

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 Dov - 01 Sep 2009 16:11

[Uri wrote on 01 Sep 2009 09:09:](#)

Uri: Hello Rav Shlachter

Rav: Speaking

Uri: Yea, so I just wanted to inform you that I spent the last day and night watching countless amounts of porn and masturbating

Rav: Very good. Uri. Thanks for sharing.

Uri: So what should I do now?

Rav: Well, we're meeting next Monday so meanwhile stick in there.

Uri: K.

(Uri resumes porn and mas** marathon)

an hour later...

Uri: Yea hi Rav. I just wanted to let you that I can't stop.

Rav: Let go and let G-d.

Uri: K.

(Uri resumes porn and mas** marathon)

3 hours later...

Uri: So I think I just set an all time strak on **\$@#.com for the most porn videos watched in one day.

Rav: Congratulations, Uri. I'll see you Monday. Now can you please stop calling me to inform me that you masturbated. I sort of am trying to work here.

Half hour later...

Uri: Rabbi I just can't stop looking at porn videos!

Rav: Uri.....

Uri: I've been living in one sexual fantasy after another for the past 15 hours!

Rav: Uri...

Uri: Why can't I stop masturbating!!!!

Rav: URI!

Uri: Yes? What?

Rav: I'm driving right now with my family. You're on speakerphone.

Pause....

Uri: How you doin Rebbetzin Shlachter? Pleased to meet you. Kids? Don't repeat anything I just

said.Ever.

I needed that, Uri, thanks.

Guess what? **Everything** you wrote makes perfect sense to me. However, it does not actually happen that way. While reading your dialogue I started thinking: "yeah, yeah, I know...but why *is* it that it doesn't happen that way, at all? How *does* it work in real life though it seems so totally absurd on paper?" My heart tells me the answer is very simple and I think we all know it: Do I mean it - or not? For example, people say "I love you" all the time in hollywood - it doesn't *do* anything, of course - until they are in real life (hopefully) and really meaning it (hopefully). The words are then *completely* different, right? What's *going on in my heart* - as Vince Lombardi would have put it - isn't *everything* - it's the **only** thing.

So, what I say turns out to be no more than just that - what I say. There is no reason to expect it to have automatic significance *at all* and may have no impact whatsoever on my emotions or behavior, until I really *mean it*.

Beware: A rant follows below...

The "downside" of having tikkun tefillah - standardized prayers - is that it bears the risk of **training** us to speak, speak, speak. Yeshaya bemoans that, as quoted in the shulchan aruch (*mitzvas anoshim milumada*). Having standardized tefillos also puts value on *just saying the words*. **And it should**, for if we have no "formula" we have no hope whatsoever for sticking with the program - Hashem's Program - when we are down and confused. We'd just give it up and get lost, as a people.

But for addicts, this is acutely problematic. We stand right on the edge almost all the time, nebach! We can't afford the yakityyakityyak, as Uri described so well! We need to *mean* it because **for us it has to work**, or else. This is the crux of the program as I know it, and as described in AA.

So, throwing out the rote behaviors (eg. shacharis) is just plain dumb, but to condone *min hasafah lachutz* means death. The solution for me is to learn how to take the davening seriously, one little piece at a time, and also to basically talk to Him all day long. I think it was R'Yochanan who said (gm' Berachos), "ulevai sheyisparallel odom chol hayom!". This works for me just fine, but it took time. (on SA tapes, Harvey A. talks about how he does this, BTW.)

Have a great day!

Love,

Dov

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Re: Where I'm at

Posted by jerusalemsexaddict - 01 Sep 2009 16:57

:(im feeling really sad.my mother just told me angrily i should back to yeshiva and stop sitting around.

i want to.i really do.but i cant.

i cant sit there all day while im going crazy inside.

i cant immerse myself fully while my mind storms.

i cant bear the look on my chavrusas face every time i miss a seder because i was too depressed to get out of bed.

am i the biggest failure ever or what??

what should i do?

who am i??

has my addiction taken place 1 2 and 3 in my life.

i want to get into things.i wanna be involved.i want to live.

but i cant do it on a steady basis.

and the world does not accept on/off ers.

so i just escape.

and i sit here.

on the forum.

wondering if my life will ever be stable.

sorry for depressing the oylam.

i really love you guys.

you are all that i have.

at this point last year,to be honest,i was contemplating suicide.

but now its very far from my mind because for the first time i have a family trhat i love and who care about me.

when i told 7up once that suicide is always an option,she answered simply:"I don't let"

And she was serious.

Where do i go from here?

with little hope left in this lonely neshama-uri

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Re: Where I'm at

Posted by SoHard,YetSoRewarding - 01 Sep 2009 17:02

Uri dear,

May I suggest that if and when you do come stateside for college, please attend an all-male college only?

A heimishe college like Touro would be highly recommended; they have a very strong filter on their web network.

For your sake, you know that this is what you need, even if a mixed secular school is totally normal in your circles. . .

Shmilu

(formerly known as SD,YSR)

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Re: Where I'm at

Posted by letakain - 01 Sep 2009 17:04

i'm gonna have to contradict touro's "strong" filter system... :(

been there, done that...

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Re: Where I'm at

Posted by habib613 - 01 Sep 2009 17:16

I know what you mean about on/offers. I'm like that too, except that i live at home out of town, and none of my friends live less than 2 hours away. so i'm just mostly off.

and living, eating, and breathing your addiction is normal. at least it was like that for me for the first two weeks. why don't you say, ok, i'll focus on my addiction for two weeks, keeping only my most important obligations, and after that hopefully you'll be able to start picking up more responsibility.

try it?

oh, and about touro- i highly doubt anyone would decide to go on an inappropriate site in public. and if you do end up in touro, do not go during the summer. although i think the queens campus is always all-men.

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I love mom
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Re: Where I'm at

Posted by SoHard,YetSoRewarding - 01 Sep 2009 17:21

[letakain21 wrote on 01 Sep 2009 17:04:](#)

i'm gonna have to contradict touro's "strong" filter system... :(

been there, done that...

OUCH!!!

I guess I'm not as aggressive as you (were?) in my pursuit of ****, letakein.

Maybe their filter could be circumvented, after all. I will have to defer to you on this one.

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Re: Where I'm at

Posted by habib613 - 01 Sep 2009 17:24

letakain doesn't watch p***. I think she had the some of the same issues as me, and what we look for is really easy to get, even with a filter.

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Re: Where I'm at

Posted by Sturggle - 01 Sep 2009 17:28

[Uri wrote on 01 Sep 2009 15:49:](#)

psst...

shhh...

im messing with the y'h big time...

i dont want him to overhear...

i made a deal with him that ill do a short project and then go right back to the porn

but i told him that were not going back till we finish

he forgot one thing..

im lazy as hell

and im gonna keep pushing this project off

90 days here i come!

just kidding

but really

[habib613 wrote on 01 Sep 2009 16:04:](#)

lol

does the y"h hear laughter?

cause i cant keep it down!

hope to not be ruining your trick...

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Re: Where I'm at

Posted by SoHard,YetSoRewarding - 01 Sep 2009 17:34

[habib613 wrote on 01 Sep 2009 17:24:](#)

letakain doesn't watch p***. I think she had the some of the same issues as me, and what we look for is really easy to get, even with a filter.

Didn't realize that. My bad.

So in regards to Uri and his problems, my point about Touro's filter might still stand though, no?

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Re: Where I'm at

Posted by the.guard - 01 Sep 2009 17:39

Uri, there's an old Chinese saying I made up: "***The Emotions follow the Motions***".

In SA they say: "bring the body back and the feelings will follow"

We addicts need to ACT our way into a new way of thinking. Get back to Yeshiva and start ACTING as if you're normal :D

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Re: Where I'm at

Posted by habib613 - 01 Sep 2009 17:47

R' Guard you're so good.

i agree

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Re: Where I'm at

Posted by Sturggle - 01 Sep 2009 17:49

once again, rabbeinu guard, with such real and true words

uri..., feelings we dont choose...

actions we do...

imagine me in university studying...

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Re: Where I'm at

Posted by letakain - 01 Sep 2009 17:58

So in regards to Uri and his problems, my point about Touro's filter might still stand though, no?

reading, watching...

both not good so the filter doesnt stand. sorry! and noone sees what you read, trust me :'(

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Re: Where I'm at

as if im normal
Posted by Eishar Letaken - 01 Sep 2009 18:10

Uri,

This Therapist Phone conversation tops it all!

you had me on the floor.

E.L.

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