

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 chl - 17 Aug 2009 13:13

bs"d

Uri,

you can see by the number and the quality of the posts in response to your "fall" how much and deeply you affect other people.

Don't let Mr.Y"h get you down!

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Re: Where I'm at

Posted by Tomim2B - 17 Aug 2009 13:14

Dear Uri, a quote from Arnold Schwarzenegger (a very good friend of the y"h's - but who says we can't take a lesson from him?): "Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, *that* is strength."

Just a few days ago, we've all been tensely sitting at the edge of our chairs, waiting by our keyboards - wondering what choice you will make. The impression that you've made on us when you reported that good news still sits with us in our minds and hearts, and continues to be our inspiration. The Uri that carried so much inner strength that even in the most difficult of all moments, *that* is the Uri that we know! *That* Uri, the **true** Uri, does not get discouraged by a fall. Our Uri doesn't give up!

Don't be discouraged by your fall. With all your friends continuing to cheer you on, realize that you are only human, and get back up. We all have ups and downs. Failure is not falling down but refusing to get up.

Take a moment to pause and study your "friend's" face. Know him. Identify him. Learn to pick him out of a crowd. Your past experiences will help you understand his nature, his tricks, his deception. The bitterness you are feeling right now, before diverting your attention from it, freeze it - encapsulate it. These feelings will serve as ammunition when faced with the same or similar test. It's your past falls which will enable you to rise above, only this time to be more victorious.

Remember Uri, that whenever you need someone to talk to, I'm always available for a chat at Tomim2B@gmail.com. Please feel free to contact me whenever you want to speak what's on your mind.

I have put money in tzedaka in your honor, that Hashem should grant you with the energy

needed to lift yourself back up.

With love, awe, respect and admiration - a true friend who feels bruised by your fall,

2B

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Aug 2009 15:03

You guys are so amazing!im really so so touched,i could cry.

im sorry for letting everyone down.not just my fall but my attitude.i just feel very empty and drained.ive been feeling that way alot lately.

my friends call me to hang out,but i just find that frustrating.for too long i had to keep a strong part of my inner life 100% concealed and now to "be close" to people and hide this again?i simply cant!but on the other hand,i cant just hide in my house sitting on my computer?

-frustrated in jerusalem

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Aug 2009 15:34

[Momo wrote on 17 Aug 2009 10:48:](#)

[struggle wrote on 17 Aug 2009 10:10:](#)

whoever voted for cholent only in the winter, kol hakavod on standing for your beliefs, social pressure can be rough... as long as you're not doing it solely for the sake of being different.

I admit it; it was me, and I really feel this way.

The summer is too hot for chulent! I feel the same way about soup too!

ok so obviously its not my place,but i cant help it.I think you are making a dreadful mistake,and its obvious from your words.After you denounced and dissavowed chulent,you then made then shocking comparison to soup!!

While all of us obviously respect good matzo ball soup and understand that it's a heilige part of the shabbos meal,its not irreplacable.Meaning:the friday night meal is always more geshmack,and substitutes can be found.And soup is not food for the neshama.

Chulent is!Shabbos without chulent is like Rosh Hashana without a shofar!You feel the emptiness!Your neshama feels the lacking!Its just too much a part of our heritage to chuck away because of the weather!

Your opinion is your opinion,momo,and it is precious to me.But please give it some thought.

-uri (obviously bored in jerusalem)

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Aug 2009 15:35

but seriously i have no energy or will to leave my house,the very place that brings me down so much.what do i do?where do i go?im very broke.oy :-\

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Re: Where I'm at

Posted by battleworn - 17 Aug 2009 15:41

How about trying to contact someone by phone. There are a couple of guys that offered. (I think "Ano" would be a great guy to talk to; he's your age and he had a major influence on the forum a few months ago (not so few) just like you are having now.)

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Re: Where I'm at
Posted by Sturggle - 17 Aug 2009 15:52

[Uri \(JA\) wrote on 17 Aug 2009 15:34:](#)

[Momo wrote on 17 Aug 2009 10:48:](#)

[struggle wrote on 17 Aug 2009 10:10:](#)

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Your opinion is your opinion, momo, and it is precious to me. But please give it some thought.

-uri (obviously bored in jerusalem)

Uri, I didn't think I'd myself arguing with you on this, as I am a huge fan of shabbos cholent. Chicken soup is for the soul, though. I think it is a very integral part of the friday night dinner. I must admit, though, that I enjoy cooking and have made a lot of other types of soup for friday night, but never chicken soup. My mom's chicken's soup is soooo good, though, but I'm sure

Also, chicken soup is always good. When I'm not feeling good, mostly in relation to the stomach, but I think even in general, chicken soup is a huge pick me up and could be delicious for lunch, dinner and even breakfast, anyday and everyday! So, maybe, in the end, I do agree with you Uri, and chicken soup is more of a general good thing that we adopted for friday night, but cholent, chamin, is part and parcel of the shabbos experience! Hayom yom sheni b'SHABBOS!!

struggle

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Re: Where I'm at

Posted by habib613 - 17 Aug 2009 16:12

[Uri \(JA\) wrote on 17 Aug 2009 15:35:](#)

but seriously i have no energy or will to leave my house, the very place that brings me down so much. what do i do? where do i go? im very broke. oy :-\

that goes for every mom, right mom?

go to kever rachel. if you're really mamesh broke, i don't know what to tell you. but if you have enough money for a bus ticket, go! k, so i know i'm a girl, so maybe i feel differently, but kever rochel is like one of the most amazing places to daven (after the kotel and chevron), and it's pretty cheap to get to, at least from yerushalayim, and it will get you out of the house.

hmm... what else to do?

call up a friend you haven't spoken to in years?

take your brother on a hike?

[Uri \(JA\) wrote on 17 Aug 2009 15:34:](#)

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I agree. now help me convince my mom, cuz i haven't had chulent in like a month.

help your mom cleaning the house ?

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Re: Where I'm at

Posted by Sturggle - 17 Aug 2009 17:55

[habib613 wrote on 17 Aug 2009 16:12:](#)

9#msg12709 date=1250523245]

Shabbos without chulent is like Rosh Hashana without a shofar! You feel the emptiness! Your neshama feels the lacking! Its just too much a part of our heritage to chuck away because of the weather!

I agree. now help me convince my mom, cuz i haven't had chulent in like a month.

[/quote]

OY VEY ZMIR!!

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Re: Where I'm at

Posted by Holy Yid - 17 Aug 2009 18:35

I saw you post about your *girlfreind* whose parents where out of town. Please send her a text as follows "I hate you". this will solve alot of your problems

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Aug 2009 21:55

[Holy Yid wrote on 17 Aug 2009 18:35:](#)

I saw you post about your *girlfreind* whose parents where out of town. Please send her a text as follows "I hate you". this will solve alot of your problems

thank you.i will consider it.

uri

:D

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Re: Where I'm at

Posted by Holy Yid - 17 Aug 2009 22:54

p.s. (where do we find these phychos?!)
Am I the phycho? Does she help your life?

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Re: Where I'm at

Posted by Dov - 17 Aug 2009 23:03

[Uri \(JA\) wrote on 17 Aug 2009 21:55:](#)

[Holy Yid wrote on 17 Aug 2009 18:35:](#)

I saw you post about your *girlfreind* whose parents where out of town. Please send her a text as folows "I hate you". this will solve alot of your problems

thank you.i will consider it.

uri

:D

Funny - I have advised guys in relationships they can't seem to break because the other party keeps emailing/texting/faxing/whatevering them to text the other party that they just found out they got gonorrhea or syphilis, or AIDS. If they do it it usually works because the other party is most often rather shallow. If they refuse to do it, at least they have discovered that they really do not want to break it off as much as they are *saying* they do! Ha.

Is that mean, or what?

Guilty but mostly sober,

Dov

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Re: Where I'm at

Posted by jerusalemsexaddict - 17 Aug 2009 23:51

[Holy Yid wrote on 17 Aug 2009 22:54:](#)

Am I the psycho? Does she help your life?

i was joking.im sorry if i offended you.

thats just not my approach bichlal bichlal.

the relationship is taken care of,boruch hashem.

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