

Personal recovery plan

Posted by obormottel - 12 Aug 2011 22:38

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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 Jan 2012 17:09

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I'd like to remind you that an SA-approved couple is one man and one woman within the framework of marriage.

Unless we define a man as the one who's paying...

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Re: Personal recovery plan

Posted by gibbor120 - 26 Jan 2012 17:34

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Do you take bad checks and cancelled credit cards?

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Re: Personal recovery plan

Posted by tehillimzugger - 26 Jan 2012 17:45

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how much is it in shekels?

also do you sponsor the airfare?

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Re: Personal recovery plan

Posted by Gevura Shebyesod - 26 Jan 2012 19:39

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Chucky Cheese tokens?

Oh, and I'll need an extra-large parking spot. (Not for me, for my truck) ;D

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Re: Personal recovery plan

Posted by gibbor120 - 26 Jan 2012 19:40

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Yes, and how many possums to the dollar?

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Re: Personal recovery plan

Posted by Yosef Hatzadik - 29 Jan 2012 06:38

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Am I overhearing some discussions about a GYE party??

For a party it is worth sticking around....

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Re: Personal recovery plan

Posted by obormottel - 04 Feb 2012 00:00

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Yud Shvat 5772.

6 months clean today.

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Re: Personal recovery plan  
Posted by Gevura Shebyesod - 05 Feb 2012 03:46

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Gevaldigggg!!!

Here's to a lifetime of "One Day At A Time"s!!!

Lechaim!!!!

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Re: Personal recovery plan  
Posted by Dov - 05 Feb 2012 07:19

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Mazel Tov!!

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Re: Personal recovery plan  
Posted by Blind Beggar - 05 Feb 2012 10:40

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Six months! Gevaldig!! Keep it up for the rest of your life one clean day at a time.

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Re: Personal recovery plan  
Posted by obormottel - 15 Jul 2012 20:10

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[obormottel wrote on 03 Jul 2012 20:19:](#)

WARNING: The following story is NOT part of children book series "If you give (a mouse a cookie etc)...", although it is loosely based on it, and it is therefore NOT suitable for children.

Reader discretion advised.

## IF YOU GIVE ME TO LOOK AT A WOMAN

If you give me to look at a woman

I may not see everything I want to see at a first glance.

So I may ask to look again.

When I look again, I may think she is attractive and if I find her attractive, I'll want to sexualize her.

When I've sexualized her, I'll want a fantasy to go with it.

And after fantasizing for a while, I will have a build-up of sexual tension,  
which I will want to releive.

So I will want to masturbate.

Once I decide to masturbate,

I will look for some porn to go with it.

So I will look for a computer with a fast internet connection.

When I start looking at porn, I may masturbate again and again, and keep looking at porn for hours.

After masturbating many times, and watching porn for hours on end,

I will become tired and depressed,

and I will want someone to comfort me.

When I want someone to comfort me it better be a woman, but it cannot be my wife, 'cause she's real and she knows the real me.

So I'll look for a woman who may be holding the key to my salvation, and when I find her, chances are I may wanna look at her.

But if you give me look at a woman...

didn't want it to go to waste. At the same time, I shared a bunch of very personal info in the original thread, and may have come off boasting. So that had to be removed. Just a note to calm those who know what I shared: I share those numbers regularly in face-to-face meetings with safe people. WWW doesn't seem so safe, wouldn't you agree?

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Re: Personal recovery plan

Posted by JustKeepGoing - 17 Jul 2012 19:20

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Lol what do you mean? The internet is perfectly-safe!

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Re: Personal recovery plan

Posted by obormottel - 06 Aug 2012 00:19

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One year since coming to GYE (on Aug. 3, 2011) I have been sexually sober for 365 days.

Thank you G-d, Sexaholics Anonymous, my sponsor, GYE, and my brothers-in-GYE.

I never thought I can get to thirty days. And if you don't beleive me, just scroll up.

Mottel

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Re: Personal recovery plan

Posted by tehylimzugger - 06 Aug 2012 06:51

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MAZEL TOV!!!

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