

To sobriety and beyond!

Posted by obormottel - 02 Nov 2011 07:09

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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 Gevura Shebyesod - 06 Mar 2012 03:32

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[obormottel wrote on 06 Mar 2012 02:18:](#)

...for the most part.

??? ??? ??? i hope you mean just when you need to go 'Asher Yatzar' ??? ??? ???

May Hashem make your life easier in every way.

Gevura!

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Re: To sobriety and beyond!

Posted by obormottel - 06 Mar 2012 06:14

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Duh?! I am just keeping it clean for the toilet bowl fetishists outthere

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Re: To sobriety and beyond!  
Posted by tehillimzucker - 06 Mar 2012 11:13

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[rontov wrote on 06 Mar 2012 02:34:](#)

I am looking for a local SA meeting - i hate the idea of public outloud knowledge of this thing. I need to continue though.

Shalom, Rontov!

You might hate the idea now, but once you try it you won't regret it.

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Re: To sobriety and beyond!  
Posted by ZemirosShabbos - 06 Mar 2012 17:39

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Mottel,

i am shipping a box of manhugs and mankisses to my favorite cemetery-strolling buckwheating GYE-warrior

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Re: To sobriety and beyond!  
Posted by obormottel - 07 Mar 2012 16:56

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Your package was received in good condition, though one of the manhugs arrived one-handed.

You must have been holding a bottle in your other hand when you packed it.

Thanks a lot, though. Its the good thought that counts.

Mottel

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Re: To sobriety and beyond!  
Posted by tehylimzucker - 07 Mar 2012 18:39

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mottel, can you send me the bubble wrap?

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Re: To sobriety and beyond!  
Posted by obormottel - 12 Mar 2012 16:47

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Went to a Couples in Recovery meeting with my wife yesterday. My wife's first meeting ever. It was interesting...

Very grateful to the Wife for stepping out of her comfort zone and coming to a meeting with me.

Don't know what's next...

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Re: To sobriety and beyond!  
Posted by ur-a-jew - 12 Mar 2012 23:47

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You're a lucky man. I bet the wife is going to get a dozen roses a sea bass dinner with post its all over it. Continued hatzlacha

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Re: To sobriety and beyond!  
Posted by JackAbbey - 13 Mar 2012 00:09

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you are very darring

i admire your strength, and wish you good luck

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 14 Mar 2012 14:40

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kol hakavod!

hope it brings more ??? ????? ????????

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Re: To sobriety and beyond!

Posted by chaimyakov - 14 Mar 2012 18:48

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[obormottel wrote on 12 Mar 2012 16:47:](#)

Went to a Couples in Recovery meeting with my wife yesterday. My wife's first meeting ever. It was interesting...

Very grateful to the Wife for stepping out of her comfort zone and coming to a meeting with me.

Don't know what's next...

Mottel,

WOW! that is something i never thought about.

How did she find out about your addiction? Whose idea was the meeting?

BTW, when i ordered our whole wheat hand shmura matzah i thought of how proud you would

be of me.

Hatzlacha in all things GOOD.

chaimyakov

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Re: To sobriety and beyond!

Posted by gibbor120 - 14 Mar 2012 21:23

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Hi Mottel,

Care to give us more "interesting" details???

I hope all is well on the home front.

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Re: To sobriety and beyond!

Posted by obormottel - 14 Mar 2012 21:44

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[chaimyakov wrote on 14 Mar 2012 18:48:](#)

WOW! that is something i never thought about.

How did she find out about your addiction? Whose idea was the meeting?

I told her. [Here](#) is where it's discussed at a relative length. I'm not too proud about how I went about it, but this train has left the station.

Inquiring minds want to know

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The couples' meeting was my idea and she didn't wanna go till the last moment.

It was interesting to be there, and hear other people. My wife didn't share, although I did. We are taking it one step at a time. She may be willing to talk on the phone to some of the ladies there (to the one from lady there, I should say).

But thank G-d for the little progress we're making.

[chaimyakov wrote on 14 Mar 2012 18:48:](#)

BTW, when i ordered our whole wheat hand shmura matzah i thought of how proud you would be of me.

But no spelt matzo?

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Re: To sobriety and beyond!

Posted by ur-a-jew - 14 Mar 2012 22:08

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[gibbor120 wrote on 14 Mar 2012 21:23:](#)

Hi Mottel,

Care to give us more "interesting" details???

I hope all is well on the home front.

Details shmetails. Did she like the sea bass?

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