

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 7yipol - 09 Dec 2009 12:33

[/quote][Uri wrote on 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 don't 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!

Any idea what set this off?

Perhaps figuring that out will help you retain the 'fragile'?

You are really doing great Uri!

Hold on to the vulnerability;

you are in a safe place,

with safe people who care and are here for you as you know.

There are no bulls in this china shop and

You are a cosily cacooned pupa

about to become a butterfly!

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Re: Where I'm at

Posted by letakain - 09 Dec 2009 16:15

<http://www.worldofstock.com/slides/NIN1557.jpg>

http://www.hoganphoto.com/Monarch_C.jpg

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Re: Where I'm at

Posted by 7yipol - 09 Dec 2009 16:25

Those are sooooo cool Letakain!

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Re: Where I'm at

Posted by jerusalemsexaddict - 09 Dec 2009 22:50

yea thanks.

(those are the ugliest pictures i have ever seen

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Re: Where I'm at

Posted by habib613 - 10 Dec 2009 00:25

thanks for getting me out of my funk... i've been trying all day ;D ;D ;D ;D

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Re: Where I'm at

Posted by Eye.nonymous - 10 Dec 2009 12:26

The best thing to do is probably to FORGET ABOUT IT.

There's definitely what to learn from a fall, but not while your mind is telling you, "hey, you just messed up! Aren't you so awful!"

Wait it out a day or two, or even a week or two. Just try to get on with things. Pretend like it

didn't happen.

After your mind settles, then you can go back and do your ferensics to analyze what went wrong, and how to prevent it in the future.

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Re: Where I'm at
Posted by the.guard - 02 Jan 2010 16:42

Upon Uri's request, I moved his thread back into the lime-light :D

Welcome back Uri!

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Re: Where I'm at
Posted by 7yipol - 02 Jan 2010 16:44

WELCOME BACK SON!

Youve made my day. Or night. Whatever! :D

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Re: Where I'm at
Posted by imtrying25 - 02 Jan 2010 17:02

[guardureyes wrote on 02 Jan 2010 16:42:](#)

Upon Uri's request, I moved his thread back into the lime-light :D

Welcome back Uri!

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Re: Where I'm at

Posted by letakain - 03 Jan 2010 03:54

YABADABADOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO!

Thank you Guard. And im hoping it doesnt ever move from there.

uri's back!!!!

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Re: Where I'm at

Posted by jerusalemsexaddict - 03 Jan 2010 08:19

Ok.This is quite hard for me to say,but I must anyway.

People have been telling me that I've been too intense on the forum.

Also,I sense in myself this annoyance sometimes when I go through the forum.

I was aware the whole time that it comes from a need for some control and stability.

But until now I didn't realize the extent.

Chatai ani mazkir hayom...

As I work with rav shlachter on trying to let go of my various controls and "securities",I find myself desperate at times for any form of security.

My desire for an emotional connection with a woman is stronger than it has been in a long time.

And this desperation showed itself on the forum,too.

As this is one of my biggest places of security,I sometimes hold on too much.

I find myself spending an abnormal amount of time on the forum,and sensing any "controls" on the forum very acutely.

And I have responded in kind.I have so strongly wanted to ensure this place of security that I have been too strong minded and even confrontational at times,all to feel secure.

I so badly want to be sure that I am headed in the right direction that I have pushed my shitta too strongly at times,just to feel that my path is correct for me.

As I sensed this,I tried taking a step back,but I found leaving this place of security a little too difficult.

So from now on,I will try to let go of this need to control and hear people out more,without feeling too threatened.

Alas,Rome was not built in a day,but I shall try my hardest.

My love to all

-Uri

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Re: Where I'm at

Posted by habib613 - 03 Jan 2010 08:21

yay! uri's posting again!

so...

cuz of what u wrote...

but i'm also trying 90 days...

good combo, right?

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Re: Where I'm at

Posted by jerusalemsexaddict - 03 Jan 2010 08:23

sounds great to me.

whatever helps you, sis.

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Re: Where I'm at

Posted by habib613 - 03 Jan 2010 08:25

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Good job Uri!

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