

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 ZemirosShabbos - 07 Sep 2011 22:02

gevaldig vort about feeling alive, rebbe b

the ending of the gentleman story is great, obormottel. whether and how much of a gentleman you should have been and whether you should have said that you suffer from hyperpyrosentia and never came within 2 feet of matches is a good question

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Re: Personal recovery plan

Posted by Dov - 07 Sep 2011 22:14

OK, so a few things. "Lo siten lohem *chein*" halachically means that *we gain nothing* from the deal, correct?

But who says it is for nothing in return?

The entire *point* here is that *I* get a gift of sobriety and peace of mind by praying for the people I am lusting after, mad at, want to strangle, or am afraid of. And I get it. So I am benefitting from my gift. If they also benefit, then who is to cry? Hashem is giving them life and plenty brocha

(indirectly), who am I to want them to have no brocha of any kind? And if, as you say, "*but it has been doing wonders for me lately*" then I guess you are using these human b'riyos of Hashem for your own benefit *just* as He wants you to.

But it needs to be sincere. And you already know that it works...if we let it.

And while I am on the subject of "b'riyos", don't you *also* mean **goyim** when you say to Him "Boruch merachem al hab'**riyos**" and "Yismach Hashem b'**ma'asov**" every morning? OK, so maybe your particular hashkofa (and there are differences in rishonim and acharonim on this) prefers to see Hashem's Chessed and nachas from the goyim specifically in *spiritual* matters, not in any physical brocha or tov. For example, the goyim all coming to their own tachlis as our perfected chitzoniyus (as in "v'noharu eilov kol hagoyim" in the time of moshiach, b"b). So, what's wrong with davening for a goy's **spiritual** development into a man or woman who recognizes and believes in his or her Creator as the Nosein haTorah? To whine about chillul Hashem among goyim "Oy, what a shanda that it should be in the paper that Rabbi so-and-so molested children!" - implies that it matters what the goyim say and think about Hashem and His people! Why does it matter!? Is it for our kavod? Surely not. It must be for *Hashem's* kavod...but then why does it matter what is going on with a *goy's faith* in Hashem and His Torah?

Ella what - *clearly* Hashem wants the **spiritual growth of goyim, too**. It is childish and silly to retreat into some blind and dark mishega'as that "all Hashem *really* considers good for goyim le'osid lavo is for "all those evil goyim to see their folly (Ha!) and be punished!" Yeah, yeah, they deserve something...but G-d is a lot bigger than that. Their hakorah is what He wants. He 'wanted' it from the mitzrim by yam suf and He will want it b'acharis hayomim, too, from the bad people among the goyim.

But it is clear that davening for a goy to be granted true spiritual inspiration from Hashem to live rightly as a *goy* is a great mitzvah and well in line with the tikkun of the future. So why not ask Him for it for them today? Especially since you and I end up laughing all the way to sobriety, sanity, and peace of mind!

And, as generally when I daven for *myself* it is only for *spiritual* and *mental* help (see the first brocha in Sh"E, and also the 11th step which we addicts try hard to put into action), when I daven for a woman I am lusting after **99% of my tefillah is (and always has been) for "their spiritual connection with You, Tatty. Please, please help her know the truth of Your Beauty and Your Goodness, that everything valuable in their lives only comes from You, and not be fooled by false people who will use them!"** I sincerely hope that nobody is used

and trashed as these women most often, are. It is tragic, even if they seem to bring it on themselves - it is a sick, painful and tragic thing, to live out this huge gift of life in a trash can of depravity and confusion about what has real value and what is just a show. It really is.

Final point, be"H. And as painful as it is, I must write this; and I am not criticizing *anyone* in particluar, least of all any of you c'v. I love you guys, every one. I am just illustrating a point. **Imagine:** If it was a regular weekday, and you witnessed a man apparently abduct a 10 year old goyishe boy into his car, what would you do? Would you not care? Would you not try like crazy to save or help that boy? Would you not care of the pain of his parents? Of his horror before possible death? Or are the only real emotions Jewish ones? Are we turned into animals now, who see no pain in the suffering of those who are not in our family? Rachmonim - is a sign that we are Jews. A yid who says that "Rachmonim" only applies to *Jewish* people who are suffering, is nothing but a sheigetz, to me. And I believe that the Sh'chinah hak'dosha would 'run' from such a person k'borei'ach min ha'eish.

Everybody has suffering in life, and everybody dies. And dying is not pretty, at all. Plenty of our suffering is the result of our poor choices in life. We all need protection from bad influences, from stupid decisions, and from having sick thinking that unnecessarily paints our lives in ways that make life seem a horrible thing. What harm is there in having rachmonus on the goy I am lusting after - for the needless suffering he or she might feel? What is wrong about me davening for Hashem to spare this person from unnecessary suffering and pain due to deynos kozvos, sick thinking, and terrible mistakes in life?

OK, enough out of me. Sorry it was a megillah.

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Re: Personal recovery plan
Posted by bardichev - 07 Sep 2011 22:19

dont look

dont daven

just truck along

vayter!!

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Re: Personal recovery plan
Posted by obormottel - 07 Sep 2011 23:36

Reb Bardichev, simplicity has its ma'alois and its chesroinois. 'nuf said.

Dov, as always, very eloquent and very enlightening, though not entirely to the point.

I didn't have such deep kavonois for their spiritual awakening etc when I said G-d bless this shiksa I'm lusting after, just perhaps that their physical needs be met in a blessed way.

As for saving a goyishe kid etc, there was once a Jew in Brooklyn who saved a black woman from being stabbed and then drove her to the hospital, bleeding all over his car just in time to save her life. When a reporter asked him why he did it, after all there were other people of her

So it's possible to feel elef alfei havdolois apart and still care for the other person's wellbeing.

I was more curious of what the sages of this forum thought of halachic ramifications of praying G-d Bless a goy.

I am certainly planning to laugh all the way to sobrietytm, and if praying on any shiksa's behalf will get me there, you can count on me doing just that.

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Re: Personal recovery plan
Posted by JackAbbey - 07 Sep 2011 23:45

mottel i am with you & dov, but my love to bard is too strong, so i am not going to mix in

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race there etc. he said: I did it because we and ,l'havdil, they are the same thing.
Re: Personal recovery plan
Posted by gibbor120 - 08 Sep 2011 15:33

[bardichev wrote on 07 Sep 2011 21:00:](#)

i heard a good vort from reb akiva tatz

reshaim bichayehaim kruin maisim

goyim are so unalive

that only way they realize thaey are alive is

by bungee jumping skydiving etc

meaning when they are an inch from death

I think I heard the same shiur, and I heard it from R Noach Weinberg z"l as well. I think they were referring to Jews as well. We are all unalive to a greater or lesser degree.

One added point that I think R Tatz mentioned is, let's say a person is in the hospital with a terminal illness. They are on their death bed. Then miracle of miracles they heal and their illness vanishes. They will walk out of the hospital dancing. Why? They did not have any positive experience. They just "didn't die". Because **THEY FEEL ALIVE**. Feeling alive in itself is the biggest simcha. If we could just feel alive (wihout having to almost die, or simulate it by bunjee jumping etc.) We would always be besimcha!

I'll leave the prescription for "feeling alive" for the chachomim on this forum.

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Re: Personal recovery plan
Posted by Dov - 08 Sep 2011 16:28

Since I was about 13 years old, the **one** thing I discovered that I could do whenever I wanted to really feel alive and really connected, was to masturbate to a really good fantasy.

Eventually, it became the most *deadening* force in my life. So I had to quit. Of course, I still could not, so Hashem eventually helped me, and here I am, still growing freer, thanks to sex addicts who He keeps using to help me.

Just wanted to share that, so it would explain exactly why I generally *don't* give guys chizzuk and azhora to "resist fantasizing and masturbating". How could it possibly make *any real* sense to a guy who literally worships the porn women and the orgasms (cuz he keeps turning to them religiously), to tell him that "They are evil, you are better off not doing it. Trust me." Such talk is completely contrary to everything their experience is teaching them. It's like saying, "Trust me. Red is really green. Now go cross the street and have a nice day."

I needed to suffer the very real pain of following my gut and lusting - in order to learn and accept that all that my very insides were telling me was a big lie. Nobody but nobody could have ever convinced me of that.

To say it, yes. Hey, we are frum, no? We *gotta* tow the party line, right?! But to really **believe** it and be ready to give it up? No way. It's just too precious to us, that's why we keep turning to it. That's it.

Thanks.

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Re: Personal recovery plan
Posted by obormottel - 08 Sep 2011 16:49

[dov wrote on 08 Sep 2011 16:28:](#)

To say it, yes. Hey, we are frum, no? We *gotta* tow the party line, right?! But to really **believe** it and be ready to give it up? No way. It's just too precious to us, that's why we keep turning to it. That's it.

I found that on my personal level Dov is right. I had to really find myself OUT OF CONTROL and getting worse in order to really believe that I must get help in order stop. No, scratch that. To believe that I must stop. And then get help.

But is there really no such thing as a plain old yetzer horo, the one every man is born with, the normal human desire to feel good, and what better way to do it than masturbating?

So frum men do it , too. So their faith is external/ extraneous. They just need to internalize their faith, and what they know to be right and wrong, and they will stop pleasuring themselves. I had friends in yeshiva who swore they hadn't touched themselves since they learnt it was ossur. I believe them.

I let my problem exacerbate, I've been compulsively pleasuring myself every time I felt inadequate or hurt, maybe there are some deeper sickologicaltm reasons for my addiction. But for most men who masturbate it's just a bad habit, which can be broken, with some effort like all bad habits.

We don't prescribe 12 steps for quitting smoking, or going on a diet for EVERYONE? JUST THOSE WHO CAN'T DO IT THEMSELVES or with a little help from their friends.

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Re: Personal recovery plan
Posted by obormottel - 08 Sep 2011 16:53

I went to the mikveh, and it's the one where the boir of maim chaim is underneath, not by the side. So as I was standing on a tablet with two holes in it, that separates the maim elyonim from tachtoinim, it occurred to me: hey, it's **boor al gabei boir**. it's better if spelled in Hebrew.

BENDUR, did you get it?

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Re: Personal recovery plan
Posted by Dov - 08 Sep 2011 19:24

Get it....oyyyyveiii.....

You are really sumpin', man.

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Re: Personal recovery plan
Posted by Yosef Hatzadik - 08 Sep 2011 20:00

In this week's Parsha (Ki Seitzei) we learn that the nation (Moav) which sent its women to trigger the Jewish People are to be shunned. The Torah adds: *Lo sidrosh Shlomam v'tovasam kol yameicha le'olam!!!*

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Re: Personal recovery plan
Posted by Dov - 08 Sep 2011 21:37

It is reasonable to assume that *nobody*, not even the publishers of Playboy and all the schmutz on the internet, is trying to be machshil **anyone**. They are trying to make money, period. Same for hookers, and same for me when I was acting out using other people.

Lo sidrosh v'tovasam forever, is a bit of a stretch. And the resentment and righteous indignation is a luxury that I feel is better left to those more qualified to handle it! Like, for example, frum yidden who are **not** sex perverts like me, perhaps you, and many others here on GYE.

Just finding a virtue in something does not mean that it is Hashem's Will for you or me to be the standard-bearers of that inyan, I feel.

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Re: Personal recovery plan
Posted by obormottel - 08 Sep 2011 21:50

[dov wrote on 08 Sep 2011 19:24:](#)

You are really sumpin', man.

sumpin'? ??? somethin'? stumpin'? I gotta tell you, English is my third language, so I don't always get the pun...

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Re: Personal recovery plan
Posted by ben durdayah - 08 Sep 2011 21:53

Interesting dov,

I heard the exact same thing from the SA member who 12 stepped me.

I whined to him about those gefערליכע reshaim arurim who spread around the fake 100 dollar bills and business cards (we're going back 20+ years in New York, who else remembers these) to entice innocent little yeshiva boys to call 1-900 numbers.

He said very calmly, "Why do you think that they're such reshaim? They're just looking to make a buck, like anyone else?"

I never thought of it that way, and I still find it hard to think of it any other way.

Just my own two cents.

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