

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!

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 10 Feb 2012 16:58

Hi Mottel,

i feel bad that you felt no one read your write-up. just wanted to point out that sometimes it takes time for people to get to the forum and read and digest and comment. ya' know "time takes time". so if no one comments it may be that they just were busy on a hunting trip, plowing the buckwheat field or watering the watermelon trees.

second, even though i see that you have Dov and Gibbor 'on your case' and they are much more proficient in the Program than i am, i just wanted to comment on what you wrote.

it sounds too good, too polished, too idealistic. it's not the raw you, with the lumps and bumps.

i would do the same thing, that's why i feel like i can critique it. i once wrote a step 4 in about 15 minutes and needless to say it was not accepted. i went back and spent days and days writing it up.

i admire your progress and perseverance and wish you continued hatzlocha

have a great shabbos

i'll have a drink for you tonite iy'h

so hupp cossack and may the buckwheat be with you

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Re: To sobriety and beyond!
Posted by tehylimzugger - 11 Feb 2012 18:21

Speak English! I don't know the meaning of half those long words, and I don't believe you do either!

Lewis Carrol- Alice in Wonderland

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Re: To sobriety and beyond!
Posted by Dov - 14 Feb 2012 21:50

Didn't read any posts for three days now. Not right now, either. It's the liberation I need right now to focus on taking a step back and letting go of some stuff, coming home for a while to rest.

Just to be polite to my sweet friends here, this is to report that b"H all is well but I am taking a break from the *forum* for a while to focus on my own recovery. I will be checking email for PMs, though. The forum is just too much time for me to handle time-wise, right now. Maybe for a few weeks, maybe a few months...no way to know, cuz it really is one day at a time. Love you!

Till then,

Dov

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Re: To sobriety and beyond!
Posted by obormottel - 16 Feb 2012 17:52

Well, I'm sober for another day, thank G-d!

I don't believe there is no heated discussion of Dov's departure, perhaps because he (cleverly) left his parting message on so many threads, that people don't know where to start.

I'm happy to open my thread to at least wishing Dov the best in his new life away from GYE (unless you already did it by PM'ing him), but also to see if there is life on GYE beyond Dov?!

Also, does it mean we just got downgraded, because the Great One is no longer with us? Or maybe it's like being thrown in the water in the middle of a lake and we now have no choice but to swim ashore?

Out of the kiddie pool, everybody, and start paddling...

Love to all,

Mottel

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Re: To sobriety and beyond!
Posted by tehillimzugger - 16 Feb 2012 18:01

[obormottel wrote on 16 Feb 2012 17:52:](#)

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Love to all,

Mottel

[TehillimZugger wrote on 15 Feb 2012 13:41:](#)

First the Rebberebbards! then the Rebberebber! What will become of us??!!!!

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Re: To sobriety and beyond!
Posted by obormottel - 16 Feb 2012 22:35

ok....

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Re: To sobriety and beyond!
Posted by tehillimzugger - 17 Feb 2012 09:18

www.guardyoureyes.org/forum/index.php?topic=4049.msg133129#msg133129

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Re: To sobriety and beyond!
Posted by obormottel - 17 Feb 2012 18:45

Gut Shabbos, everyone!

Stay sober, brothers, nothing beats being good and sober.

Mottel

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Re: To sobriety and beyond!

Posted by gibbor120 - 17 Feb 2012 18:55

[obormottel wrote on 17 Feb 2012 18:45:](#)

Stay sober, brothers, nothing beats being good and sober.

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Have a great shabbos!

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Re: To sobriety and beyond!

Posted by obormottel - 27 Feb 2012 21:59

Still sober (208 DAYS), but had a small slip by watching a pg13 spy thriller, where one of the characters was married to his really hot actress. Couldn't get her out of my head for a while even though I walked out a couple of times when she was in the foreground.

But the scariest thing happened today.

I walked into a convenience store and there on the central display there was this magazine which once a year dedicates an issue to my favorite type of insanity. I haven't missed an issue

(and consequent obsession with its images and mast..ing) in years.

So today I glanced at the cover, and moved on, but I almost felt enchanted in my desire to take it and at least peruse the images in the store.

I realized now, that I don't believe in anything. That the only thing I truly love, and the only thing that embues me with fear, is this magazine with its yearly collection of images. That is my higher power, and I totally worshiped it today, even though I didn,t touch or look at it.

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Re: To sobriety and beyond!
Posted by chaimyakov - 28 Feb 2012 13:31

i know exactly which magazine you are talking about and battled my own battle over it the other day. Baruch Hashem for the awareness that i am not normal and never will be(was).

Hatzlach in all things GOOD.

chaimyakov

btw it was good talking with you the other day

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Re: To sobriety and beyond!
Posted by ontheedgeman - 28 Feb 2012 15:32

okay party people, it's your daily prostration reminder. get on the floor and cover your head, and say, "Hashem, I offer myself to YOU, fully!! ALLOW ME TO DO YOUR WILL ALWAYS!!" Slaughter the Korban, get on the altar. you were not made to look at shmutz like a heathen, you were made to illuminate (a small portion of) the earth with the Divine Flow. Capitalize on that!

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Re: To sobriety and beyond!
Posted by tehylimzugger - 28 Feb 2012 16:50

Fire descends from on high in the shape of a lion

Burn the sacrifice of pride and ride on Mount Zion

Capitalize on hot air, soar like an airplane

Fire crackers ohh and aah But they never maintain

Heavenly fire only resides on an altar made from the ground

-Matisyahu

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Re: To sobriety and beyond!

Posted by obormottel - 06 Mar 2012 02:18

Real life is hard. But its harder if you are glued to your computer and the shmutz on it.

My life now is hard, with a lot of sad and disheartening realizations, but at least my pants are zipped up for the most part.

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