

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 hatziv 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, Zemiroshabbos, 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!

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Re: To sobriety and beyond!

Posted by obormottel - 31 Jan 2012 22:02

that IS funny!

who's HS?

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Re: To sobriety and beyond!

Posted by gibbor120 - 31 Jan 2012 22:21

HashemsSoldier, He's a budding sofer.

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 31 Jan 2012 22:25

He just finished writing one.

<http://www.guardyoureyes.org/forum/index.php?topic=3206.msg131383#msg131383>

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Re: To sobriety and beyond!

Posted by kidushashem - 01 Feb 2012 00:38

Mazal Tov Mottel!

I have to say, I'm extremely impressed that you've made 180 days on your first try!

Remember, I'm right behind you:-)

(I think I've got 4 more days)

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 01 Feb 2012 16:35

Good going Mottel, awesome!

hupp cossack all the way! buckwheat power!

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Re: To sobriety and beyond!

Posted by obormottel - 01 Feb 2012 16:40

I'm eating buckwheat kasha right now. Yum!

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Re: To sobriety and beyond!

Posted by alexeliezer - 01 Feb 2012 17:39

O'Mottel,

A belated congrats on tzveimol 90!

Never get complacent.

Never test your sobriety.

Do have fun though!

Alex

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 01 Feb 2012 17:42

[alexeliezer wrote on 01 Feb 2012 17:39:](#)

Never get complacent.

Never test your sobriety.

Do have fun though!

i like those marching orders

now git! (talkin' to self)

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Re: To sobriety and beyond!

Posted by obormottel - 01 Feb 2012 19:55

Thanks, AE, and all others. I'm for fun; have you been to my kitchen lately?

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Re: To sobriety and beyond!

Posted by gibbor120 - 01 Feb 2012 20:05

[obormottel wrote on 01 Feb 2012 19:55:](#)

Thanks, AE, and all others. I'm for fun; have you been to my kitchen lately?

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 01 Feb 2012 20:14

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Re: To sobriety and beyond!

Posted by obormottel - 01 Feb 2012 22:06

[Gevura ShebYesod wrote on 01 Feb 2012 20:14:](#)

Apparently, your shabbos guest didn't think it was fun

Exactly!

And I think the guy still had a better time than if he had to be alone eating greasy cold food.

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Re: To sobriety and beyond!

Posted by obormottel - 04 Feb 2012 00:03

I am grilling tuna steaks in honor of being 6 months clean today. Received 6-months chip at the meeting. Got emotional. Thanked G-d, my sponsor, and the program for this accomplishment.

Wish my mother could see me...no, heck, no...she'd puke in her mouth...but you are happy for me, right?

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 05 Feb 2012 03:41

Apple-solutely!!!!!!

KUTGW!!!!

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