

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 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 Efshar Letaken - 13 Aug 2009 22:51

Reb Dov,

So Gevaldig So Teef.

How do we get that info into our head when we are at a situation like Uri is in now that we say to ourselves Hey! I will read & think about what they said on my post Tomorrow!

Right now I'm shutting off my Brain & thinking or not thinking with my Heart.

Is there some how that we can stop that when we are in such a situation?

I feel like Uri is in a state of no mind were he cant help himself. Maybe No Bechira?

Is there a way to get ourselves back into Bechira mode?

E.L.

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Re: Where I'm at
Posted by Pintele Yid - 13 Aug 2009 22:54

Uri,

I was out of commission for the last week and I am sorry I missed this thread in real time. I think

I have 3 suggestions for you.

1. Go to Rav Shalom Arush (I would shlep you there myself but I am not in the Holy Land)
2. Listen to Dov and Co. and join an SA group, Duvid Chaim's group etc... and work the steps

Your torturing yourself unnecessarily. Get off the dime!

Pintele Yid

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Re: Where I'm at
Posted by Efshar Letaken - 13 Aug 2009 23:00

Pintele,

#3 is a Home Run.

E.L.

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Re: Where I'm at
Posted by Pintele Yid - 13 Aug 2009 23:15

E.L.,

But our dear Uri will always be welcomed in any Beis
Medrash, Shule or at GYE.

Uri - I got an Haskama from the Heiliga E.L.! I am sure Mom will second the motion. Time to get off the dime ;D

Pintele

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Re: Where I'm at

Posted by Tomim2B - 13 Aug 2009 23:23

While #3 is guaranteed to work, why put others through unnecessary pain? In addition, without thinking of the repercussions that will come your way, and considering if it is worth it, it's a bad move.

2B

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Re: Where I'm at

Posted by jerusalemsexaddict - 14 Aug 2009 00:07

The real question that needs to be dealt with is:

Why have not more people voted in this poll?!This issue is very important and must be dealt with at once!Askanim will be sent to all corners of the jewish world announcing the results and we can finally put an end to this madness of not making chulent in the summer!

This is life and death people!

Mi lashem elai!!

Uri

p.s. i didnt go over in the end.i was in the park for the past several hours.im very tired.i love you

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Re: Where I'm at

Posted by Tomim2B - 14 Aug 2009 00:14

p.s. i didnt go over in the end.i was in the park for the past several hours.im very tired.i love you

Get some sleep. We'll talk in the morning.

guys

2B

Re: Where I'm at
Posted by jerusalemsexaddict - 14 Aug 2009 00:17

to sleep?are u crazy?im way too pumped to sleep!!im just to tired to post about my night.tommorow iy'h

Re: Where I'm at
You can't imagine how proud I am with you right now! You're a star!
Posted by hahb613 - 14 Aug 2009 00:19

yay!!!!!!

[illegible]

Re: Where I'm at

Posted by jerusalemsexaddict - 14 Aug 2009 00:20

I do have a recording actually of myself complaining as i drove in the opposite direction of her house.if anyones interested maybe i could have guard post it tommorow

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Re: Where I'm at

Posted by Pintele Yid - 14 Aug 2009 00:22

Uri,

Go to sleep thinking about the first 2 suggestions. Gotta do something really tangible to shake things up.

Congratulations on your Victory!

Pintele Yid

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Re: Where I'm at

Posted by jerusalemsexaddict - 14 Aug 2009 00:25

People,the chulent poll.Whoever has not voted yet,please do.The summer's nearly over and ive been at several shabbos lunches where rachmana litzlan lo aleinu hashem yerachem they did not serve chulent.this must end!

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Re: Where I'm at

Posted by TrYiNg - 14 Aug 2009 01:38

OH, Uri! I'm so glad you perservered . I see you now, center stage, as the whole GUE family is wishing you mazel tov. The cheering and shouting is just getting louder by the sec. As bardichev and E.I are carrying you on their shoulders, vowing never to let go. And behind the mechtiza ...are your sisters crying in relief. and mom....She is running over to you with glistening eyes....as the whole pamalia shel maale is looking on....(in ur own words;)

A commotion takes place up above.

It is now very clear that the angels are in love.

In whose zchus was this one born,

this mortal man who takes the heavens by storm??

Hashem sits on his throne, proud as can be,

as he watches the angels jump up and sing.

He says to himself with a smile on his face,

if only my boy knew what he does to this place.

If only Uri knew what he does to this place

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Re: Where I'm at

Posted by Efshar Letaken - 14 Aug 2009 01:39

Uri,

Thanks,

I'm so happy I checked up now again to see what happend with u.

I'm not lying or joking when I say that I was stressed out about what would happen to u in the end.

I said tehillim I promise.

Thanks for letting us know that you passed the huge nisoyoin today.

I ask from hashem to give u a sign that what u did or didn't do made the Hashem & angels smile.

E.L.

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