

in a healthy way.

and totally off topic, but whenever i'm not on my comp i can see your pic, and it always makes me want to get a pet. a puppy. or maybe a kitty. they're just so CUTE!

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Re: Where I'm at

Posted by jerusalemsexaddict - 07 Dec 2009 18:28

all i can see is thast it's god's grace that im in a safe house right now.

i shudder to think what would happen were i home

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Re: Where I'm at

Posted by jerusalemsexaddict - 07 Dec 2009 18:33

God help me.

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