

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 worlds 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 hoping - 30 Aug 2009 17:22

???? ?????? ???? ?? ?????? - Greater is the one who causes others to do Mitzvos than the one who does the mitzva himself. I think that makes you a pretty big Tzaddik!

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Re: Where I'm at

Posted by Dov - 30 Aug 2009 17:51

and an anav.

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All of us had some lack of trust as a little child.

That caused us to view the world in the same way(our view of the world is just an extension and development of our view of our mother,etc).

So the world is not a comfortable and secure place.

This causes alot of fears and anxieties.

A person cannot bear these.Nobody can bear this.Nobody.

So people each create their own blocks and ways of dealing.The word the rav used is "control".We need to control things that go on.

The comfort of sex and relationships is that comfort we so desperately want deep down.We want to stop hacving to "control" everything.We want the anxieties to stop.

So we drop our blocks and plunge in.

The comfort is of course,unreal and passing,but we nevertheless become addicted.

Now we don't even have control.

That drives us crazy.

What we (me and the rav) are planning to do in therapy is build trust in the world again.

What that means?I guess well find out.

-uri

p.s.-btw he knows guard personally.i tried several tricks to get him to give me his name,but hes very bright and he wouldnt share.im so jealous!

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Re: Where I'm at

Posted by kutan - 31 Aug 2009 21:09

Uri,

Thanks for sharing.

I was dying to know what goes on 'behind the scenes' in these sessions.

And what tricks could you possibly have tried to get him to spill the name?

kutan

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Re: Where I'm at

Posted by jerusalemsexaddict - 31 Aug 2009 23:00

No prob k.

Idk.just standard stuff

like he was saying that he was speaking to the moderator of gye and i was like who?and he almost said his name,but he stopped and gave me a look.

and i said i was speaking to whats his name the moderator but this time he was prepared.

i did what i could,you know?

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Re: Where I'm at

Posted by the.guard - 31 Aug 2009 23:04

Uri, if Reb Shraga gives away my name, my wife will have me **and** Reb Shraga **Shlachter** sent to the **Shlacht-hoise** (slaughter-house). And then you won't have neither Guard **nor** him, only

Anyway, thanks for sharing that. Please continue to share what you learn by him, we are all very curious of how "sex addiction therapists" are so successful. And you are the perfect one to teach us all :D

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Re: Where I'm at

Posted by jerusalemsexaddict - 31 Aug 2009 23:10

[guardureyes wrote on 31 Aug 2009 23:04:](#)

Uri, if Reb Shraga gives away my name, my wife will have me **and** Reb Shraga **Shlachter** sent to the **Shlacht-hoise** (slaughter-house). And then you won't have neither Guard **nor** him, only

Anyway, thanks for sharing that. Please continue to share what you learn by him, we are all very curious of how "sex addiction therapists" are so successful. And you are the perfect one to teach us all :D

Reb guard,

i was only half serious and he knew that.im not such a monster.

i was curious obviously to know who this gadol biyisrael is,but i guess its not meant to be revealed at this time.

rotting flesh. So stop with the tricks >
and i hope that with G-d's help i shall see success in this therapy.it will all be thanks to you,of course,for leading me to him,and just bringing me to the forum and the opath to recovery in general.

i will try to keep the oylam updated on my meetings.i think it will if nothing else be great for me to really put down in words what we discussed.

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Re: Where I'm at

Posted by habib613 - 01 Sep 2009 03:15

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Re: Where I'm at

Posted by jerusalemsexaddict - 01 Sep 2009 07:08

habib-your post has me quite curious,to be honest.something made u not trust people,but curious about boys?and it was not abuse?i cant imagine.

Here i am the morning after writing another song.i fell twice last night.

didnt even make it one day.

im missing sedarim left and right.

i think im gonna fake a swine flu.

the depression is too strong to learn through.

i just dont have the koach to sit for 3-4 hours straight while inside im buggin out so much.

i think that my time as a yeshiva bochur is nearing its end.in january i think ill head to the us of a and start college.

this need runs my life.its insane.i am powerless against it.how did it ever get this way???

i feel bad for my chavrusa...

-uri

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Re: Where I'm at

Posted by jerusalemsexaddict - 01 Sep 2009 08:13

...and again.

is there anyone out there?i could sure use my comforting words and chizzuk right now

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Re: Where I'm at

Posted by the.guard - 01 Sep 2009 08:34

Uri, you don't need "words of chizuk". You've gotten plenty of that for the last few weeks. Please speak to Reb Shraga about all this... He can really help you. When's your next meeting?

BTW. I'm really looking forward to reading more about your meetings and what you guys discussed. It can be very useful for us all to hear... (and like you said, it really helps clarify it for you too, when you write it down).

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Re: Where I'm at

Posted by jerusalemsexaddict - 01 Sep 2009 08:42

....and again.

this is quickly becoming a marathon...

i have found a way to get past k9...

all hell has broken loose...

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Re: Where I'm at

Posted by jerusalemsexaddict - 01 Sep 2009 08:47

[guardureyes wrote on 01 Sep 2009 08:34:](#)

Uri, you don't need "words of chizuk". You've gotten plenty of that for the last few weeks.

i dont understand..

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