

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 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 well 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 Tomim2B - 02 Sep 2009 20:17

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[habib613 wrote on 02 Sep 2009 19:46:](#)

"To heck with me. What can I do for you?"

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Shucks! I was about to cash in on those points.

Re: Where I'm at  
Posted by the.guard - 02 Sep 2009 20:36

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I'm going to have to divide the 1000 points between Habib and Me3. Five hundred each. Do you know what you can do with 500 GYE points?

- "Eat as much as you can" at the Sushi Bar over on 7Up's thread
- Free truck ride to Landau's Shtible in Bardichev's trucking truck
- A mention in the daily Chizuk e-mails

For 1000 points, Uri will play a song for you.

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Re: Where I'm at  
Posted by jerusalemsexaddict - 02 Sep 2009 21:23

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guard chill with that.

songs are cannot something i can dish out on demand.

if i try when im not in thatplace,they often come out pretty weak.

but i love you anyway,rebbe.

-uri

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Re: Where I'm at

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Posted by bardichev - 02 Sep 2009 21:58

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hmm how many pink gevaldigggg's

can you trade iin for 500 points?

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Re: Where I'm at

Posted by jerusalemsexaddict - 02 Sep 2009 21:59

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Ok the 90 days are starting here and now

its 1 in the morning here in israel so today is day one with hashems help

im doing this for you mom

Hashem please give me the strength to succeed

the will to keep pushing

the love to keep giving

the courage to persevere

the friendships that support

the hugs that keep me going

the bravery to fight

the power to say no

the energy to keep moving

the heart to express

the inspiration to give

the internet connection to stay on the forum

and so on....

Hashem may it be your will that,if nothing else,let the korban that I am going to attempt to give serve as a kapora for all the tzaddikim on this forum and for all of klal yisrael.

This battle is for them.

Some fight wars to defend their brothers physically.

And some fight wars to defend their brothers spiritually.

May our fight and my attempt at 90 knock out the yetzer hara once and for all.

Kain Yehi Ratzon

-uri

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Re: Where I'm at

Posted by the.guard - 02 Sep 2009 22:08

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It's 1:04 AM Israel time. Guard is at his post. A blinding flash lights up the night. Guard jumps. Oh, it must be Uri. Hi Uri. Was that you?

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Wish me luck my beloved friends

Re: Where I'm at

Posted by jerusalemsexaddict - 02 Sep 2009 22:10

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yea im flashing my headlights outside your window,guard.i want to go out for a long drive with you.

well pick up a beer maybe even a cigar,sit in gan sacher and shmooze about life.how does that sound?

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Re: Where I'm at

Posted by Me3 - 02 Sep 2009 22:28

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I'm already humming the bars of Uri's next song.

*Ok the 90 days are starting here and now.....*

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Re: Where I'm at

Posted by SoHard,YetSoRewarding - 02 Sep 2009 22:57

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OY, URI!

Yehi HaShem Eloikeini imchu, v'shetatzliach b'chol asher tifneh!

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Re: Where I'm at

Posted by TrYiNg - 03 Sep 2009 01:59

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GO UR!!!!!!!!!!!!!!!!!!!!!!!!!!!! THAT LIGHT IS FLASHING ALL THE WAY TO NY!

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Re: Where I'm at

Posted by Momo - 03 Sep 2009 05:31

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Uri, I'm glad to see you're going for the big 90. I think you can do it, but don't let it get you down if you fall. Just pick yourself and try again. Don't forget, HaShem marks us by our efforts much more than our results (which is the direct opposite of how we are marked in this world).

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Re: Where I'm at

Posted by jerusalemsexaddict - 03 Sep 2009 08:22

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Thank you very much guys.

The only way i can do this is if you guys hold me up and do not let go.I cannot do this by myself.

Last night i was laying in bed about to go to sleep.I have not davened in 3 days.Yes,ive spoken to hashem once or twice but short and to the point.

In bed at that moment i suddenly became acutely and clearly aware that there is no way i can do this 90 days thing without G-d.

So I said Shema.

And i asked myself:why is my relationship with Hashem so completely on and off??How can i feel so close to Him one second,and the next ignore Him?!

The answer to that question maybe lies in what i discussed with my therapist:

Something in our youth causes us to lose trust in our mother and our house.

Our relationship with the world is an extension of our relationship with our mother.

With no trust,the world is quite scary.

Therefore,we all MUST build some sort of defense system.

(our addiction comes from us wanting to feel comfortable and loved,and not always have to be on the defense 24/7.its quite tiring.)

My defense system is running.

I run away from uncomfortability.

I run away from pressure.

I run away from friends who see something in me that I'm ashamed of.

I run away from people who notice that I'm a runner.

And naturally,I run away from G-d.

I run away becaused I am ashamed.Because I know I let Him down.Because I am afraid to face Him.Because I feel uncomfortable talking to Him.Because I feel that He is very demanding.

This is a very hard confession for me to make.

I'm still not sure what I can do to reverse this.

Obviously I have my theapist,but thats only once a week.

Hopefully with Hashem's help this issue will be dealt with along the way.

I'm so habituated in this escape that it's so so hard for me to change it.

I await any suggestions or insights on this.

With my therapists understanding of our block on the world,"Let go and let G-d" makes so much sense.We nee to let go of our defenses and trust in G-d and then the world will suddenly be a much mroe beautiful place.

Shachris anyone?

-uri

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Re: Where I'm at  
Posted by chl - 03 Sep 2009 08:24

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bs"d

beautiful and inspiring post!

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Thank you!

Re: Where I'm at  
Posted by TrYiNg - 03 Sep 2009 08:27

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sorry. Don't understand.

I get the part that since we lost our trust in people we tend to develop some kind of defense system. True. But what does it have with running from gd?

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