

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!

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Re: To sobriety and beyond!
Posted by chaimyakov - 25 Jan 2012 21:45

Also dreamt last night, but awoke. So weird, i almost never remember dreams but that miserable yh has kept reminding me all day long about it. Each time i daven to Hashem to take the memory away, i don't want it. Silly yh, when are you going to learn? Go pick on someone who wants to fight back, it will be so much more fun for you.

hatzlacha in all things GOOD.

chaimyakov

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Re: To sobriety and beyond!
Posted by Gevura Shebyesod - 27 Jan 2012 16:18

Gut Yom Tov Mottel!!!!!!!

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Re: To sobriety and beyond!
Posted by Dov - 27 Jan 2012 18:38

Ugh, I hate wet dreams and do not wish them on you of course, and really sympathize with you. But here is what I have been given on that:

I think it is a pretty much just silly pride for me to *ever* really buy the belief that a guy like me - no matter how much recovery work i ever do - really deserves to sleep free of wet dreams. I have viewed and used enough porn and fantasy and acted out plenty. I haven't the power - nor the responsibility - to get totally rid of the stash in my brain! I do not access it - but it is there, I guess, and that is OK! I have found that I can be sober (and often even happy) anyway! It is truly a brocha that I have not had a wet dream in something over ten years, I think...through no credit to me, of course.

When I feel vulnerable to one, I realize that the fear of it is the strongest cause of a wet dream that there can ever be (as is written in s'forim hk'), so I **avoid** saying cool segulos and complex incantations c"v...that stuff feels like plain old avodah zorah, for me. I like to depend on *G-d*, not on the *words* of tehillim incantations, etc., c"v. So I tell Him like this: "Dearest Tatty I am afraid of having a sexual dream tonight. I lusted so much in the past years months and days, and I do not fool myself to think I deserve any better and that is why I am depending on Your Chessed, which you have plenty of, I hear. And I tell Him that I trust Him and that I would be so happy if he would help me sleep with no lust tonight and then wake up refreshed and happy to be his imperfect kid.

And then I **smile** (seriously - that's very important. My best Friend is watching over me, what's there not to smile about?), lay down (on my side of course, cuz I am not an idiot) and **trust Him 100%** cuz fear *while I am right in His face* is just silly. He loves me to pieces even though I am a lust addict. Just as He loves everybody else, even though they are whatever *they* are. I like saying Adon Olam after that, preferably in my own words in English, then in Hebrew. It ends with the same idea as the above, exactly. Adom Olam is a sweet, beautiful gift from Him to me.

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Re: To sobriety and beyond!
Posted by obormottel - 27 Jan 2012 18:42

[Gevura ShebYesod wrote on 27 Jan 2012 16:18:](#)

Gut Yom Tov Mottel!!!!!!!

Thanks for the wishes, but if you mean Yud SHvat that's still a week away (where I live, anyways).

It is a personal yomtov of sorts, though: Gimmel Shvat tzu *mincha* I saw the Lubavitcher Rebbe for the first time so many years ago. And the next day I entered yeshiva. So it is a special day to be sure. *Amolige* chassidim made a big deal out of the first time they entered the Rebbe's room for yechidus.

So gut yomtov!

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 27 Jan 2012 20:23

I meant this: ;D ;D ;D ;D

[obormottel wrote on 25 Jan 2012 00:40:](#)

[Gevura ShebYesod wrote on 25 Jan 2012 00:34:](#)

Now, 6 Jewish months will be on Shvat 3 (which is **Jan. 27**), 180 days will be on Jan. 30, and 6 regular months will be on Feb. 3.

Which date do I celebrate?

And the days in between. Mishteh Shivas Yomim!

hatzlacha and KOMT!!!!

Gevura!

I got it. **1/27 First day YomTov**, 2/3 Last day YomTov, and Chol Hamoed.

But like the Great One pointed out, let's not plan the celebrations just yet.

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Re: To sobriety and beyond!
Posted by obormottel - 27 Jan 2012 22:43

That's funny! Thanks!

I actually told the guys in the meeting today that it's "6 Jewish months", they all got a good laugh...

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Re: To sobriety and beyond!
Posted by Gevura Shebyesod - 29 Jan 2012 03:35

Gut Moed ;D

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Re: To sobriety and beyond!
Posted by obormottel - 30 Jan 2012 02:31

Moadim l'simcha!

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Re: To sobriety and beyond!
Posted by Gevura Shebyesod - 30 Jan 2012 04:15

Hagim Uzmanim Lesason!!!!

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Re: To sobriety and beyond!
Posted by gibbor120 - 30 Jan 2012 17:06

MAZEL TOV! You should have many more "Jewish" months of sobriety ?? ??? ?????? ??? One day at a time - chabibi!

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Re: To sobriety and beyond!
Posted by obormottel - 30 Jan 2012 19:01

Thanks!

One day at a time indeed. Yesterday there were a ton of triggering women on the streets of my city, and I must have been taking little "sips", because by mincha time I really felt like taking the matters into my own hands. There is this billboard all over town for a movie, and I was doing my best to avoid it in recent weeks, but yesterday evening I took a look...and the big-chested character on it...and I really took it in... :-[

I can't tell you how important the phonecalls have become...I called two guys and talked to them for some time and surrendered the ~~beauty~~ beast off the billboard and went to sleep without resorting to self-pleasuring. But it was a tough day...

And take a look at this copy of 90-day Chart Login Page:

Gender	[table][tr][td]male [/t]
Marriage Status	[table][tr][td]Married with Children[/t]
On the chart	[table][tr][td]yes [/t]
Most Recent Longest Clean Streak (in days)	[table][tr][td]180
Days	[table][tr][td][table][tr][td]Last Fall
	[table][tr][td] N/A [/t][t]/[t]/[t]/[t]
First Day Clean In Current Journey	

Gevura!

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Re: To sobriety and beyond!

Posted by gibbor120 - 31 Jan 2012 20:31

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Here's your megillah