

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 ZemirosShabbos - 01 Nov 2011 18:40

Mazel Tov Mottel!

till 120 gezunterheit mit mazel un bracha, harchavas hadaas and menuchas hanefesh in asach guldene rendlich

you are quite the man. your efforts and perseverance are moiredig!

keep it up

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Re: Personal recovery plan

Posted by bardichev - 01 Nov 2011 21:43

mazzzzz!! tov!!!!!!!!!!!!!!!!!!!!!!

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Re: Personal recovery plan

Posted by obormottel - 02 Nov 2011 00:43

I haven't gotten so many mazel tovs on my Birthday! thank you!

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Re: Personal recovery plan

Posted by mggsbms - 02 Nov 2011 10:30

Mazal tov !!!! wishing you lots of hatzlacha for the future, this is definitely a major milestone so keep up and don't let your guard down. mgsbms

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Re: Personal recovery plan

Posted by obormottel - 02 Nov 2011 15:45

Thanks! It is a milestone, albeit the first of many....

As Dov put it somewhere, now the task is not fall into thinking: "I can control it, and the proof is I lasted 90 days without it, so I am not addicted, and therefore I can look just a little bit, because I know I am in control".

G-d, I still am and always will be powerless over lust. My life has become unmanageable. Only You can restore me to sanity. Please take control of my life and of my lust. Take away my lust and only leave an appropriate attraction to my wife. I don't want to lust.

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Re: Personal recovery plan

Posted by gibbor120 - 02 Nov 2011 15:48

AMEIN!

Hey, aren't you supposed to answer "90" ameins per day?

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Re: Personal recovery plan

Posted by JackAbbey - 02 Nov 2011 15:53

mazel tov mottel

youve done gr8

gone a long way

you made it

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Re: Personal recovery plan

Posted by obormottel - 02 Nov 2011 15:53

[gibbor120 wrote on 02 Nov 2011 15:48:](#)

AMEIN!

Hey, aren't you supposed to answer "90" ameins per day?

Tzaddik:

90 omeins

4 k'dushas

10 Omein Yehei shmei rabbos

100 brochois

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Re: Personal recovery plan

Posted by obormottel - 02 Nov 2011 15:56

[Shmeichel wrote on 02 Nov 2011 15:53:](#)

mazel tov mottel

youve done gr8

gone a long way

you made it

thanks buddy! long time no speak! your ninety is around the corner, too, no?

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Re: Personal recovery plan

Posted by gibbor120 - 02 Nov 2011 15:58

[Shmeichel wrote on 02 Nov 2011 15:53:](#)

you made it

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Re: Personal recovery plan
Posted by alexeliezer - 02 Nov 2011 16:50

edgy today, are we? 8)

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Re: Personal recovery plan
Posted by gibbor120 - 02 Nov 2011 17:12

How'd you read me so well ????. I guess my emoticon gave me away :o.

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Re: Personal recovery plan
Posted by Dov - 02 Nov 2011 19:41

The 91st day is 24hours, just like the 1st, the 2nd, the 89th, and the 980th.

Continued brocha!

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Re: Personal recovery plan
Posted by gibbor120 - 02 Nov 2011 19:45

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