

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 JackAbbey - 06 Nov 2011 15:20

why not offer her a ride in your monsteh truck?

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Re: Personal recovery plan

Posted by obormottel - 08 Nov 2011 05:44

I really liked this thread...do I really have to let go.....and let G-d?

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Re: Personal recovery plan

Posted by obormottel - 04 Jan 2012 23:13

I was re-reading this thread yesterday and today, looking for some info...and I really did like it!

Just an update: I am still (now 154 days) sober from sex with self, watching porn, and intentional fantasizing.

I have a kitchen going [here](#) and another thread journaling my recovery [here](#).

I have enrolled in SA and attend meetings regularly, 3-4 times a week.

I just did the reading of my first step to our group (about two dozen people with different sobriety lengths). For the unaffiliated it means I wrote about 7 pages of my sexual acting out history, and then read it to the group, admitting my powerlessness over the crazy things I confessed to have done.

It was nerve-racking but I got good support and feedback, and I am ready to move forward.

Happy new year to all.

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Re: Personal recovery plan
Posted by Dov - 05 Jan 2012 00:41

Ashrecha, chabibi. Continued hatzlocha, always.

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Re: Personal recovery plan
Posted by obormottel - 05 Jan 2012 00:52

Thanks! If you have aany interest I can let you read it, too, although for myself, I already got it off my chest.

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Re: Personal recovery plan
Posted by 1daat - 05 Jan 2012 03:55

Wow! really nice. *really* nice.

Hashem chapt major nachus.

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Re: Personal recovery plan

Posted by obormottel - 05 Jan 2012 07:15

I hope He does, b/c that would be nice

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Re: Personal recovery plan

Posted by Dov - 05 Jan 2012 09:43

Now all that really matters is what you do about good living *today*....just like the day before your 1st step share. You will be matzliach. KOT

(keep on truckin')

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Re: Personal recovery plan

Posted by gibbor120 - 05 Jan 2012 15:35

AWESOME... er I Mean GEVALDIGGGGG OM! KUTGW! KOT!

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Re: Personal recovery plan

Posted by obormottel - 24 Jan 2012 23:24

With G-d's Help, meetings, phonecalls, and good nutrition I am 174 days clean.

Now, 6 Jewish months will be on Shvat 3 (which is Jan. 27), 180 days will be on Jan. 30, and 6 regular months will be on Feb. 3.

Which date do I celebrate?

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Re: Personal recovery plan

Posted by Dov - 24 Jan 2012 23:55

"A very big segulah for staying sober, is leaving all thinking and discussion about anniversaries to the day of the anniversary itself. Even the day before it is not the right time to discuss or plan anything."

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Re: Personal recovery plan

Posted by obormottel - 24 Jan 2012 23:58

Point taken. But when is the anniversary is the question, not what to do on this day when and if it comes.

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Talmi te'ehorim

Re: Personal recovery plan

Posted by ur-a-jew - 25 Jan 2012 00:26

[obormottel wrote on 24 Jan 2012 23:24:](#)

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All three. I would say being alive and sober is cause for celebration. (~~Unless of course all you have to eat is some buckwheat stew~~). Fine I wont go there. Continued Hatzlacha

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Re: Personal recovery plan

Posted by Gevura Shebyesod - 25 Jan 2012 00:34

[ur-a-jew wrote on 25 Jan 2012 00:26:](#)

[obormottel wrote on 24 Jan 2012 23:24:](#)

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And the days in between. Mishteh Shivas Yomim!

hatzlacha and KOMT!!!!

Gevura!

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