

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 mast*****r since age 11 or 12. Started looking at internet p**n 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 - 26 Oct 2011 21:01

@gibbor: your joke's well taken, my joke's half-hearted.

shmeichel: thanks, brother, I don't want a doctor, what if they tell me I really AM sick?

There was this one guy who had a sore in his foot. So he wouldn't go to a doctor for fear it was something serious that he would have to deal with. Finally, someone convinced him to go. After the visit, the guy was very cheerful, so they asked him what happened? He said: the doctor said there is nothing wrong with me. So they said: but what about the sore, it's still there?

O, the guy says, I didn't show it to him. I showed him the healthy foot.

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Re: Personal recovery plan

Posted by Dov - 27 Oct 2011 01:16

Now **that** is a great line!!

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Re: Personal recovery plan

Posted by ur-a-jew - 27 Oct 2011 01:48

If you divorce your wife who will reset the filter for you. With suicide you don't have that problem. Keep smiling. Life is good and so are you.

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Re: Personal recovery plan
Posted by Dov - 27 Oct 2011 02:00

I don't know about you, but we are getting along so well right now that if I divorce her, she would kill me.

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Re: Personal recovery plan
Posted by obormottel - 01 Nov 2011 08:11

[ur-a-jew wrote on 27 Oct 2011 01:48:](#)

If you divorce your wife who will reset the filter for you. With suicide you don't have that problem. Keep smiling. Life is good and so are you.

congrats on the new and important title! thanks for all the chizzuk! I saw on your thread that jumping off high buildings isn't totally off charts for you. So you keep smiling too there, buddy!

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Re: Personal recovery plan
Posted by Tzvi S. - 01 Nov 2011 11:30

ur-a-jew,

don't talk about suicide in this forum.

Thank you

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Re: Personal recovery plan

Posted by the.guard - 01 Nov 2011 12:03

There's two problems with suicide.

- 1) It's the only aveirah in the Torah that Teshuvah can't fix.
- 2) It doesn't solve all your problems, because the REAL problems only begin afterwards.

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Re: Personal recovery plan

Posted by obormottel - 01 Nov 2011 16:25

Two surprises this morning:

1. According to Tech Support there are some topics here that are off limits. So what's a guy to do, just stifle his thoughts till he blows up? It worked for me for a couple dozen years, now I'm trying something new. I would argue that verbalizing a suicidal urge is healthier than keeping it in, but what do I know?

2. A visit by Rabbeinu Guard! Truly humbled, thank you, sir, for weighing in.

Coincidentally (or as we chassidim like to say, by Hashgocho Protis) I am 90 days clean today (on and off the chart this is the longest clean streak since I was 12). So I was planning to send a PM to Guard thanking him for providing this opportunity.

I guess I may as well post it here:

Thank you for returning a father to my children, a husband to my wife, and a Jew to Am Yisroel. As far as restoring me to sanity, that remains to be seen, but then it's not in your holy hands anyways. Your work is holy, and your reward is eternal.

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Posted by gibbor120 - 01 Nov 2011 16:29

(Just one correction. Chassidim don't have the market cornered on hashgacha pratis. Some other taira yidden still beleive in it who are not chassidim.)

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Posted by Gevura Shebyesod - 01 Nov 2011 16:38

KUTGW!!!!!!

Gevura!

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Posted by ur-a-jew - 01 Nov 2011 16:45

Mazel Tov!!!! And may you be sober tomorrow as well too.

Should we change your name to UberMottel, as in if the YH would turn to the RBSO and say look RBSO at the Yidden, look at the shmutz they are involved in. But wait a heavenly voice calls out Uber Mottel, what about Mottel, look at this sweet Yid, who is working on himself, and it's hard, but he didn't give up. This represents the UberMottel, he is trully an UberYid. He represents the true nature of Klal Yisroel. Continued hatzlacha.

Now one piece of advice. Don't make the mistake that some others have made. The journey is just beginning. Don't be complacent with 90 days. Go start your own thread in the Wall of Honor inspire others and get chizzuk when the inevitable bumps come. See you around.

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Re: Personal recovery plan
Posted by gibbor120 - 01 Nov 2011 16:58

[ur-a-jew wrote on 01 Nov 2011 16:45:](#)

when the inevitable bumps come.

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Re: Personal recovery plan
Posted by obormottel - 01 Nov 2011 17:23

Thanks guys! :D

UAJ, your advice, as always, is right on the money. You were one of the first to welcome me here and instrumental in my opening this particular thread (my very first post here says:
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So I was going to do just what you said: close this thread and move to the Wall of Honor. Now

the credit goes to you, but my new self is fine with it. As far as this being just the beggining and not to get complacent....oh, boy, do I realize it! Anyways, thanks for the affirmation.

Dear Gibbor120! Just because I'm 90 days clean doesn't mean I'm soft and cuddly alovassudden! What do you mean chassidim don't have monopoly on beleiving in Hashgocho
This is a major strife between talmidei Baal Shem Tov and Vilno Gaon.

The Besht taught that no leaf falls off a tree without Hashgocho Elyoino orchestrating it, and the other camp found it preposterous and heretical, because the King doesn't lower himself to dig in a garbage pile, and that His Hashgocho is over the human kind only.

Anyways, that stance has been softened somewhat since those times, and this discussion is for Beth Medrash, and you certainly are a taira Yid, and so is everyone who is b'shem Yisroel yechune.

Protis?
I was just being *sholel* the notion of coincidence as described in chassidus. Glad you're on board with that, and really glad you're my friend!

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Re: Personal recovery plan
Posted by gibbor120 - 01 Nov 2011 17:34

You have come a long way in a short time. You should continue your upward trend (we never go up in a straight line, but hopefully continue in that general direction)! And don't forget to shlepp the rest of us up with you!

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