

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 habib613 - 07 Dec 2009 18:36

[Uri wrote on 07 Dec 2009 18:33:](#)

God help me.

G-d, please help all us addicts. and especially Uri now, cuz he's asking for help.

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Re: Where I'm at

Posted by jerusalemsexaddict - 07 Dec 2009 18:37

im at one of their places right now.

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Re: Where I'm at

Posted by habib613 - 07 Dec 2009 18:38

safe house.

don't you love family?

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Re: Where I'm at

Posted by Dov - 07 Dec 2009 18:46

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

:'(

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.

Sorry for getting into a highjacking thing, as Kután put it, tempting as it was to actually ramp it up under the pretense of "building character" (oh, my older son just *loves* when I say *that* one!), still, I love you too much to do that. Besides, i have this fantasy that you are coming to a town near me in the US where we'd meet and you'd kick my *dupa* (polish for -edited).

So, after repeated readings of your bittersweet litany, I keep seeing that just about each thing you let loose about is something I have repeatedly felt over the years and sometimes still do but just don't have the luxury to keep hold of them any more, apparently.

Anyway, there's *one* that gets my *tzitzis* all in a bunch:

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"

1- trust doesn't "come in" for me, I find it/am given it **after** trying the tools they teach me to use to let go of my fears, resentment, pride, whatever...

2- when you talk of 'control', do you mean control of *outcomes*? The reality is that we do not really have the control we tell ourselves that we have anyway, especially over others. Egomaniacs with inferiority complexes like me have a particularly hard time learning how to let go of *how things turn out*/what people around us actually *do*. After all, they *really need* us, don't they - they are **so screwed up** (the jerks)!!!! It feels like we are being a -edited, but actually we are getting *more* helpful instead of just more manipulative. And just ask any cassanova (you may know one): manipulation *is* the name of the game...especially when that good 'ol outcome is so, so predictable...

Hatzlocha!

Love,

Dov

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Re: Where I'm at

Posted by kanesher - 07 Dec 2009 18:56

Uri, I know the feeling. I'm in that funk now. The wife is already worried and tip toeing around

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me

Re: Where I'm at

Posted by 7yipol - 07 Dec 2009 20:07

Uri, remember 2 steps forward 1 step back?

Only malachim keep moving without falling or stumbling

And by my personal count, youve gone a lot further than 2 forward since your last "1 back".

More like 2200 forward!

Be patient with yourself.

With Hashems help

You CAN do this

-and He's helping even if you dont want Him too!

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Re: Where I'm at

Posted by the.guard - 07 Dec 2009 23:17

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The fact you are recognizing your **real** issues more and more, is normal for anyone who makes progress. The ba'al Hasulam writes that when a person enters real avodas Hashem he starts to feel he's going backwards. The more progress he makes, the more he sees how he only meant "himself" (ego) all along... He gets more and more clarity and "hakarat Hara"... And that is the biggest sign of progress. because it is only when we recognize WHAT is wrong with us that we have a proper "vessel" for change and for Hashem's light to shine in.

You are very close.

Besides, don't you recognize this roller-coaster pattern already? The down is just the dip before the ride up... Haven't you been posting time and time again in the past weeks that you've never felt freer and happier before? Never felt so connected with life? I can bring you many posts like this from you! So obviously *something* is working, *most* of the time... The downs are inevitable

Actually, that's when progress is in PROGRESS. When you're down and let go and trust, you progress even MORE.

It will pass. Get some sleep. You'll LIVE.

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Re: Where I'm at

Posted by Dov - 08 Dec 2009 00:52

too. That's how progress progresses

Wow. It's absolutely true. I am in a health-related field and have seen most of the folks with flexibility problems, for example, improve and soon after, begin to really express bitterness at their limitations and backsliding, even though the numbers show *significantly* improved motion. Chronic pain sufferers often do the same thing. **They still see their old selves - but through their new eyes.** Give me a shot at explaining, be"H:

It seems that when we are way out of the parsha of thinking honestly and of feeling real feelings, we have standards mainly based on comfort and learned blindness. They worked for us for so long in our sickness.

As soon as we begin to be **able** to do better, we become fully aware of our smallness and spiritual poverty. When we start to see that there really *is* a big, giant reality *outside ourselves*, and begin to feel *real* feelings rather than the emotional costume of romantic hollywood-driven crap (which was was my mainstay...started with Lost in Space, then Star Trek...oh, I digress), does it finally become painfully clear to us how devastatingly dishonest we actually tend to be and how numb we really are. So we start to see with new eyes, but do not accept that we would not even **have** that new vision of ourselves had we not actually grown and changed in the first place!

We can't afford to see our old sucky self through our new, improved eyeballs. We need to see our **growing** selves through our **growing** eyes. Still somewhat fragile, often afraid, often lonely, etc., but growing along spiritual lines on *His* timetable, for a change. (BTW, if we got clarity at *our* nutty timetable we'd be given **way** too much clarity for our present character and certainly go kotzetz some netiyos, or worse.....that's why they three who went into the Pardes ended up that way, i think...another digression!)

Disclaimer: If this was fraught with irredeemable dovish, too bad. At least neither of us was

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Re: Where I'm at

Posted by habib613 - 08 Dec 2009 01:59

wow.

i gotta try me some of whatever y'all are having.

doing naughty stuff for the duration...

thanks for the amazing posts.

and uri, if you don't appreciate them, can i have them?

again... wow.

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Re: Where I'm at

Posted by kutan - 08 Dec 2009 04:35

[dov wrote on 08 Dec 2009 00:52:](#)

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Uri, you seem to bring out the best in Dov!

Thanks Dov for your wonderful words of insight

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Re: Where I'm at

Posted by Momo - 08 Dec 2009 06:39

Not that you need my stamp of approval, but that was a great post Dov.

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Re: Where I'm at

Posted by Dov - 08 Dec 2009 23:53

Momo, if you connect with it, I think that's great! And thanks so much for the encouragement. I'd wear your stamp proudly anywhere, as long as it has no cholent on it...

.....i thought it was for Uri, too.....sushi anyone?

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Re: Where I'm at

Posted by jerusalemsexaddict - 09 Dec 2009 07:25

I'm feeling a little insecure and exposed right now just I just acted out.

My natural reaction is to "take control" and go into a funk (internal control) or smoke (external control).

I dont want to be on defense the whole day.

But after acting out, I feel so exposed (being as i just let go of control).

I need chizzuk.

I dont want to be in defense mode all day.

I want to be fragile!

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Re: Where I'm at

Posted by the.guard - 09 Dec 2009 08:44

I want to be fragile!

I'm not sure I understand...

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