

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 - 25 Jan 2012 00:40

[Gevura ShebYesod wrote on 25 Jan 2012 00:34:](#)

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?

And the days in between. Mishteh Shivas Yomim!

hatzlacha and KOMT!!!!

Gevura!

I got it. 1/27 First day YomTov, 2/3 Last day YomTov, and Chol Hamoed.

But like the Great One pointed out, let's not plan the celebrations just yet.

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Re: Personal recovery plan

Posted by gibbor120 - 25 Jan 2012 05:09

OM, I'm sooooo happy for you.. and I've never even met you!

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Re: Personal recovery plan

Posted by Gevura Shebyesod - 25 Jan 2012 05:17

[obormottel wrote on 25 Jan 2012 00:40:](#)

[Gevura ShebYesod wrote on 25 Jan 2012 00:34:](#)

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Gevura!

I got it. 1/27 First day YomTov, 2/3 Last day YomTov, and Chol Hamoed.

But like the Great One pointed out, let's not plan the celebrations just yet.

I just realized i did the math wrong, it's actually **8** days!!

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Re: Personal recovery plan

Posted by ZemirosShabbos - 25 Jan 2012 20:50

maybe according to the bais yosef's kasha it's only seven days

however you count it or don't count it, Mottel is a walking talking inspiration and an all around great guy, if i may say

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Re: Personal recovery plan

Posted by ur-a-jew - 25 Jan 2012 21:08

[ZemirosShabbos wrote on 25 Jan 2012 20:50:](#)

maybe according to the bais yosef's kasha it's only seven days

Is that a different kasha from the buckwheat kasha?

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Re: Personal recovery plan

Posted by obormottel - 25 Jan 2012 21:23

I was sure that beis yosef's kasha was in and of itself a play on buckwheat kasha...but then I remembered...well, as long as the oil is NOT canola but extra-"withoutexperience"-olive oil, we should be able to pull off an eight-day miracle...

If one's aversion to Chabad doesn't prevent him from Lubavitcher Rebbe's Toiro, then there is a sicha printed in chelek 5 of Likutei Sichos (on p. Chayei Soro) that discusses some possibilities for ness Chanuko and the Rebbe's gaonusdige teretz.

also, I'm curious what you think about my latest kitchen discussion...[Overhere...](#)

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Re: Personal recovery plan

Posted by gibbor120 - 25 Jan 2012 21:34

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Re: Personal recovery plan

Posted by ZemirosShabbos - 25 Jan 2012 21:44

Mottel, i propose that you make your kitchen a ~~Bais Chabad~~ Bais GYE. draw people in with scintillating buckwheat kasha dripping with inexperienced olive oil and smothered with chunky

Thanks for the compliments, you guys...and you don't even know me!

tomato sauce and soon they will be ingesting recovery with every bite

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Re: Personal recovery plan
Posted by obormottel - 25 Jan 2012 21:52
p.s. just don't put place cards out...

I'm ready for a GYE get-together...and we can use place cards!

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Re: Personal recovery plan
Posted by gibbor120 - 25 Jan 2012 22:34

[obormottel wrote on 25 Jan 2012 21:52:](#)

I'm ready for a GYE get-together...and we can use place cards!

are u hosting?

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Re: Personal recovery plan
Posted by obormottel - 26 Jan 2012 00:03

oh, I'm hosting....\$150 cover charge and don't forget to tip your burka-wearing waitress.

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Re: Personal recovery plan
Posted by Dov - 26 Jan 2012 00:46

We'll *all* wear burkas!!

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Re: Personal recovery plan
Posted by alexeliezer - 26 Jan 2012 02:10

Hey O'Mottel,

Just stopped by to say hi!

Sounds like you're rolling along well.

Need to come here more often to get some laughs ;D

Sign me up for your get together.

Alex

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Re: Personal recovery plan
Posted by Dov - 26 Jan 2012 02:56

Actually, if any GYE guys show up in burkas with only their eyes showing and with a namebadge that has their username on it.....I will have a fit and pass out.

But I'll still come, just for the laughs.

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