

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 ZemirosShabbos - 27 Sep 2011 18:44

Mottel, ma nishma? round challahs? raisins? honey? honey-cake? a good maamar (ani ledodi)?

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Re: Personal recovery plan

Posted by obormottel - 27 Sep 2011 19:48

[ZemirosShabbos wrote on 27 Sep 2011 18:44:](#)

Mottel, ma nishma? round challahs? raisins? honey? honey-cake? a good maamar (ani ledodi)?

Thanks for asking: my wife bakes challas, so whichever shape they come out will be fine with me. Honey, yes sir, all the way till Hoishana Rabbo, and then it's mashke season!

Ani l'doidi is a gevaldige maamor, both from the Alter Rebbe's Likuttei Toiro and the Rebbe's.

So the Rebbe says in the Ani l'Doidi of 5734, that the entire year is given to us on credit, and then in Choidesh Elul the loan matures and it's time to pay up. We pay up with tshuvo and cheshbon hanefesh but what if you come up short? Says the Rebbe, that with the proper

slichos saying der Eibershter settles the loan for pennies on the dollar!

So we don't stay in debt for the new year, our credit history is great, and we qualify for a new loan!

Ksivo v'chasimo toivo, everybody! Apply for 100 MIL loan next year, I'm sure it'll get approved as long as you don't have any outstanding debts!

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Re: Personal recovery plan

Posted by ZemirosShabbos - 27 Sep 2011 19:55

Amen!

thanks for sharing those words, gevaldigggg

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Re: Personal recovery plan

Posted by obormottel - 27 Sep 2011 21:53

I just had the best Rosh Hashono present from one of the guys on GYE.

I got in contact with him and fessed up that I have my collection of all-time-favorite shmutz on an external hard drive. Now, I haven't as much as peeked ever since I'm on the programm, but it was sitting there and it was burning a hole in my head.

So this morning we got on the phone (my first time talking to anyone from GYE live, and I didn't die!) and he stayed on the phone with me untill I deleted the file folder.

DELETED!!!!!!! It was really precious and I know I would've gone for a "last look" if I were to go about deleting it myself.

I feel bad now, of course, because this means REALLY no turning back, and they were just such good friends....

I will be a better Jew next year! I don't care what Dov says, I wanna be a better Jew as much as I want to be a recovering sex addict. With der Eibershter's Boruch Hu help, of course.

Love you all and especially thankful to the good fella who pushed me to do the right thing before Rosh Hashono!

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Re: Personal recovery plan
Posted by bardichev - 27 Sep 2011 22:11

way to go!!!!!!!!!!!!!!!

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Re: Personal recovery plan
Posted by gibbor120 - 28 Sep 2011 13:57

INCREDIBLE! NO TURNING BACK! NO REVERSE ON OUR TRUCK! I think bards is having a

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Re: Personal recovery plan
Posted by ZemirosShabbos - 28 Sep 2011 14:35

Mottel that is gevaldig!!

you hit one out of the park

very happy for you

you should buy yourself a nice big bottle of mashkeh lekoved this

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Re: Personal recovery plan
Posted by alexeliezer - 28 Sep 2011 15:32

hashpoah on me

Shteig on O'Mottel !!

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Re: Personal recovery plan

Posted by gibbor120 - 28 Sep 2011 15:33

OM, Make sure you empty the recycling bin too! If you didn't do that, you can call me. I've lived to call a few people on GYE and you've lived through your first. There's a good chance that

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Re: Personal recovery plan

Posted by Gevura Shebyesod - 28 Sep 2011 16:06

Mottel you are so strong! A true Giboir!

Don't feel bad, they weren't really your friends anyway.....

we'll both live through it

You ARE a better Jew and you will continue to be better and better!

KVT & KOMT!!!!!!

Gevura!

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Re: Personal recovery plan

Posted by obormottel - 28 Sep 2011 18:41

[gibbor120 wrote on 28 Sep 2011 15:33:](#)

OM, Make sure you empty the recycling bin too! If you didn't do that, you can call me. I've lived to call a few people on GYE and you've lived through your first. There's a good chance that

I spoke to two people now, one more special than the other! Of course, I myself sound like a dork, but when you get to know me I'm quite personable...

Do you think an external harddrive has recycling bin? I don't think so, but now I'm afraid to go looking....

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we'll both live through it

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Re: Personal recovery plan

Posted by gibbor120 - 28 Sep 2011 18:45

I'm not sure either. i would just empty your computer's recycling bin just in case. Just right click and empty it. DON'T OPEN the recycling bin. Have a ksiva vchasima tova and a good yom tov! I look forward to "see"ing all my GYE friends after yom tov.

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Re: Personal recovery plan

Posted by obormottel - 04 Oct 2011 15:52

Been so busy with the yomim toivim, no time for a good long post.

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I need to find a balance between not loosing what's left of my self-esteem and reigning in on my ga'ava and egotism. So far, I'm just feeling down, which is definitely not the way to go.

G'mar chasimo toivo, friends!

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Re: Personal recovery plan

Posted by gibbor120 - 04 Oct 2011 16:22

I just started garden of peace too. I wish both of us lots of true peace.

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