

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 BruceWayne - 22 Sep 2009 03:45

Uri,

I had almost zero kavana on RH except when I thought of everyone on this here forum, especially you, and I davened for us all--and I meant it.

Good luck with the job.

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Re: Where I'm at
Posted by TrYiNg - 22 Sep 2009 05:40

Congrats on ur job! ;D ;D ;D

GOOD LUCK! I also have a hard time listening to *other people* aka boss. aka parents aka
:D: 'tis just one of the things u gotta live through in life....

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Re: Where I'm at
Posted by 7yipol - 22 Sep 2009 07:39

You can do it son!

teachers aka brothers ;
If you can take it from 'mom' when she bosses you around, you can take it from *anyone* :D :D :D

And we are all here to hear you vent at the end of the day if necessary!

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Re: Where I'm at
Posted by jerusalemsexaddict - 22 Sep 2009 12:04

But they are ok.

Chevra, working in a store is not easy at all.

I dont mean to be insensitive at all.

Its just that my dad is very successful and there are hopes for me.

And now i am not in yeshiva or college.

Im working in some store making 20 sheck an hour.

But this is what my therapist said to do,so im doing it.

I was worried about 6 hours answering to a boss.

But I decided to just let go.

Ill live.

And I did.

Day 1.

I have special permission to mas*** but i am like 5 days clean anyway.

Weird,right?

Now for some thoughts:

"Life is a unicycle.You can't stand still.You gotta be moving.And you usually can't just go straight either.You need to go back a bit,then foward,then back a bit,and on..."

"If I am not for myself,who will be for me?And if not now,when?"-pirkei avos

"Meaning:There's no one in this world who can accomplish what you were sent here to do but you.And every day you have a mission that needs to be completed.If you push it off,then it's not today's mission anymore." - Chiddushei HaRim

So true!Ever try using the wrong tool to get something done?Usually doesnt work,and even if it does,it's usualy a bad job.Hashem gave us each our unique qualities.We are the tools in this world.

And the world moves so fast.This is the only Yom Kippur that im ever gonna have as a 20 year old.This day will never happen again.I want to see a full calendar when I go up to Heaven.Ill look through every day and see that I accomplished my mission for that day.

-uri

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Re: Where I'm at

Posted by jerusalemsexaddict - 22 Sep 2009 12:13

also i wanted to say...

on moms thread there has been discussion of pple who are too explicit.

thats me.

sorry.

if anyone finds anything too explicit please pm me.its embarassing for me if someone posts that.

just let me know what i said wrong,and ill fix it and try to be better.

its just hard cause this is a sex addict forum.

trying to be good

-uri

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Re: Where I'm at

Posted by 7yipol - 22 Sep 2009 12:19

Wasnt think of you at all Uri! Those days are past long ago!

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Re: Where I'm at
Posted by the.guard - 22 Sep 2009 12:27

Uri, I'm telling you.. you will yet become Rosh Yeshiva of this forum one day!

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Re: Where I'm at
Posted by letakain - 22 Sep 2009 16:15

congrats on the job! that's great!

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Re: Where I'm at
Posted by Me3 - 22 Sep 2009 16:21

Uri

Can you give me a hand over in Momos thread? He's being really stubborn.

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Re: Where I'm at
Posted by TrYiNg - 23 Sep 2009 12:39

Uri's thread on pg 2? wats goin on?

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Re: Where I'm at

Posted by jerusalemsexaddict - 23 Sep 2009 18:24

Sorry trying.

And then i learn afterwards(or at least try to)

so i dont get a chance to first post till nighttime.

Chevra,

Life is good.

Thank you Hashem.
Im a working man now

I am living a basically normal day.

And the change was so simple i didnt even realize it.

See,I am a person with quite a busy mind.

As my therapist puts it,everything in my life is a chakira(i did go to a lumdishe yeshiva for a while shh!)

Example:

I wake up.

O man Im gonna have a bad day!

And even if i dont,ill forsure have a bad night!

So what would staying in bed do?Ill be up at night anyway!

No but the night will be bad cause i went through the whole day.

Then really it was the day that was bad,and the night is just a result.

So if i sleep till night itll good.

But i cant sleep till night,cause then ill be up at night with nothing to do but mas****

And so on....

And now I have this job where I dont need to think at all.

Wait....backtrack....

I am bad at commitments.

When I got this job several days ago,I was like "6 hour shift?Theres no way im gonna make it!"

But then I realized.

This is a tremendous opportunity for me.

Why am i afraid of this long shift?

Not because it's hard.

But because I was afraid I would bug out and not be able to do anything.

I would not be in control.

So I told myself as such:

So what?

So I won't be in control.

So what?

I'll live,don't worry.

But what about?.....

Don't worry.

G-d's in control.

And let me have some faith in myself that I have what it takes to do this shift.

And I went to work.

Chevre,a tremendous weight was off of my shoulders.

My mind wasn't off.

It was chillin....

The incessant control that always bogged me down finally took a break.

I was doing my mindless chores and my mind was just on what i was supposed to be doing.

I felt so good.

This is it,my friends.

The insecurity isnt whats killing us.

Its our need to be in control.

If we relax,our insecurities will melt away.

Our fear of relaxing is our biggest cause of fear.

I love you all so very much

-uri

p.s. i went to my therapist today.there will be a post up shortly in that thread.

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Re: Where I'm at

Posted by jerusalemsexaddict - 23 Sep 2009 19:25

I heard such a beautiful story tonight that I need to share it with you guys

All the Belzer chassidim were gathered for the first night of slichos.

The Belzer Rebbe walked in and looked around.

"Where is Yankel the tailor?"

The chassidim next to him responded

"We don't know.He's not here.Why?"

"Go get him.We're not starting slichos till he comes."

"What?!Rebbe,there are 1000s of people waiting to start slichos!We can't just hold everyone for a tailor!"

"Well,we are about to.Go bring him,please."

The chassidim went to Yankele the tailor's house just to find him lying on the ground,drunk.

"Yankele,come to shul.The Rebbe is waiting for you."

"But I'm drunk!How can I go to slichos like this?"

"It doesn't matter.You have to come.Everyone's waiting for you."

So Yankel picked up and walked with the Rebbe's chassidim to shul.

When he came to the Rebbe,the Rebbe asked him:

"Tell me exactly the whole story of what happened,ending in you getting drunk tonight."

So Yankele the tailor told his story...

I work with material.

I have a hard time getting by.

Then, a high ranking officer in the army had me do some expensive work for him.

I was gonna finally have soem money.

But he canceled half his order.

I said to Hashem:

"Hashem, you took away half my parnassa! From now on, I'm only doing half the mitzvos!"

And I did.

I only put on one tefilla in the morning. I only davened half of davening. I only washed one hand. Etc..

And then the officer lessened his order again.

So I said to Hashem:

"Ok. Now I'm gonna do even less."

And I did.

After a while, I realized that this is a bad cycle to be in.

So I said to Hashem:

"Hashem, let's make up. I'll start doing all the mitzvos again, and you give me my full parnassa. Okay?"

And then I did as all close friends do when they make up.

I sat at my table and poured two shots.

"To a long and loving relationship, Hashem! Lechaim!"

"Hashem, You didn't drink Your shot!"

So I drank it for Him.

And is one lechaim enough for the King of Kings?!

So I poured one lechaim after another till I finished the whole bottle!

And that's why I was lying on the floor drunk tonight.

The Belzer Rebbe gave Yankel a tremendous hug.

"You, my holy yid, are standing next to me tonight when we say slichos.

Because you have a relationship with Hashem.

You talk to Him.

You love Him.

And He is real to you.

So I want to be with you at this crucial time."

That story made me cry for some reason.

-uri

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Re: Where I'm at

Posted by ninetydays - 23 Sep 2009 19:31

Uri -

I just checked in and saw the last post with the Belzer Rebbe. That is a very powerful story!!

Thanks for sharing!
Hope you like it

ninety

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Re: Where I'm at

Posted by yechidah - 23 Sep 2009 19:34

Uri

loved it

especially the last paragraph

You talk to Him

You love Him

and He is real to you

That makes me cry for some reason

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