

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 jerusalemsexaddict - 11 Aug 2009 19:58

Very interesting article i found on chareido.net

i actually held this for a long time. finally someone agrees with me

Positive Mantras are Downers in People with Low Self-Esteem

According to a study published in the journal Psychological Science, people with low self-esteem feel worse about themselves after engaging in self-help type mantras to improve their moods. Researchers from the University of Waterloo and of New Brunswick asked volunteers to repeat the phrase "I am a lovable person", measuring their feelings about themselves before and after the experiment. While those with low self esteem felt worse after uttering the positive

praise about themselves, their emotional state actually improved when they were permitted to express negative thoughts as well, prompting the academicians to conclude that overly positive self-praise can provoke contradictory thoughts in individuals with low self-esteem.

July 04, 2009

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Re: Where I'm at

Posted by kutan - 11 Aug 2009 20:51

Send it over to Bardichev.

I'm sure he'll have a interesting comment to add.

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Re: Where I'm at

Posted by Dov - 11 Aug 2009 22:11

[Uri \(JA\) wrote on 11 Aug 2009 19:58:](#)

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July 04, 2009

I dunno. I much prefer the credo of "To heck with me. What can I do for you? :D

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Re: Where I'm at

Posted by jerusalemsexaddict - 12 Aug 2009 07:00

i like that alot dov.i think thatll become my new saying

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Re: Where I'm at

Posted by jerusalemsexaddict - 12 Aug 2009 15:41

Good afternoon my dear friends,

My day was spent at the zoo.

The very first thing i noticed was that im sorry to say but many times chareidi women dress sexier than their secular counterparts.Or maybe it was just the fact that chiloni women i immediately look away from,while chareidi women im lured into the trap of s&l(staring and lusting).either way,these crowded areas often lead to negiah problem which brings me to a thought i often have:

People often discuss this idea called negiah derech chibah.What the heck is negiah sheloh derech chibah???

The only woman who touches me who doesnt excite me is my mother!!! kno im an addict,but i can it be that i always get shivers from touch while other pple are all the way on the other end with no reaction whatsoever??!Not fair,to say the least.

Anyway,so aside from the bumps and sighs(of exasperation from yours truly.G-d you sure do love these tests!)

from day was filled with alot of chessed,and i feel exhausted but wonderful.dov's manta is very much stuck inmy head and instead of waiting for my bug-out to start getting acting helping out,i want to be in that consdtant state as much as possible iy'h.thank you dov.love from the holy

land-Uri

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Re: Where I'm at

Posted by Dov - 12 Aug 2009 15:43

[Uri \(JA\) wrote on 12 Aug 2009 07:00:](#)

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Well, keep it that way - I doubt a song called "To heck with you (or me)" would sell a lot of recordings. Though, you never know - the folks who don't get it and think it's actually about self-bashing may lap it up! (oooh, i'm baaad, real bad...)

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Re: Where I'm at

Posted by Mevakesh Hashem - 12 Aug 2009 16:06

My dear brother Uri,

Unfortunately you are 1000% right.

Many "frum" people dress a lot less Tznius than non frum women, and as the Gemara says, they will need to give a Din V'Cheshbon for dressing in a way that makes you or anyone else have Hirhurim Ra'im or worse.

Tznius is more than just covering the elbows, knees and kneck. Often these areas are covered, but the dress is so tight thatthe entire form is visible; this is 100% Asur Al Pi Halacha. And those

who dress this way or encourage/allow their wives/daughters to dress this way will need to give a Din V'Cheshbon as well.

Your job is to avoid these areas where you know you will be exposed to these sites. If it is a place that is frequented by "frum" people who don't take Tznius seriously and don't care for the word of Hashem, YOU don't belong there.

May Hashem continue to give you the strength to be the boss of your eyes and mind, as there is no greater gift in the world!

Chazak V'Ematz!

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Re: Where I'm at
Posted by hoping - 12 Aug 2009 17:04

Dear Uri-

I agree with you. "negia Shelo b'derech chiba" isn't for us addicts. As far as the rest of the world-ain't my business and I can't afford to think about it.

With lots of love,

hoping

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Re: Where I'm at
Posted by kutan - 12 Aug 2009 17:37

A big tzadik once told me (actually, told my good friend) that it gets easier with age.

Problem is, he lived to the ripe old age of 94, and I think he was in his eighties when he made the comment!!!

Well, at least there is something to look forward to!

He was also known, but the way, to walk over to teenagers learning Sharei Teshuva and advise them to stop. He would tell them "Sharei Teshuva is for Sinners".

He knew they were not tzadikim. But he was a long time mechanech, and knew that today the avoida is to realize that we are NOT sinners, that we are special.

His name was R' Nesanel Quinn, ztl. R' Shraga Feivel Mendolovitz considered him to be his talmid muvhak.

He was SUCH a special man.

When he was in his nineties, he would help out with the high school boys. One particular boy was a very hard case. One day the boy comes in to the principals office all shaken up. What happened? He (the boy) related that he had acted up previously and R' Quinn had heard about it and come over to him and said, please have rachmonus, ... I've been fasting as a zchus for you to improve.

The boy said, imagine, a ninety year old man is fasting for me!

kutan

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Re: Where I'm at

Posted by 7yipol - 12 Aug 2009 18:04

Hope you were nice to the kangaroos. I love watching the babies in the pouches!

Unfortunately, I have to agree with your accessment of clothing. Personally, I find it easiest to

remind myself that iyH they are working their way *up* in the realm of tznius, and not ch'v down. I daven Hashem should help them want to be tznius b'simcha.

We all judge the external, and that is not nec off, but if there is any one lesson Ive learnt here on GYE, is how very wrong we can be.

Nothing hurts me more than seeing 'frum' people causing a chilul Hashem by their actions, speach etc. Its a fact; someone frum (especially chareidi) is automatically put on a higher plane and different actions are expected. No one looks twice at a chiloni smoking, drinking or swearing. A chareidi??? Not only will he ruin his own reputation, but drags the whole group down with him. Or her. "Kol Yisrael areivim ze la'ze".

What the heck is negiah sheloh derech chibah???

:D

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Re: Where I'm at

Posted by jerusalemsexaddict - 12 Aug 2009 19:45

hoping-good point.idk why i worry about others triggers

finally mom-alot of pressure,no?in other societies pple slowly move up levels of frumkheit depending on where they are holding.in the yeshivish/chareidi society,**within and outside**of the community,perfection(or at least very shtark) is demanded and nothing less is acceptable.i dont know how it got this way,but uch!im not such a fan of the circumstances.thats why chitzoniyus became such a hot thing these days.people are given any room to grow at their own pace."Youre going online?Goy!" but what if im not at that level yet?im just gonna sneak to the internet cafe and watch movies to my hearts desire all the night long.OY what has become!! Me whopping the kid who just smeared mustard all over his sister!

[7Up wrote on 12 Aug 2009 18:04:](#)

What the heck is negiah sheloh derech chibah???

:D

doc??where are you?!youre needed in the forum here!

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Re: Where I'm at

Posted by Holy Yid - 12 Aug 2009 21:35

[kutan shel hachabura wrote on 12 Aug 2009 17:37:](#)

Me whopping the kid who just smeared mustard all over his sister!

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kutan

This thought is mentioned by Rav Pam also. He writes in Atara Lamelach that today we cannot do teshuva by focusing on how bad sin is. That would only hurt us and drag us down more. Rather we should focus on our miylos and how chashuv we are as the descendants of the Avos and as the bearers of Yiddishkeit and strive to improve ourselves.

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Re: Where I'm at
Posted by the.guard - 12 Aug 2009 22:57

Uri, my wife and kids were in the zoo today too! really.

They told me they saw someone with a guitar and a shining face walking around in the cage of lions without fear... Was that you?

Yes, places like the zoo are really tough for us addicts... We just need to completely let go of the lust and keep our eyes focused downward and/or away at all times... This takes a lot of practice and a lot of time till it works easy as it should - "kal Kanesher" as Chazal say... Don't get discouraged. Every time you turn away is priceless... It all adds up. Even if you slip and gaze, you haven't lost the times you turned away. Eventually you'll have enough "turned away" coins in your bank to purchase true "shmiras ainayim" and freedom.

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Re: Where I'm at
Posted by Tomim2B - 13 Aug 2009 00:46

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