

To sobriety and beyond!

Posted by obormottel - 02 Nov 2011 07:09

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Ninety one days ago I was miserable and despondent. I was in a relapse from an attempted (and quite short-lived) sobriety effort. As always, the renewed filth-a-thon was dragging me deeper than ever before, forcing to search out darker and darker fantasies and visions. The lowest point of that particular escapade was arguably from the lower ones in my adult life: the night before, I got up in front of the whole shul and made a public "siyum" on a maseches I haven't finished learning. And it hit me really hard: the realization that I had no integrity left, that I can lie to dozens of people who are my friends, my Rabbis, my sons' teachers; that I can say the wonderful words of Hadran Aloch and know that I am lying....and all because pictures and videos of people doing all kinds of deviant acts take up so much of my life, that I am only faithful to god of orgasm. That is my only true commitment, for which I would lie, deceive, manipulate, throw a fit over, neglect responsibility, assign blame.

By then, I have already instinctively made the first step: I acknowledged my problem for what it is, admitted that I am powerless to stop it, and wrote to my Rebbe begging for help. I may have davened that day for Siyata d'Shmaya, too: because while browsing some Israeli website, I saw a GYE banner.

Ninety one days later, I am, by the Grace of G-d, ninety days clean from intentional watching of pornography and masturbation.

Poischim b'cvoid achsanya: I owe hakoras hatoiv to the Riboinoi shel Oilom and Rabbeinu Guard Meshichoi, and the GYE family. I love bickering with Dov, shmoozing with Bardichev, exchanging thoughts with Alexeliezer, ZemirosShabbos, Gevura shebeYesod, Gibbor120, Yosef Hatzadik, Shmeichel.....and everyone else whose name is omitted solely due to space constraints. Thank you! Thank you to Mordechai, who pledged \$90 to GYE if I stay clean for 90 days. Thanks to our newest moderator, UAJ, for a consistent flow of good ideas.

Thanks to all the new guys (can you even see me, I'm so high up in the clouds?) for letting me rant and vent on your threads.

Originally, I was going to wait till the end of ninety days and refer back to the handbook, and to the "GYE in the Nutshell" for whether I need additional help. Thank G-d I realize now I will always need additional help.

So I hope to use this thread as an interactive journal (like so many people here have) and take you guys with me to

SOBRIETY AND BEYOND!                      SOBRIETY AND BEYOND!

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Re: To sobriety and beyond!  
Posted by ur-a-jew - 07 Dec 2011 19:55

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Although not to be substituted for the real thing.

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Re: To sobriety and beyond!  
Posted by Gevura Shebyesod - 07 Dec 2011 20:23

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Nice!

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Re: To sobriety and beyond!  
Posted by gibbor120 - 13 Dec 2011 15:17

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Hey Mottel,

You haven't posted in a while. How are you doing?

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Re: To sobriety and beyond!  
Posted by ur-a-jew - 13 Dec 2011 15:31

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[gibbor120 wrote on 13 Dec 2011 15:17:](#)

Hey Mottel,

You haven't posted in a while. How are you doing?

He's too busy writing post-it notes, cooking gourmet meals and chasing screaming kids.

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Re: To sobriety and beyond!  
Posted by ZemirosShabbos - 19 Dec 2011 22:44

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Mottel!!!!!!!!!!!!!!!!!!!!.....

where are you?

did you join the Peace Corp.? did you join Shnooky Shapiro and fly back to the 1700's?

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Re: To sobriety and beyond!  
Posted by ur-a-jew - 19 Dec 2011 23:00

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[ZemirosShabbos wrote on 19 Dec 2011 22:44:](#)

Mottel!!!!!!!!!!!!!!!!!!!!.....

where are you?

did you join the Peace Corp.? did you join Shnooky Shapiro and fly back to the 1700's?

Maybe he was hacked into also: ??? ?? ?????? ???

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Re: To sobriety and beyond!  
Posted by obormottel - 20 Dec 2011 16:49

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Yes,all of the above and then some...I had some really rotten news about my business so it takes up a chunk of my time.Anyways, here is recent news from the Mottel Universe:I am still, by the Grace of G-d, sexually sober. Had some challenges in recent weeks, but G-d was right there for me, once He "weresought".My son saw me at the computer reading GYE some time ago, and thenhe saw GYE flyers in shul (that I myself had put out) and he put two and twotogether, and being a normal 14-year old brat, he got into a habit of tauntingme. (Agav,that's partially why I'm staying away from GYE).The most recentexample was last week when we were discussing whether he cango to Chanukaconcert in a "fancy" area of our town. The problem with thoseconcerts, that although they are organized by Chabad, they are marketed towardsless-affiliated, and therefore attract all kinds of boys and girls, and womenwho behave and dress in an immodest manner. (Need I elaborate? I think you getthe picture).So even though we've gone to similar events in the past (and lthink I discussed here our experience at the Chol Hamoed Sukkos concert), I toldmy son that we are not going to this one and that he is not allowed to go alone(read:with friends). After some going back and forth, he tells me: "Well,YOU have a problem with women, so you shouldn't go; but I can, because I willbe just looking at the stage and listening to music".So on Motzei Shabbos,after he allowed himself another similar comment, I took him outside and wespent an hour walking around the block and talking.I told him that since healready suspects something, and that recent changes in our life-style affect himalso, I feel that he deserves an explanation.I didn't mention SA of course, orthe words sexual addiction, but I did tell him that I'm working out certaincharacter defects within a 12-step program,that I realized I cannot tackle onmy own. At the advice of my sponsor, withwhom I discussed this earlier, Ibrought up AA, and pretty much told him that it is AA meetings I go to ( my sonwas also suspicious as to where I go at the same time every week).But as aprecursor to this discussion, I told him that I took his desire togo to theconcert seriously, and I've discussed it with some trusted friends,and"let me explain why I feel you

shouldn't go".So I brought up theparsha, and basically told him the following (again, my sponsor gets credit forthe general idea as to how to approach it):We find that the same act in thisweek's parsha is described as a great mitzva and the worst aveiro. What EishesPotifar wanted to do with Yosef was exactly the same act that Eirr and Oinonshould have done with Tomor. So what would have been an awesome mitzva forTomor's husband(s), would have been the worst aveiro for Yosef. Eirr and Oinonchose to do an aveiro instead, and Yosef, by abstaining, chose to do themitzva.So the doing or refraining from the same action, depending on context,turns it from one extreme to another.G-d gave us a tremendous gift, the power ofEin Sof, to procreate. It is a shame to waste this power, and this is why cheitEirr and Oinon is so grave. On the other hand, controlling your lustful urges isan achievement so great, that Yosef is the only one in the Toiro awarded thetitle Tzaddik.There was more, obviously, in an hour long talk...I think the boytook it well. I told him that should he want to discuss something of this naturewith me, he can do it at any time without any shame or fear.

Thanks for checkingon me, my friends. Happy Chanuka!

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Re: To sobriety and beyond!  
Posted by gibbor120 - 20 Dec 2011 16:56

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wow, mottel, heavy stuff you are dealing with. Very inspiring! Glad to hear from you again....

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Re: To sobriety and beyond!  
Posted by ZemirosShabbos - 20 Dec 2011 19:53

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Mottel, i admire your attitude and your approach to the subject with your son. kol hakavod.

thanks for checking in

Happy Chanukah! eat a custard buck wheat donut for me

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Re: To sobriety and beyond!  
Posted by obormottel - 20 Dec 2011 22:12

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Sorry for the messy writing. Somehow, my Mac doesn't work well with GYE and it took me a few tries just to post that, and for some strange reason it keeps co-joining words, so it's a difficult read, I understand.

I'll try to find time to attend to my kitchen...

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Re: To sobriety and beyond!  
Posted by obormottel - 05 Jan 2012 00:09

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Hello to all my friends, and a happy New Year. Nitei Gavriel in Hilchos Chanuka brings down from chassidishe sformim, that a posuk in T'hilim "Hashem yispor b'chsov amim" refers to Hashem benching us on a "goyishe" New Year. PM me if you must have chapter and verse, and I look up the Nitei Gavriel for you when I get home. But a happy and healthy Yohr to you and yours, my friends!

I am still sober and pursuing active recovery from sex addiction. Having a really bad time with my business, looks like I'll be losing it soon, which is a shame, I wanted to sell it at the very least. Instead I will likely be walking away from it, with almost 100K in debt.

That'll serve me well, of course, because what more proof do I need that masturbating my brains out to dirty movies had so much control over me that it made me lose my livelihood?

On another note, there is this guy in my shul who is very aggressive in distributing GYE flyers and talking to people about these issues. I believe he is following this forum and may have identified me.

I would like to propose to him, that if he shares in our problem, he should come open on this forum instead of lurking around. I wouldn't mind talking to him in person if he so desires (so PM me to make a date).

However if this person doesn't have a sexual addiction/compulsion I would respectfully request that he stays out of other people's business. He has no idea what we are dealing with here, and should keep his nose out of his fellows' private lives. He may be well-intended but his actions could and would jeopardize someone's recovery if he keeps accosting people publicly. He can chase an addict further away into hiding by blatantly suggesting to people to join GYE etc. So please cease and desist, or at least stay out of the lime light when promoting GYE.

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 05 Jan 2012 20:38

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hi Mottel,

it pains me to hear of your financial difficulties. i daven and hope that things get better soon.

i love your attitude and fortitude

keep on rockin

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Re: To sobriety and beyond!

Posted by Dov - 05 Jan 2012 20:50

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(I'm not the guy it your shul, either.)

Hey. Let's start a club! The "not the guy in OM's shul" club. And let's make it no girls allowed, too. Hah.

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(btw, i am not the guy in your shul)

Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 05 Jan 2012 21:06

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Can I join the "Not in Mottel's Shul" club too? ;D (That guy may have visited my shul too. A while back someone left a pile of GYE flyers there.)

Mottel, hope things start looking up for you really soon, and may you have much success in all things b'Gashmiyus ub'Ruchniyus.

Gevura!

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