

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 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 Ano Nymous - 03 Jan 2010 09:05

I'm very impressed by your honesty and self-awareness Uri! IYH by me :D

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Re: Where I'm at

Posted by imtrying25 - 03 Jan 2010 09:56

[Uri wrote on 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

Uri this post brought tears to my face. Your willingness to do whatever it takes to do what is right is truly amazing. Im so jealous of you. Hope i can get there too one day. And dont forget the touch. we love you bro. And keep in

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Re: Where I'm at

Posted by jerusalemsexaddict - 03 Jan 2010 16:11

~~vort. Yehuda said tzudkah mimeni, and there was left no p'gam.~~

Recently I've been feeling a good bit of anxiety and depression,something which for a while dissappeared.

I've been thinking alot about what rav shlachter said:a person cannot handle being a place with neither control or trust.That's how ive been feeling lately.Ive been working on letting go of control alot,and trust takes a bit to build,so right now im sort of hanging in thin air.

Maybe meanwhile,i could try for some control...though im not sure exactly how to do that anymore...

I just feel tired and worn out.

Life is so big and scary sometimes.

What can I do to assuage my fears?

Hashem!!

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Re: Where I'm at

Posted by the.guard - 03 Jan 2010 17:12

[Uri wrote on 03 Jan 2010 08:19:](#)

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My love to all

-Uri

Uri, between this post and what I've been reading on your blog (especially the story with that girl recently), I can only say one word: "Gadlus".

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Re: Where I'm at
Posted by habaletaher - 03 Jan 2010 17:35

Welcome back Uri, I'm kinda new here, but I quickly picked up how much you mean to people here, how sad they were to see you leave, and how glad they are to see you back!

Thanks for coming back!

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Re: Where I'm at
Posted by Dov - 03 Jan 2010 18:31

Welcome schmelcome.....ok, welcome back Uri!

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Re: Where I'm at
Posted by imtrying25 - 03 Jan 2010 18:36

[dov wrote on 03 Jan 2010 18:31:](#)

Welcome schmelcome.....ok, welcome back Uri!

Im so excited to see, that the Rebbe (bardy) is having affect on the Rebbi (dov). :D :D :D :D :D

:D :D :D :D

And this is even before the woodford kumzitz.

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Re: Where I'm at
Posted by the.guard - 03 Jan 2010 18:52

Well, Dov considers Bardy his Rebbe, so I guess that makes Bardy EVERYONE'S Rebbe ;D

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Re: Where I'm at
Posted by letakain - 03 Jan 2010 21:48

[Uri wrote on 03 Jan 2010 16:11:](#)

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I just feel tired and worn out.

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Hashem!!

uri, you're really changing for the better. i'm so proud!

and you answered you're own question?

What can i do to assuage my fears?

answer: HASHEM. let go and let G-d.

you rock, uri!

KOTB

(100 smithereen pts.) 8)

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Re: Where I'm at

Posted by imtrying25 - 03 Jan 2010 21:51

Now you have 2 jobs letakain. explaing to theone what gye points are and explaing to the rest of us what smithereen points are! :D

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Re: Where I'm at

Posted by bardichev - 03 Jan 2010 22:04

"I"

Am not a Rebbe

"I" am not a talmid

To be a talmid of RebbRebBer=DOV

One must surrender the "I"

If you want to understand that in un-dovish see email #670 by kanesher

bard_chev

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Re: Where I'm at

Posted by imtrying25 - 03 Jan 2010 22:06

[bardichev wrote on 03 Jan 2010 22:04:](#)

"I"

Am not a Rebbe

"I" am not a talmid

To be a talmid of RebbRebBer=DOV

One must surrender the "I"

If you want to understand that in un-dovish see email #670 by kanesher

i dont know about your "I"s and whatever but you are meshugehhh

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Re: Where I'm at
Posted by 7yipol - 04 Jan 2010 09:52

"I"

"I" am not a talmid

One must surrender the "I"

bard_chev

This may be one of the clearest 'R' Dov's Ive heard in a while. Brilliant in its simplicity as always

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Re: Where I'm at

Posted by 7yipol - 04 Jan 2010 11:14

It just hit me right now.

My sons leaving

spreading his wings beyond mom's shore

:'(

I really am so excited for him;

the doors waiting to be opened

and paths to be discovered and explored

But, but...

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