

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 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 letakain - 09 Sep 2009 17:11

you tottally rock, uri! ;D

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Re: Where I'm at

Posted by jerusalemsexaddict - 09 Sep 2009 17:13

wasnt too hard (sheepishly and modestly)

i mean, i have a bottom line now, no?

i also want to apologize if this girl is someone who uses the forum

i mightve been a bit rude

sry

-uri

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Re: Where I'm at

Posted by bardichev - 09 Sep 2009 17:13

LCHAIM URI

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Re: Where I'm at

Posted by habib613 - 09 Sep 2009 17:23

:-X

i don't even know what to say, except WOWOWOWOWOWOWOWOWOWOW!!!!!!!!!!!!!!!!!!!!!!

i'm so proud of you.

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Re: Where I'm at

Posted by the.guard - 09 Sep 2009 17:59

Today's e-mail is dedicated to Uri's honor... And - dam - with what you just wrote Uri, I

think tomorrow's might be TOO!! You are shaking the heavens on high, and you are shaking GYE (more than anyone else has since Dov joined!)

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Re: Where I'm at
Posted by Kedusha - 09 Sep 2009 18:04

[Uri wrote on 09 Sep 2009 17:13:](#)

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-uri

Well done, Uri!

I doubt she uses this forum, and you don't need to apologize to the y"h personified.

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Re: Where I'm at
Posted by hoping - 09 Sep 2009 18:17

I was feeling even better when i passed a few girls and i noticed something quite interesting. The "aura" that i sense by girls usually, that bright gleam, was not there! and these were decent looking girls, but i was not interested in the slightest. i guess its cause i was in such a positive mood maybe.

Mazal Tov Uri!!

You have just felt the essence of recovery. (And thank you for crystalizing it- it really helped me). Recovery means, for me, living in a way that I don't *need* the lust. This way of life is what I fight to maintain every day. I cannot and do not want to fight the lust itself. Feeling the recovery is really sweet, no? That is worth fighting for!

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Re: Where I'm at
Posted by chl - 09 Sep 2009 18:22

bs"d

Good job, Uri! I am very happy for you!

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Re: Where I'm at
Posted by the.guard - 09 Sep 2009 18:51

In response to today's e-mail (#578) someone wrote me an e-mail as follows:

Editor,

Please keep my name and email address private because I don't have an aliases. I don't use

your website due to workplace policies and don't have the Internet at home.

Please post anonymously from me the following to Uri's saga and to the advice from "Mom - 7 Up".

Rav Dessler writes in his Michtav Eliyahu the following. When people create goals for themselves, it is of utmost importance that they create two opposite goals. One goal is for aiming to reach further top. The other goal is for a RED LINE, not to reach below it. In other words one needs a "range"; not to fall below a certain rung and to try reaching a certain height. This will ensure, Rav Dessler explains, that just because a person didn't reach the height he set out for, it is a lot less likely that he will give up. Why? Because he DID accomplish another goal of his, namely by not falling beyond the lower goal of a red line!

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Re: Where I'm at

Posted by Someone - 09 Sep 2009 19:44

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Re: Where I'm at

Posted by Rage AT Machine - 09 Sep 2009 20:24

uri, read your story on the email...congrats...

here is something that helped me avoid actual sexual encounters when i was your age (it didnt always help and it is pretty stupid when you get down to it, but it helped me most of the time):

gd gave eyesight to everyone (almost) he gave hearing and walking and talking to everyone (almost) so its hard to see those things as special gifts from gd (even though they are)...but he gave you two things which he did not give 90% of the world (1) charm and (2) good looks...if you want to use the gifts of sight, hearing, touching, etc to betray him, well, thats wrong, bro, but

if you use these two special gifts that he gave you and almost no one else, youre just an [deleted explitive]...how many fugly people are there out there?? so so many! you could have easily been one too...instead, gd gave you good looks and charm, which he gave almost no one...its one thing to not use these gifts in a positive way but to pick up these two talents and specifically use these two talents to slap gd in the face is [deleted explitive]....

dont be a jerk....gd forbid you can get fat, gd forbid an accident or disfigurement and gd can take these items from you very easily...if you want to keep them and if you simply dont want to be a [deleted explitive] then dont use these two to rebel against your creator...

make any sense?

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Re: Where I'm at

Posted by jerusalemsexaddict - 09 Sep 2009 20:30

[Rage AT Machine wrote on 09 Sep 2009 20:24:](#)

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make any sense?

no.

how do u know im not fat?how do u know im not all those other things u said?who said im charming?who said im good looking(besides for my mom)?

it could be im too flakey to understand what on earth you are talking about...

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Re: Where I'm at

Posted by Rage AT Machine - 09 Sep 2009 20:38

how do i know? hmmm, on July 18th you wrote, " so she was flirting a lot with me.i did all i could to present myself as a religious guy so dont mess but i regretted it all too often over the course of the shabbos.i could easily hook up with any of the 3" then again the story with the smiling girl on the bus....just a vibe i get actually...i may be wrong, ive been wrong many times before...

a flake? i had you pegged as more of a sap than a flake!

DISCLAIMER: THE ABOVE INSULT WAS A JOKE. IT WAS NOT MEANT TO BE TAKEN SERIOUSLY BY ANYONE. I CONDEMN MYSELF FOR MAKING AWFUL JOKES THAT ARE NOT FUNNY AND APOLOGIZE TO ANYONE WHO MAY HAVE BEEN OFFENDED BY MY STUPID NOT FUNNY JOKES. IF YOU ARE NOT THE INTENDED RECIPIENT OF THE NOT-FUNNY, OFFENSIVE, INSULT, BE ADVISED THAT YOU HAVE RECEIVED THIS INSULT IN ERROR AND THAT ANY USE, DISSEMINATION, FORWARDING, PRINTING, OR COPYING OF THIS INSULT IS STRICTLY PROHIBITED. IF YOU HAVE RECEIVED THIS INSULT IN ERROR, PLEASE IMMEDIATELY NOTIFY US BY TELEPHONE AT (212) 123-4567. YOU MUST DESTROY THE ORIGINAL TRANSMISSION AND ITS CONTENTS. YOU WILL BE

REIMBURSED FOR REASONABLE COSTS INCURRED.

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Re: Where I'm at

Posted by the.guard - 09 Sep 2009 20:38

Hey Uri, take it easy on RAM. He assumes that if a really good looking girl is trying to start up with you on the bus just like that, you must be good looking and not fat. I figured the same thing. And stop pking fun of him about the "flaky" thing. I'm sure **he loves flakes like us by now** (till he gets hit by the train coming down that tunnel where he saw the light this morning ;D)

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