

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 Yosef Hatzadik - 06 Feb 2012 04:20

What's on the menu in honor of 6 months & 3 days?

EVERY day is worthy of celebration!!!!

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Re: To sobriety and beyond!
Posted by obormottel - 06 Feb 2012 06:52

True enough. Ill get over to the kitchen and cook sompin up...

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Re: To sobriety and beyond!
Posted by ZemirosShabbos - 06 Feb 2012 21:13

something patriotic gigantic, please

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Re: To sobriety and beyond!

Posted by gibbor120 - 07 Feb 2012 17:06

MAZAL TOV MOTTEL! Wishing you many more grilled tuna steaks. When you grill some beef steaks, invite me over - K?

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Re: To sobriety and beyond!

Posted by obormottel - 09 Feb 2012 00:55

So I got another 6-month chip at a different meeting yesterday and gave GYE partial credit for the accomplishment. On to day 189 and beyond, please G-d!

I wrote something, and I am curious what you think about it. After you read it and had a chance to comment, I'll tell what this piece was supposed to be and why it didn't become "it".

So here goes:

There comes a time in one's life when you are hit with realization that up until this point you've been doing the same thing over and over again, each time expecting a different result. The primary motive for this insane behavior is the out-of-control habit that draws a person to repeat destructive actions without regard for neither immediate nor far-reaching consequences. In the language of Chassidic philosophy this phenomena is known as "being possessed by one's heart" as opposed to one's mind.

Arguably, being possessed by anything is a scary proposition. How much more so by one's heart, an organ responsible for feelings, for emotions, for desires. When intellect plays no role in one's decision making, it is a truly pitiful state, a state of powerlessness when it comes to making a choice based on reason and experience. A heart is incapable of learning from experience. It loves what it loves, and it wants what it wants no matter how many times you, the owner of this heart, have been thrown down hard, hurt and humiliated, unable to attain this all-consuming desire. In fact, it is often the case that one's inability to obtain the object of one's desires only makes the heart to yearn for it so much more.

In my case of uncontrollable lusting, I had to come to a sobering realization that I no longer had a freedom of choice when it came to deciding between a lustful behavior, with all its disastrous consequences, and one that is balanced and sound. No matter the conscience, the religious conviction, or better judgment and common sense, I would always end up taking my heart's side. I no longer was a "baal bechira", able to choose right from wrong, a master of my own destiny. My life was dictated by a force, which, even though it originated within me, was truly out

of my reach for any kind of modification. I lost my freedom of choice.

Even when praying, my mind would wander to lustful thoughts. Lust was the only thing that motivated me, and I became unable to connect to G-d on my own. I had no choice in the matter. I lost the permission from the Master of All Desires to decide on a course of action.

I can only get it back by allowing G-d back into my life. There has to be room for G-d in my religious observance. And -- I must do His Will through every day living, by not taking my heart's lead when it comes to daily affairs. But I can only open the door for Him. G-d will take the next step and enter, I'm sure.

As it says: Open up for him as an eye of a needle and He will open for you as Gates of a Great Hall. I must ask Him to do it. I must remember though, that the only reason I am allowed to even call out to G-d, despite my lowly status and insanity-driven behavior, is because He lets Himself be asked to restore me to sanity.

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Re: To sobriety and beyond!
Posted by obormottel - 09 Feb 2012 22:17

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and that's exactly what my sponsor told me when I tried to present him with this as my Step 2 ("We came to believe that a Power greater than ourselves can restore us to sanity").

He totally shot it down and sent me back to start over.

So there...

Thanks for your input anyways... :-\

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Re: To sobriety and beyond!
Posted by kidushashem - 10 Feb 2012 02:29

Mottel, I think there are lots of beautiful and true things in your failed step 2.

How come your sponsor *did* knock it down? (The only thing I could think of is that you didn't write all that much about how G-D can get you out of your predicament, only a few lines).

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Re: To sobriety and beyond!
Posted by Dov - 10 Feb 2012 15:38

It's a nice step *one*, and a nice step *three*. But there is no 'beef patty' of step *two* between them.

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Re: To sobriety and beyond!
Posted by obormottel - 10 Feb 2012 15:44

Nuuuu?! Do I have to pull it out of you like a rotten tooth?

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Re: To sobriety and beyond!
Posted by Dov - 10 Feb 2012 15:51

Maybe. Who's the one with the toothache, here?

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Re: To sobriety and beyond!
Posted by obormottel - 10 Feb 2012 16:05

I don't get the writing of the second step. Spell out the beef patty recipe, if u would. I spent an hour with my sponsor on it (after he was done knocking on the piece of wisdom I concocted above), and I had one or two "aha" moments, but I still don't get the assignment.

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Re: To sobriety and beyond!
Posted by gibbor120 - 10 Feb 2012 16:21

Hi OM, don't worry, I think I failed my 2nd step also. Dov says it's about who we make our higher power, and who we give power to. If we act differently around attractive women, we have given them power over us. If we feel nervous being shliyach tzibur, the tzibur has power over us. It's about what we allow to control us. Dov- please step in and correct me if I am butchering what you said.

I'll just make one observation about your post. Your writing is usually so full of life, it has passion, spice, and some edge to it. That's why I like it. What you posted is as dry as day old . It sounded like a drasha (one I fell asleep in). I don't feel your personality coming through in it at all. That may all be irrelevant, but that's how I felt when I read it.

Have a great shabbos!

I look forward to reading some more great posts!

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Re: To sobriety and beyond!
Posted by gibbor120 - 10 Feb 2012 16:38
flaxseed bread

Here's a good dov quote about giving them power
www.guardyoureyes.org/forum/index.php?topic=4695.msg129523#msg129523 .

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Re: To sobriety and beyond!
Posted by Dov - 10 Feb 2012 16:39

First, get the word "you" out of your writing as much as possible. It's hard, but the straw man we create needs to be replaced by ourselves as much as possible. It's not a sefer we are writing,

but an expose' and honest account just for ourselves. "No one will ever read this." I need to remember that. Then go on from there.

These are questions addressed specifically to you:

I don't know your particular lusting stuff, but do you *worship* these people's bodies images, or not? Do you see power and salvation of some kind in taking in the images or fantasies or words or sounds that you for so many years have been automatically chasing? Do you put your hope and trust in them, or not? If you keep coming back for more, feel in your gut that you need them, are drawn to them over and over...what does that really mean about your gut? Plain and simple. Something to think about.

Step two is not about G-d, at first. Its is first and formost about our screwed up *real* god. The ones we really turn to when the going gets tough. It is certainly not the G-d of the Bible, if you are a sex addict.

How does that sit with you? Can you write a bit on that just for yourself and not even for your sponsor? Please do not post it, either. It's gotta be just for you, like all program journaling.

Hatzlocha!!

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