

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 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 7yipol - 27 Jul 2009 17:17

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Uri,

You are the bestest! And *that* is a term I reserve only for Guard generally!!!! I feel like a proud Mommy wanting to give you a big Mommy hug right now. :D

You are going through such a hard time on a personal level, yet still find the koach to encourage others with your battle cry!

Guys, oy-va-voy if we let this holy Uri fall!

And do not fear - day 11 is MUCH MUCH harder than day 20 or 30 or 40....it really does get

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Re: Where I'm at

Posted by the.guard - 27 Jul 2009 17:32  
easier if you have the patience to hold on.

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WOW URI. you're light is really starting to SHINE!

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Jul 2009 17:34

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aww you guys :-[

mom!ur embarassing me :-[ :D

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Re: Where I'm at

Posted by chl - 27 Jul 2009 17:43

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bs"d

:D

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Re: Where I'm at

Posted by 7yipol - 27 Jul 2009 17:49

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mom!ur embarrassing me

Now you know you're a real son - my kids accuse me of the same all the time!!!!

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Jul 2009 18:09

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did i just get adopted without anyone telling me??

well i guess its good to have a virtual mom.my real mother doesnt know how to turn on the  
(isnt she lucky)

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Jul 2009 18:52

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im in serious need of chizuk pple!ive found books containing illicit material in my sisters room  
and im itching to read them.help!

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Re: Where I'm at

Posted by kutan - 27 Jul 2009 19:02

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Don't itch... it makes those mosquito bites worse!

computer even

Seriously, Uri, what exactly is the rush?

I'm in business, and one of the tactics business people use is to try to create a rush into  
activity... "on sale today only"... "limited time rebate" etc where the goal is to make people act

fast, so that they don't think too much (and buy something they really don't need ...)

The YH is a great salesman, and he somehow convinces us that we need to act and fast... but its a bluff!

Push it off 'till tomorrow. It probably will still be there, and if not, there is plenty more where those came from (sigh!).

Love you!

kutan

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Jul 2009 19:04

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kutan,

u are saving my life :( (tears of happiness and appreciation).thank you

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Re: Where I'm at

Posted by kutan - 27 Jul 2009 19:12

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[Uri \(JA\) wrote on 27 Jul 2009 19:04:](#)

kutan,

u are saving my life :( (tears of happiness and appreciation).thank you

Uri,

We are swimming together! YOU are saving MINE.

humbly,

kutan

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Re: Where I'm at

Posted by chl - 27 Jul 2009 19:15

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bs"d

Hi Uri,

holy brother!

Yesterday i was reading a book (secular) which was completely tzanua - until i reached page 249 (or something like that). Just at that moment my wife came into the room, and i flicked to the end of the chapter without reading it. Baruch HaShem - saved by the bell!!! Now today... i got back to my book; and i was itching to read the stupid scene. Wife's not around. But i still didn't read it. HaShem helped me again.

. It's not worth it. It's not worth the blink of an eye. It's a distortion of the holy relationship that HaSHem meant for husband and wife to enjoy. It's against His will, against what He wanted sexuality to be. I'm not gonna encourage this distortion by reading this garbage.

I hope HaShem blesses you with strength to withstand and hold on. You must be a really holy neshomole for the y"h to give you such a hard time. You're already giving so much chizuk, gevalt what will it be when you will be like one of the veteran warriors here. 7up already uses  
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Uri, we're all rooting for you!

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Re: Where I'm at

Posted by kutan - 27 Jul 2009 19:43

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[chl wrote on 27 Jul 2009 19:15:](#)

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Uri, we're all rooting for you!

Chl, your point is great, and is another thing that keeps me going...

Their world is a total and complete

FAKE.

Delusion.

MIRAGE.

7up already uses terms for you that she had reserved for R'Guard! (I only get to do the dishes

thats why people who have special neshamos CONNECT to GUI, almost like a magnet. Its like a breath of fresh air, of reality, of purpose.

7Up, I can relate to your post on the High upon finding GUI, and the inevitable drop. Happened to me too. For 2 months I could not stop smiling around the house.

My wife was concerned I was on drugs or seeing a psychiatrist and not telling here. Really. Its

just the total ahavas yisroel and idealism here, and to boot a solution to my nagging clinging yh who I've never been able to shake off for too long WOW was I on a high.

And then it crashed for a while, and i was back to normal and back was my good old companion the yh. But even then, it wasn't like before. The steam was out of him (or is it a her). and bH I'm getting back up again, with the encouragement of people like Uri , but this time it is a much more stable high.

Internal peace and acceptance.

Whew. That said, I'd like to tell you 7 Up that you're a tremendous asset to us, and I'm sure glad Chl is able to do dishes so that you have more time to post.

Me... I just buy paper and send the bill to Him. its Shalom Bayis money.

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Jul 2009 20:50

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Wow,when i go on this site i feel normal lol.here i am sitting checking the forum endlessly,acutely aware of the fact that my addiction has changed from lust to "guardureyes".im wondering what is wrong with me and that im hopeless.then i see these posts and i realize that i am indeed hopeless.but alone i am not :D .just kidding.i think kutan the great had it right:its the ahavas yisrael and concern for ones fellow on this site that makes pple happy and succeed in overcoming their tayvas.no mussar.just loving encouragement.if this site doesnt bring the moshiach i dont know what will!

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Re: Where I'm at

Posted by jerusalemsexaddict - 27 Jul 2009 20:59

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On another note,day 11 is drawing to an end and i feel great.tiny dangerous close call but the streak continues!every day is a story ontu itself.boy am i drama queen!just shows ive watched too many movies.oylim not sure what did it.i was in an awful mood.but after some positive

correspondence and a shower (i feel bad cause its the 9 days.but i went in really cause i was gross,then i ended up relaxing in the hot water).then i headed off to minyan (for the first time today :-[]).so now im feeling very good.regarding that book i mentioned,following some good advice from someone in a pm,i took the book to the edge of my town and set it on fire.first i ripped out all the dirty pages(i unfortunately knew exactly where they were),and i burnt them,followed by the rest of the book.i had an image of biur chametz over 3 years ago when i decided to shape up my ways and burn all my "chametz" along with my chametz.i thought at that moment that i was gonna be pure forever.now i am older and im aware that my y'h is my personal amalek.it keeps coming back for more.and i will keeping beating the chreft out of it!!-uri

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