

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 - 02 Nov 2011 20:01

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Re: Personal recovery plan

Posted by gibbor120 - 02 Nov 2011 20:06

So we need to make sure we use shaos zemanios for this coming Sunday if we want to take it one 24 hr day at a time.

The shealos that frum SAers have to ask... sheesh. Mi kiamcho yisroel 8).

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Re: Personal recovery plan

Posted by heuni memass - 02 Nov 2011 20:12

it's still 24

Mabruk, Mazel Tov, Congrats my friend.

Kot..

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Re: Personal recovery plan

Posted by ur-a-jew - 02 Nov 2011 20:22

[obormottel wrote on 02 Nov 2011 20:01:](#)

Although not twenty-four 60 minute hours, so if you convert it to 60 minute hours you can have either more or less.

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Re: Personal recovery plan

Posted by obormottel - 02 Nov 2011 21:58

[ur-a-jew wrote on 02 Nov 2011 20:22:](#)

it's still 24

[obormottel wrote on 02 Nov 2011 20:01:](#)

Although not twenty-four 60 minute hours, so if you convert it to 60 minute hours you can have either more or less.

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Re: Personal recovery plan
Posted by Dov - 03 Nov 2011 00:11

Maybe we should count our sobriety by *chalokim*. Gevalt....

so that's why they promoted you - for your smarts!

You guys are wacky indeed!!

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Re: Personal recovery plan
Posted by struggler - 03 Nov 2011 00:32

Mazel tov on 90 days!

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Re: Personal recovery plan
Posted by obormottel - 03 Nov 2011 00:38

[dov wrote on 03 Nov 2011 00:11:](#)

Maybe we should count our sobriety by *chalokim*. Gevalt....

You guys are wacky indeed!!

Dov, Dov! We get it, stop raining on my parade! I'll be back to work tomorrow, let me and the guys celebrate the accomplishment a little bit (a little bit, as in proportion to the accomplishment).

If I start thinking "I really need to concentrate on being sober for 13 years like Dov" I will immediately act out, you know that!

One day at a time, baby, and today is a good day, I feel good about today.

And struggler, thank you, buddy!

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Re: Personal recovery plan

Posted by obormottel - 03 Nov 2011 00:42

And here is what we are celebrating today: An email from Guard in my mailbox which reads:

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Hi obormottel,

Congratulations on reaching level 7! Mazal Tov on 90 days!

You have rightfully earned your place on the "[Wall of Hashem's Honor](#)" chart.

According to the scientific study, you have succeeded in changing the neuron pattern of the addiction in your mind. It should be significantly easier now for you to deal with these desires. However, always remember that this is just a stepping stone in the journey to life-time recovery. We can never afford to let our guard down - of-course. Keep all doors to lust closed at all times, and keep your eyes and mind inside the "sobriety train". Thank you for choosing GuardYourEyes, we wish you a pleasant life-time journey!

P.S. When you reach half a year clean, you will advance to level 8.

May Hashem be with you always!"

So pass the bottle around for another round, please!

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Re: Personal recovery plan

Posted by Dov - 03 Nov 2011 01:47

Oy vei. I was actually 100% kidding around and meant nothing critical! What a dour and predictable fuzzbucket I have become! Woe iz me!

OK. That's better.

Now:

Mazel Tov on the 90 day gift! May you take the same gift today and every day till the very last bit of the end of your earthly trip!

Amen!

8)

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Re: Personal recovery plan

Posted by ur-a-jew - 03 Nov 2011 03:46

[dov wrote on 03 Nov 2011 01:47:](#)

Oy vei. I was actually 100% kidding around and meant nothing critical!

Now you tell me I just spent an hour trying to convince guard that the new websote should have a 90,000 chalokim chart.

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Re: Personal recovery plan

Posted by ZemirosShabbos - 03 Nov 2011 14:24

Mazel Tov (again) Mottel!

on the new kitchen, the email from Guard and for 90,000 chalokim

p.s. did anyone tell you that you are supposed to wear a spudik on day #91 in recognition of the milestone?

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Re: Personal recovery plan

Posted by Gevura Shebyesod - 03 Nov 2011 14:26

90 days is actually 2,332,800 Chalokim.....just sayin'

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Re: Personal recovery plan

Posted by ZemirosShabbos - 03 Nov 2011 14:33

that definitely deserves a mazel tov

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