

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 - 07 Sep 2011 16:48

[Yosef Hatzadik wrote on 07 Sep 2011 16:45:](#)

Does the *mitzva* of *Lo sechaneim - Lo titein laheim chein* apply here?

explain please

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Re: Personal recovery plan

Posted by JackAbbey - 07 Sep 2011 16:50

the gemoro askethat you are not allowed to look, and it answers that it was when meeting at corners

the 2nd issue, i have to think

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Re: Personal recovery plan

Posted by Yosef Hatzadik - 07 Sep 2011 16:53

The Rebbe, Reb Yankele Pshevorsker of Antwerp Ztzvk"l used to vacation in Switzerland. During his daily morning stroll (after all, he went there to rejuvenate his body!), when he encountered goyim he would return their greeting with the German "oifwidderdzahn" {rough translation: Hope to meet you again}.

He was asked by his attendants, "When does the Rebbe plan to meet this goy again?"

"Vuss heist?" the Rebbe replied, "*V'allu moshi'im b'har Tzion lishpot ess har Eisav...* i do hope to meet him again!"

The Rebbe didn't want to insult the goy by ignoring his greeting, but he chose to clothe it in a tefilah for the Geulah!!!

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Re: Personal recovery plan

Posted by ben durdayah - 07 Sep 2011 16:59

I personally try a different kind of prayer, and I find it very helpful and uplifting. I would like to share it with you:

Ribono Shel Olam, please help me find whatever it is that I am looking for in her, in You instead.

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Re: Personal recovery plan

Posted by Gevura Shebyesod - 07 Sep 2011 17:44

[obormottel wrote on 07 Sep 2011 16:10:](#)

I've been having trouble....not with looking around on the street, but with feeling good about not looking, as well as with having the split-second images linger in my head. I dwell on them and get depressed about why couldn't I look, and why it's not going away, and how much I really wanna look. I have been using "alert, avert, and affirm" tool, but the affirmation is not helping, and I usually forget to compliment myself anyways. I've used image replacement technique, but it's not always practical. I've been imagining some disgusting words on the inner thighs of my fantasies, and that helped a bit. Then I started using another tool, of saying "Hashem, take my pain as a sacrifice", because I literally shudder and shake and feel nauseated when the urge to look is particularly strong. Shopping and driving are particularly difficult activities. I tell myself if I look I die.

All these tools are from GYE and they helped more or less. But the other day I started saying "G-d bless her" every time I see someone I want to do a once over. And the urge immediately goes away! That is amazing....I find myself at peace, I don't want to look again, and I am comfortable with not being able to look once I ask Hashem to bless this person as His child.

So I want to be a ~~misnaged~~ litvak for a second, and ask: are we allowed to ask Hashem to bless goyim? I don't think so....but it's been doing wonders for me in the last day or two.....

What to do, heilige forum?

Mottel, that's so exactly what I am going through. (the triggers are different, but the thoughts and the pain are the same). I too have the same conflicting feelings going on, feeling good because I feel bad about looking, and at the same time the YH trying to make me feel bad that I can't look "it's not fair, everyone else can look and I can't, I waaaannnnnnnaaaaaa....." Yeah I sound just like my 3 year old....

I too, when I finally pull myself away and the wanting hurts so much, I say "Hashem, it's a korban for you, a little piece of myself, the yissurim should be mechaper."

It's so good to know that, at the core, we are really all the same, despite the different forms our Yetzer Hora takes.

As far as the brocho thing, I don't see the shaychus between "shekacha loi", which is praising Hashem for the beauty we see, and blessing a person and wishing good on them. I'm not sure that Lo sechoneim would apply to normal social politeness, but where you are blessing a specific person it may apply. OTOH we are dealing with Yehoreig v'al yaavor here, maybe it's doche.....

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Re: Personal recovery plan
Posted by JackAbbey - 07 Sep 2011 18:52

i think it would help to make a thread about

"how do you feel after winning a major challange ?"

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Re: Personal recovery plan
Posted by gibbor120 - 07 Sep 2011 19:21

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Re: Personal recovery plan
Posted by obormottel - 07 Sep 2011 19:30

[ben durdayah wrote on 07 Sep 2011 16:59:](#)

I personally try a different kind of prayer, and I find it very helpful and uplifting. I would like to share it with you:

Ribono Shel Olam, please help me find whatever it is that I am looking for in her, in You instead.

LIKE

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Re: Personal recovery plan

Posted by JackAbbey - 07 Sep 2011 19:38

going to disney world isnt hard, its just a matter of money, time, effort

winning a nesoyon which is at the time, bitter, tough, against your own body's will, is sweet success

it give you a kick-push forwards, one step ahead of him

the goyim dont even know what it means, they have no toichen, no hashkofo, no future they live for the enjoyment of that moment, they cant withstand the slightest nisoyon, if its agains their bodys will, like a beheimeh

and here we are poor humble jews gainning foot on quicksand where no one else can

doesnt that make you happy? dancing? jumping? singing? trucking?

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Re: Personal recovery plan

Posted by obormottel - 07 Sep 2011 19:53

[JackInShteeble wrote on 07 Sep 2011 19:38:](#)

and here we are poor humble jews gaining foot on quicksand where no one else can
doesnt that make you happy? dancing? jumping? singing? trucking?

I suppose this is my point: instead of all of the above it makes me miserable. :'(

but not if I ask Hashem to bless the person of my farshtunkene desire, then I don't feel bad
about myself at all....maybe because I wished well on this person instead of devouring them in
my mind? this thought just occured to me...

well, I'll be practicing more of this today, as I have to go to a supermarket (BRRRRR), so I'll
report if it still works.....

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Re: Personal recovery plan
Posted by JackAbbey - 07 Sep 2011 20:01

it worked for me too wonders

we need i sack full of ideas & tricks, and whenever we encounter a challange, we utilise another
idea

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Re: Personal recovery plan
Posted by JackAbbey - 07 Sep 2011 20:04

this is how we should feel when we have a nisoyon

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Re: Personal recovery plan

Posted by gibbor120 - 07 Sep 2011 20:08

OM, I think the idea is that when you wish well on them, you see them as a **person** rather than an **object**. Even if your mom is really pretty, you will not lust for her, because you do not **objectify** her. my 2 cents.

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Re: Personal recovery plan

Posted by obormottel - 07 Sep 2011 20:54

[gibbor120 wrote on 07 Sep 2011 20:08:](#)

OM, I think the idea is that when you wish well on them, you see them as a **person** rather than an **object**. Even if your mom is really pretty, you will not lust for her, because you do not **objectify** her. my 2 cents.

that's a good explanation.

I just had a girl come in here, practically t*pl*ss, asking for matches, and since I only had my lighter, she dragged herself through the entire place and out the back door, where she finally lit up; and I had to shlepp with her to retrieve my lighter and all the while she's trying to make small talk and being the polite gentleman that I am I have to look straight at her when talking to her....At one point I almost pushed her down the stairs, seriously, I just wanted to shout "shut up and get out and stop teasing me", then I said in my mind "G-d bless her" and I just instantly saw the same girl as a poor soul, just trying to be nice, and addicted to cigarettes, and I didn't give her another thought...I also davened Hashem should help her quit smoking, that's what a big tzadik I am.

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