

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 because 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 different 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 I'm tired so I shall continue this

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Re: Where I'm at

Posted by battleworn - 13 Aug 2009 21:48

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so I get married. break all the taharas hamishpacha laws, look at porn when my wife is not available, look at other women as my desire for her deteriorates, but go crazy if she speaks to another man, follow her around, fantasize about other women while with her, probably cheat on her, and be "like a chicken" in the words of Chazal.

Uri, it seems to me that we know you better than you know yourself. Which makes a lot of sense since you've known the "old you" for a long time and it's hard to change long standing impressions. We know the "real you" and we have every reason to have the confidence that you would do it right.

Nobody was suggesting that you should get married today, they were just saying that if you really love each other then why not consider that she may be the right one. If you continue up the path that you've been on for the last two months (almost) then you have nothing to fear at all. By the time you would actually get married you would be well in to recovery.

It has never happened that someone that was involved so much with the forum didn't succeed. There's definitely no reason to think that you will be any different. All you have to do is to keep it up. And it won't hurt at all if you start to believe that you are changing. If Hashem sends you "faxes" shouldn't you believe that He will send you recovery?

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Re: Where I'm at

Posted by Efshar Letaken - 13 Aug 2009 21:53

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The Heck with me what can I do for you?

You can stop while you are ahead of the game for Hashem for me for dov for habib. for reb guard, for trying, for reb b. for mom that's out on her beach day for all of us on GYE

you will hurt us if you fall.

it's your big nisayoin Hashem knows you can pass.

this is the big one if you pass it you will get reward that you cant imagine.

don't loss the opportunity that's still before you.

imagine the pain you will be in if you fall.

do you want to feel that pain again for a pleasure that lasts just a few moments?!

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Re: Where I'm at

Posted by Tomim2B - 13 Aug 2009 21:53

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Take a lesson from the story of R' Amram shouting "there's a fire in the house of Amram" on his way to do an aveira (in his house). It only takes one moment of clarity to derail the y"h. Pull out the battery from your phone now!

If you would truly try to understand the severity of what you are justifying... Try for a moment just switching the name of the aveira. Say: "It's not so bad, I only **kill** on Mondays. And I've stopped for a while, so I'm basically in control. And anyways, If I ruin my streak, it's only been a few days since Monday. After, I'll start a new streak." No! Big mistake!

Be strong!

2B

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Re: Where I'm at

Posted by bardichev - 13 Aug 2009 21:54

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FIXED MINE TOO

BEAR HUG 7 BEER 7 CHOLENT STILL STAND IN PLACE

b (BEAR HUG BEER BUNDLICH)

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Re: Where I'm at

Posted by battleworn - 13 Aug 2009 21:56

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Uri Uri shir dabeiri, how about singing your songs, and then taking out the battery?

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Re: Where I'm at

Posted by Efshar Letaken - 13 Aug 2009 21:57

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Reb B.

We need to get the Fire Dep. over to Uri.

Have any connections in Yerushaliam?

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Re: Where I'm at

Posted by bardichev - 13 Aug 2009 21:58

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YUH A BIG "SHPRITZ"

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Re: Where I'm at

Posted by Tomim2B - 13 Aug 2009 22:01

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Uri, if had posted in that I was about to fall, what would you tell me? Don't think it. Please write it.

I just put a sum of money in the tzedaka on your behalf. Hashem should make things easier for you!

2B

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Re: Where I'm at  
Posted by Efshar Letaken - 13 Aug 2009 22:03

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This better be a Color War Prank Uri, Because you are freaking me out.

I'm soooooo afraid for you.

Seriously

And I'm thinking to myself, I don't even know this guy! why am I soooo bothered by this?!

Now that's what we call Kol Yisroel Areivim Zeh Loh Zeh in real time.

I can feel it. it Hurts me to not being able to help this Tzadik of ours when he needs it most.

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Re: Where I'm at

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Posted by Efshar Letaken - 13 Aug 2009 22:05

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Gr8 idea Tomim,

What would you tell us if we were in your situation?

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Re: Where I'm at

Posted by Efshar Letaken - 13 Aug 2009 22:07

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ok this is to painful.

Going to Daven for you.

E.L.

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Re: Where I'm at

Posted by habib613 - 13 Aug 2009 22:13

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uri, you wrote this this morning on TrYiNg's thread, so i'm spitting your words right back attcha.

"No youre not sis!!Stay strong 16 days!!!!come on you can do it!read through your thread!!and  
!!

.....this is not something you  
havent faced yet

listen to my song [rehab-my-site.com/guardureyes/forum/index.php?topic=742.15](http://rehab-my-site.com/guardureyes/forum/index.php?topic=742.15)

watch rav amnon yitzchak hes funny

go on shlager.net they have alot of great frum videos and music

we love you trying,  
just make it through this!we know you will!keep trying!"

I know the sich is different, but the way you felt this morning about trying, that how we all feel now about you, maybe even more.

k? please post!

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Re: Where I'm at  
Posted by Dov - 13 Aug 2009 22:19

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Reb Uri -

To echo what the berdichever wrote you above, (but , of course, in a lower-case and relatively boring way):

I know what you mean when you say yiddishkeit is sexually frustrating.

Let's just look at some facts on the ground, though:

I don't know about you, but, when *I'm* serving Lust, no amount of sex is enough. When *I'm* serving lust, *no one* is pretty enough - once anyone prettier walks by! When *I'm* serving Lust, there is no real room for anyone else, only for my needs. When *I'm* serving Lust, I make poor choices that reduce my options in life to either "stupid", "bad", or "whatever". I become more needy, rather than more independent. When *I'm* serving Lust, I am ALWAYS HUNGRY. (oops! back to lower case, *quick!*) And *I* mean always. So Lusting, not lack of sex, makes me frustrated.

Have *you* ever found satisfaction in acting out? I thought I did. But after a while I discovered that it just *imitates* satisfaction by quieting the very pain of the neediness, *of itself!* "Ahh, what a relief!...Not." That is actually quite a rip-off. That has been *my* experience, monsieur. How about you?

Yiddishkeit obviously says "whoaa!", which *is* frustrating, especially to anyone who really feels entitled to x, to y, and/or to z. But in saying "wait", it gives us a *chance* at using the framework that even my roman catholic sponsor marvels at: A **program** for creating and maintaining sexual satisfaction in marriage. Look around you (or better yet, *don't* - ha,ha - sorry): would  
? We yidden  
inherited a plan to help couples (if they want to use it for that) grow progressively and unexpectedly closer by taking an inescapable monthly bodily process and turning it into an exercise that's cyclical, like everything else in life. It works if you work it. And our program to help not-yet-couple-people is: Don't feed it, it'll just grow, dum-dum. (we say it a lot nicer that  
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So, we all know we have desires, we are human, no? None of us are perfect, not even saints, they say... But we also all know what religion is **really** sexually frustrating. It's the religion of Lust, not yiddishkeit. there be such success\$ in the "sex :o sells" industry if most folks were *satisfied*

To another person hungry for the peace of Hashem's Love,

Dov

PS. Wow! Look at how many friends you have made, Uri! Sheesh!

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dov does, though.. :

Re: Where I'm at

Posted by the.guard - 13 Aug 2009 22:24

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so i get married.break all the taharas hamishpacha laws,look at porn when my wife is not available,look at other women as my desire for her detiorates,but go crazy if she speaks to another man,follow her around,fantasize about other women while with her,probably cheat on her,and be "like a chicken" in the words of chazal.

i hear..ill give it some thought...

Uri (Unbelievably Restless Ingrate)

I loved this answer!! So true, so true... Uri, you are wise beyond your years... You understand the futility of getting married just to satisfy lust in a "kosher" way. And the futility of getting married before working on the addiction!



As far as that girl who invited you over, how can you resist? It's impossible. **But not for Hashem.** He can help you if you just ask. I love you Uri. Tears in my eyes. I feel your pain.

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