

To sobriety and beyond!

Posted by obormottel - 02 Nov 2011 07:09

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!

=====
=====

Re: To sobriety and beyond!
Posted by obormottel - 13 Jan 2012 00:48

Just to update the chevre (and the guy in my shul, who stopped saying hello to me after my post so that I can know for sure it's him. Nu.):

I am now 163 days clean from intentional looking at porn and masturbating. I prefer to be a sober addict, than an acting out "normal". Sorry if this scares you, but it doesn't scare me (anymore).

I've met two guys who I knew from "real life" in the last two SA meetings, and I was happy to see that other people are looking to take action against their dreadful disease. It wasn't awkward, if you're wondering (ok, maybe a little).

I called another frum friend who stopped coming to meetings lately, and what do you know? He was in middle of acting out when I called, but he stopped and took my call, and he will hopefully stay sober for the rest of the day.

I am really happy to feel Hashem's presence in my life, and He's there all the time.

That doesn't mean that my financial troubles went thataway. It just means that Hashem loves me and keeps me sober through all the tribulations. And if I was still acting out, I couldn't possibly handle the pressure, and would have done something really stupid by now (suicide not excluded).

I made staying sober a priority, and the rest of my life follows suit. Would be nice not to have to do it, of course, but this train has left the station over 25 years ago, and I got a lot of growing up to do.

Best of luck to all,

Mottel

P.S. Sorry for neglecting my kitchen. Hope you can get back to fried eggs three times a day until I'm able to make you some mock burgers from buckwheat and garbanzos.

=====
=====

Re: To sobriety and beyond!
Posted by gibbor120 - 13 Jan 2012 15:30

Thanks for checking in mottel. It's really inspiring to read your stuff, especially when I go back to read some of your first posts. You have really come a long way in a short time. IY"H vaiter. KOT!

=====
=====

Re: To sobriety and beyond!
Posted by Gevura Shebyesod - 13 Jan 2012 16:56

Hi Mottel, great to hear from you. You're doing wonderful!!

May you have Gezunt, Parnassah B'Revach, and Asach Yiddish Nachas!!!

have a great Shabbos and KOMT!!!!

Gevura!

=====
=====

Re: To sobriety and beyond!
Posted by obormottel - 24 Jan 2012 00:53

As part of my recovery, I would like to make myself available to anyone who wants to talk on the phone. PM me for my cell number.

=====
=====

Re: To sobriety and beyond!
Posted by Yosef Hatzadik - 24 Jan 2012 06:25

Mottel, dear:

You da man!!!!!!

=====
=====

Re: To sobriety and beyond!
Posted by obormottel - 24 Jan 2012 16:55

[Yosef Hatzadik wrote on 24 Jan 2012 06:25:](#)

Mottel, dear:

You da man!!!!!!

=====
=====

Re: To sobriety and beyond!
Posted by obormottel - 24 Jan 2012 23:28

I talked to a guy in Israel this morning, met another one from accross the States last week, and

actually had one "real recovering pervert" over for a Shabbos meal.

I also gave another frum friend a ride to SA meeting today.

I'm really getting a hang on this "reaching out" thing. I must say, it's not so terrible.

=====
=====

Re: To sobriety and beyond!

Posted by gibbor120 - 25 Jan 2012 05:07

[obormottel wrote on 24 Jan 2012 23:28:](#)

I talked to a guy in Israel this morning, met another one from accross the States last week, and actually had one "real recovering pervert" over for a Shabbos meal.

Did he get a place card that read "recovering pervert" ;D ?

On a serious note, you really inspire me.

=====
=====

Re: To sobriety and beyond!

Posted by obormottel - 25 Jan 2012 06:24

I think a place card like this would scare the kids, don't you?

=====
=====

Re: To sobriety and beyond!

Posted by Dov - 25 Jan 2012 16:40

Yes! But it's funny.

=====
=====

Re: To sobriety and beyond!
Posted by obormottel - 25 Jan 2012 16:44

Ok, so get a load of this:

Yesterday I started the day by reaching out to a fellow struggler on the phone. I then gave another friend a ride to an SA meeting, we talked recovery on the way there and back, and I shared at the meeting as well. I then spent some time on the forum here, went to another SA meeting in the evening, where I shared as well, and then spent 45 minute ride home talking on the phone to yet another GYE member.

So you would think this was a pretty good punch I packed, right into my yetzer's chin?!

Guess what, I had an erotic dream last night! I was with the wife (which is about 50% of my erotic dreams; others are usually people I don't know).

So I woke up at 4am, thinking if I should wake up the wife to finish what we started, or just finish it by myself since I started it by myself anyways.

I did neither, and after some tossing and turning was able to fall back asleep.

But how do you like this? At one of the meetings yesterday someone said that while you're sleeping your Yetzer (he used an English word for it) is doing push ups next to your bed, so that when you wake up it's ready to go at it right away. My yetzer didn't even wait for me to wake up and I was sure I had him on the ropes yesterday!

Stay vigilant, my friends. Nothing's better than sobriety.

=====
=====

Re: To sobriety and beyond!
Posted by obormottel - 25 Jan 2012 16:46

[dov wrote on 25 Jan 2012 16:40:](#)

Yes! But it's funny.

=====
=====

Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 25 Jan 2012 17:14

[it's only funny if you get the joke](#)
[bsomatter wrote on 25 Jan 2012 16:44:](#)

Ok, so get a load of this:

Yesterday I started the day by reaching out to a fellow struggler on the phone. I then gave another friend a ride to an SA meeting, we talked recovery on the way there and back, and I shared at the meeting as well. I then spent some time on the forum here, went to another SA meeting in the evening, where I shared as well, and then spent 45 minute ride home talking on the phone to yet another GYE member.

So you would think this was a pretty good punch I packed, right into my yetzer's chin?!

Guess what, I had an erotic dream last night! I was with the wife (which is about 50% of my erotic dreams; others are usually people I don't know).

So I woke up at 4am, thinking if I should wake up the wife to finish what we started, or just finish it by myself since I started it by myself anyways.

I did neither, and after some tossing and turning was able to fall back asleep.

But how do you like this? At one of the meetings yesterday someone said that while you're sleeping your Yetzer (he used an English word for it) is doing push ups next to your bed, so that when you wake up it's ready to go at it right away. My yetzer didn't even wait for me to wake up and I was sure I had him on the ropes yesterday!

Stay vigilant, my friends. Nothing's better than sobriety.

...good for you that you kept in control!

There was someone in the Gemora that said "Geera B'eina d'Yetzer Hora" then he got in trouble.

I hate when that happens >

KUTGW!!!!!!!

Gevura!

=====
=====

Re: To sobriety and beyond!

Posted by Dov - 25 Jan 2012 17:48

Yeah, the man got in serious trouble even though he was a tremendous talmid chochom. He acted as though he would love to *beat the yetzer horas brains out*, and that is religious fantasy and prideful lust. So he got a tough message in return. And besides, he was a great amarah (I don't think he was an tannah but someone here can probably correct me on that...I think it was the amarah Rav Yosef) and certainly was not an addict, either.

For an addict like me, it isn't just religious fantasy and prideful, but it is just plain idiotic, cuz it

=====
=====