

Personal recovery plan

Posted by obormottel - 12 Aug 2011 22:38

I was pressed for practical steps I'm taking on the path to recovery. So here goes:

By way of introduction:

I've been a compulsive masturbator since age 11 or 12. Started looking at internet porn when it became available in my house, after being married for a short time. Can't tell you when viewing this garbage became addictive, but it's been years since I realized I have a BIG problem. I would come to shul to mincha with fresh stains on my pants, and people would ask me to be shliach tzibbur! The depression and anxiety, and feelings of hypocrisy! I don't have to tell you... I couldn't stop no matter how much I agonized over this. I installed BSAFE filter, and set my own password (dumb!!!). I took on hachlotois. I gave tzdoko, and even created a knas for myself of \$180 for each occurrence (turns out it's a legit technique; I just did everything else wrong). All to no help. About a month ago I gave up on myself, and gave myself over to G-d's mercy. I wrote a tzetle to a Tzaddik and gave myself over to the Tzaddik. Within 1 week of the latter I saw a banner for this website on Arutz7. Ever since then:

1. I had my wife install K9 filter and hold the password. In addition, she restricted my internet access so that now when I finish work at 6pm, my internet shuts down, so I have no reason to aimlessly (or, rather, intentionally) browse the web after I am alone in the office. Even with filter, there is plenty room for mischief on the web for a sick mind, so I find this trick especially helpful.
2. I subscribed and now READ daily the Chizzuk emails (both lists)
3. I got myself on the 90 Day chart (day 9 as of today, YAY!)
4. I am half way through the Handbook and Attitude handbook. Found both of them extremely helpful and lucid.
5. I listened to Rav Reisman's shiur on Yirmiyohu. (Did it on 9 Av, thought it to be appropriate). BTW, R' Reisman is great; I've been listening to his MP3 shiurim for a long time now.
6. I am obsessing with this site now, reading what I can, taking part in the forum etc. I probably spend as much time doing this as I used to do the other stuff, which keeps me busy and I do it from home in the evenings, not from the privacy of my office, so it brings me back home...

On the spiritual side, I kept the fence I've already created for myself before: to go to the mikva after each occurrence, and in general to be particular ab. tvilas Ezra. I started learning a particular kuntreis on shmiras eynaim (and once I know you better, I'll tell you which one it is), and plan on doing more of such reading. I also decided to keep my mouth shut in shul, if an argument of any sort ensues (I am usually very vocal expressing my opinion), so that I learn to not have attention focused on me. Also, I promised (in that above-mentioned tzetle) to wear a hat every time I daven, bentch, say Birchas Hashachar, or Al Hamichyo. I think it should add to the additional yiras Shomaim I'm trying to instill on to myself.

What else? I apologized to my wife (for which I was ostracized by some on this forum); and I actively turn my head away if something comes into my line of sight that I know will bring me to hirhurim.

And finally, I am making this kabolo allehabo (Bli neder, it's not a vow just yet): before acting out the next time (should a time like this come, Hashem yishmerenu), I will put on my hat and jacket and say my kappitel tehilim. If I don't do it and act out, C"V, then I will pay 10 times the mikva fee the following morning (I've been pretty consistent with my mikva promise).

Your input is welcome. Please don't beat up on me too much, I'm still working out my sensitivity issues:)

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Re: Personal recovery plan

Posted by obormottel - 15 Sep 2011 16:02

I was mentally and emotionally exhausted last couple of days.

I'm better now. Thanks, new friends.

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Re: Personal recovery plan

Posted by JackAbbey - 15 Sep 2011 16:10

get beeter quick

we need your piece of mind here

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Re: Personal recovery plan

Posted by obormottel - 19 Sep 2011 16:39

I had a fight with the wife last night, among other things I was called piece of sh*t who mas*****s instead of making a living. I provoked the argument, of course, by saying something insensitive, which was possibly brought about by her putting me on the defensive by saying something accusatory (but true) to me first. So after the sh*t comment I just went into a fetal

position (or is it fecal?) and folded, and said nothing even though she really pressed for some counter-insults. I even mumbled an appology later in the evening for saying "hurtful things that weren't even true".

So then as I lay in my bed, the neighbours upstairs start having a really loud s*x...and I just lay there, mesmerized, unable to pull a blanket over my ears, unable to get up and go to the kitchen, at full attention to add, and I was so ready to just start stroking...."she doesn't love you anyways, you are anyways a worthless piece of drek, make yourself feel good, this is a great opportunity, you are not even watching porn, and that's a real problem, right?, not your pleasuring yourself. "

What helped me to beat it back was this thought: "You are feeling miserable now, and unable to stand yourself. Just think how truly miserable you will feel after finishing, how you actually **will be a failure** and a shtick drek."

I think I made an important discovery in my own psychy: masturbating has nothing to do with making myself **feel** good. It may give me pleasure and a relief, but it can not make me happy when I'm not. That is new....

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Re: Personal recovery plan
Posted by alexeliezzer - 19 Sep 2011 16:45

Awesome work O'Mottel. Don't get complacent, but you are riding high bro!

I wasn't there, but that was a *very* low blow from the Mrs.

No matter. Take the high road. Forgive and apologize. We can take hurtful comments. Our wives cannot.

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Re: Personal recovery plan
Posted by JackAbbey - 19 Sep 2011 16:47

yes mottel, you made an importand discovery, that helped me a lot in the past and present.

you are a real will power hero, i must get hold of a shtick of your spirit.

if your wife (or anyone) insults you, that you are such and such, just agree, say, yes its correct, sometimes i do feel exactly like you described, what can you do in order to help me elevate more from this situation (or similar appropriate responses).

NEVER FIGHT BACK, OR REPLY ABUSIVLY

its not easy, but it works

(have you read the book "feeling good" from d. burns?)

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Re: Personal recovery plan

Posted by Dov - 19 Sep 2011 17:05

That was a great gift you got. It seems we get these 'inklings' and little faint lights of sanity are going on all the time, as long as we stick with sobriety.

The bitterness of the argument (really just a *venting* session, apparently, or at least *ended* with one) stings terribly, I know. In my horrid first year of searching for the recovery I needed, my wife once kicked me right in the groin. The pain is here for both of you, chaver. It is a horrible, frightening feeling - or awareness of reality - for a wife to see her husband as a loser in any way. And to be a wife who is actually driven to throw it in her husband's face, well...she must feel quite the failure herself. It hurts.

And *just* like sane frum Jews need to realize that all our personal and national tzaros, spiritual and physical, are all a result of the churban - an addict like me must, **must** become aware and remember that his prime enemy of all enemies, is lust. Not *masturbating*, or "*zera levatola*", but **lust**. The lusting I do (when I lust) makes me see her as *not nearly enough*, or have to change her - even though *inherently*, she **is**, as we happily eventually discover in recovery. It makes me feel G-d is not enough - even though He is - well...G-d, as we happily discover in recovery. It makes me see all the lackings in my life and live in them. It makes me see the lackings in others and it makes an attitude of higher purpose in my life seem just plain stupid. Stupid. Religious duty, yes...but still stupid. So it is a pain. Poor, poor me.

And as they say in AA, "Poor, me, poor me, pour me a drink." Say it, it actually is cute.

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Re: Personal recovery plan

Posted by ur-a-jew - 19 Sep 2011 17:54

I have much respect for you Mottel. Thanks for sharing that. Continued hatzlacha.

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Re: Personal recovery plan

Posted by gibbor120 - 19 Sep 2011 18:39

We're here for you OM. KOT.

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Re: Personal recovery plan

Posted by ZemirosShabbos - 19 Sep 2011 18:42

wow, Mottel, wow.

i think you should be promoted to Brigadier General for that.

i feel for you and am very impressed

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Re: Personal recovery plan

Posted by JackAbbey - 19 Sep 2011 23:34

mottel you just got a star added to your army suit

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Re: Personal recovery plan

Posted by obormottel - 19 Sep 2011 23:46

Thank you for the compliments, encouragements, promotions, stars, and a dose of Dov.

I think all those things (maybe save for Dov, because I didn't quite get the second paragraph) are wrong for me right now, 'cause they feed my
[size=6][font=impact]EGO[/size]. [size=6][font]/[/size]

Said ego brought me to this misery, so I think it'll serve it well to starve a bissle.

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Re: Personal recovery plan

Posted by JackAbbey - 20 Sep 2011 00:01

dear reb mottel: if you know what powerfull kochos you have, then you must realise that hashem want from you a lot more then from others who dont posses these gifts, they are given for a reason, and it doesnt add ego, it adds demand

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Re: Personal recovery plan

Posted by obormottel - 20 Sep 2011 00:30

I was just getting seated comfortably in my ego-less chair, and here you are, telling me I got a demand on me! I got enough demands, what with IRS and the rest of 'em...

Riboinoi Shel Oylom, take this fight over, please!

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Re: Personal recovery plan

Posted by 1daat - 21 Sep 2011 05:15

Sorry OM, I know you don't need any more ego food. But how you dealt with that night, the

fight, the struggle not to act out, and the huge insight, is just a beautiful lesson for all of us.

Now about that swollen head of yours. I'm sure you've had the experience when davening that you're in the flow, no thinking, just you and Hashem, little us, big Him, and then we notice that we're in the flow, and it all goes in the crapper. Flow-yh-crapper. When we say nice things to you, we're loving you, and for that first split second, my guess is it feels geshmack. It's not the compliment (that the ego inflates about) that's important. It's the love. I hope you'll enjoy and let it go deep. And at the risk of being condescending, I'm sure you know you're not your ego anyway.

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