

Where I'm at

Posted by jerusalemsexaddict - 16 Jul 2009 19:45

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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 unsatiated 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 Aug 2009 17:32

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Gadlus has just been written Uri.

Try take R' Dov's words to heart

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Re: Where I'm at

Posted by chl - 09 Aug 2009 18:36

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bs"d

Wow, R'Dov, gevalt geshrign, i was already a fan of your posts, but this is like - wow, i am speechless!!! Pray for us that we should be zoche to live like that! You, R'Guard and London once gave me similar advice concerning marriage, and it really works. I hope i can do it on a "bigger scale" as well. After reading your post i just wanna run out the door and DO IT!!! :D

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Re: Where I'm at

Posted by jerusalemsexaddict - 09 Aug 2009 19:24

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Wow thank you so much dov.Im honored to have you post on my thread.the eitzos that u give are gold.ive tried this before,gowing outward.but it proved too difficult at the time.i was feeling very depressed and had no koach for others.now im gonna try to make it my top priority again iy'h.shkoyach-uri

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Re: Where I'm at

Posted by 7yipol - 09 Aug 2009 19:28

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How about starting by picking an 'addiction buddy' - you daven for someone and they will daven for you? (How about tRyInG or Tomim etc?)

I realize that what Dov was saying is much more in depth and all encompassing than that, but heh; its a place to start (not nec finish!)

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Re: Where I'm at

Posted by Dov - 09 Aug 2009 20:16

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[chl wrote on 09 Aug 2009 18:36:](#)

After reading your post i just wanna run out the door and DO IT!!! :D

No need to run out, chl, just do it right at home ;D

Uri - About going outward:

We can't do it alone, obviously, and we often can't do it very comfortably, either. So we need *extra* help from Hashemw/this. We also can't suceed at this if we are *doing* with an expectation of getting something in return.

You write that you have tried it before and mentioned that challenges you had then. Thanks.

Here's a big yesod (for me) in recovery that may help you w/this, too:

We *start* doing things for others simply and mainly because we have faith that *we need to*, in order to stay sober. We believe it is the only way to get us to be *unselfish* and hence mentally OK people. In a sort of paradoxical way, **it's selfish!** And that's great! It makes it much more palatable to us (at least subconsciously) in the begining weeks, months or years (whatever!). It really works that way. Weird? Nu, so what's so bad about a little *more* wierdness? ;D (that's *also* a bid yesod for me, BTW...)

So, am I doing the favor for my mother in order to help her out; to be "nice"; because it's Kibud Av/vo'Eim? Not *necessarily* in the beginning. I may do it because it is the only way for me to recover, to stay sober. I can think of no better *shelo lishma bah lishma* than this, actually.

No matter how you slice it, though, we always need Hashem's help to do it right.

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Re: Where I'm at

Posted by jerusalemsexaddict - 09 Aug 2009 20:25

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what i really love about you dov is that you are very normal.i really admire your down to earth  
.i will iy'h try to devote my days primary for the good of

others.shkoyach-uri

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Re: Where I'm at

Posted by chl - 10 Aug 2009 03:59

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bs"d

[Uri \(JA\) wrote on 09 Aug 2009 20:25:](#)

what i really love about you dov is that you are very normal.

i love that as well!

[dov wrote on 09 Aug 2009 20:16:](#)

No need to run out, chl, just do it right at home ;D

right when i was reading this, my baby daughter walked up to stand next to me. so i got up and sat with her on the couch, played with her, making funny faces while she was eating her breakfast. I wanted to stay by the computer and read the rest of your post (which i just did now), but instead i got some delicious time with my daughter first - in your z'chus!

thanks again, dov!

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Re: Where I'm at

Posted by jerusalemsexaddict - 10 Aug 2009 08:01

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makes me wish i had a child of my own

i wrote a song,chevra.you can find it on "break free"

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Re: Where I'm at

Posted by kutan - 10 Aug 2009 12:30

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Dov,

Thank you for your posts to Uri. Like others have said, your advice is so REAL and wholesome.

I would say I love your posts the most on GUE, but I'm having a hard time choosing between yours and Baruch's... :-[ .but it comes from the heart

And Uri, you have a lot on your plate.

Do you realize that Hashem has given you unusual qualities in spiritual and emotional perception? These qualities are making your life hard right now but they are precisely the ones that are going to get you out of it, and make you into ONE AMAZING PERSON as you spread your wings.

You will imyH touch many peoples lives for the good. Actually, you already are :D !!!

kutan

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Re: Where I'm at

Posted by chl - 10 Aug 2009 18:49

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bs"d

[Uri \(JA\) wrote on 10 Aug 2009 08:01:](#)

makes me wish i had a child of my own

absolutely the best! people tried to tell me before i became a father, but there's no way to feel that way until i actually became one.

Beezras HaShem you'll get married bekarov to your zivug hagin veamiti beshaa tova umutzleches, and will be able to build the most magnificent bays neeman beyisrael! with many

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Re: Where I'm at  
Posted by 7yipol - 10 Aug 2009 19:38

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Hope your days going well Uri.

I still cant believe that song...!

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Re: Where I'm at  
Posted by jerusalemsexaddict - 10 Aug 2009 20:15

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wonderful kinderlach! And they will have an absolutely amazing Tatti!  
my days going pretty well, thank you.

whenever i feel a need,i start writing a song.

so far its working allright

i posted another song btw.same thread.

enjoy chevra-uri

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Re: Where I'm at

Posted by 7yipol - 10 Aug 2009 20:21

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my days going pretty well,thank you.

2 absolutely *amazing* songs and its only going "pretty well"?! :o

Im in total awe. And thats my final word!

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Re: Where I'm at

Posted by jerusalemsexaddict - 10 Aug 2009 23:25

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chl-amen

kutan-for a small person you say mighty big words

Chevra,what youve all been commenting on my songs is al very nice.But i have something to tell you:i didnt write them.

I can barely put sentences together in song.When I sing,people usually leave the room.

I dont know where these songs came from.But theyre not my own.

They are a gift from shamayim to help me recover. My neshama received them by fax and dragged me to the computer.

Why do i keep starting new lines?(i think its because ive been spending so much time writing songs)

Anyway,so things have been allright at this end.writing songs has had such an effect on me,you wouldnt believe.the expression does good for my stress,and i feel proud of myself for the first time since my 18 day streak.

Ive been listening to my songs over and over,shepping such nachas,but acutely aware that my talent has nothing to do with these songs.im not being modest.i am not modest.but i know myself.and i hear the depth in these songs.ze mashu mashu.more to come.pretty tired at this end(2:30).with love to all-uri

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