

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!                      SOBRIETY AND BEYOND!**

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Re: To sobriety and beyond!  
Posted by obormottel - 26 Apr 2012 16:15

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AT 267 days sexually sober, I am coming up to 9 months. Of course, the Wife is leaving town next week for a few days and NIGHTS, to compound the challenge that usually arises around a milestone date. I'll be alone with the kiddies and with myself (which is scarier).

I finally had a chance to read my (new and improved) Step Two to my sponsor last night, so I feel somewhat enlightened. I worked ch. 28 from Tanya into the writing, and it actually made a big impression on my sponsor (who is an MOT, but not yet frum). He couldn't believe that a book written in 1790s could speak so well to a sexaholic. In turn, I can't believe that until my sexaholism was diagnosed, I could learn Tanya daily and not be helped. I think they call it denial. I was sure that the book was talking to someone else, not me, because how do you improve perfect? Thank G-d for finally cutting me down to size.

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Liquidating my business does nothing to cheer me up, and so I am procrastinating to the best of my abilities. I found that I am perfectly able to procrastinate for extended periods of time.

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Thanks for listening.

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Re: To sobriety and beyond!  
Posted by alexeliezer - 26 Apr 2012 16:47

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Sorry to hear about the business.

Wishing you success.

I know you'll sail through the wife's trip away.

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Re: To sobriety and beyond!  
Posted by ontheedgeman - 27 Apr 2012 02:10

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Speaking of procrastination, I'm not sure how you find it, but for me, it's directly connected to other aspects of the disease of addiction. As long as I'm procrastinating, i'm not recovering. it's like white knuckling. If I'm procreating, I can go back to my drug of choice after 9 months of sobriety and picked up right where I left off...

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Re: To sobriety and beyond!  
Posted by obormottel - 02 May 2012 16:58

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[ontheedgeman wrote on 27 Apr 2012 02:10:](#)

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that is a scary thought. I pray to G=d you're wrong on this one...It is true, though, that if I act out once I will be right where I started, 9 months of drying out notwithstanding.

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Re: To sobriety and beyond!

Posted by obormottel - 02 May 2012 17:12

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[levite wrote on 27 Mar 2012 18:22:](#)

## CRITERIA FOR PORNOGRAPHY ADDICTION

- Recurrent failure to resist impulses to view pornography
- More extensive/longer viewing of pornography than intended
- Ongoing, but unsuccessful, efforts to stop, reduce, or control behavior
- Inordinate amount of time spent obtaining pornography, viewing pornography, and/or being sexual—either through masturbation, or with another person or object, or recovering from sexual experiences
- Feeling preoccupied with fantasy, sexualized thoughts, and/or preparatory activities
- Viewing pornography takes significant time away from obligations: occupational, academic, domestic, or social
- Continuation of behavior despite consequences
- Tolerance—more frequent or intense pornography is needed over time to obtain the desired result

- Deliberately limiting social, occupational, or recreational activities in order to keep time open for finding and viewing pornography

- Distress, restlessness, or irritability if unable to view pornography (withdrawal)

- a. dizziness

- b. body aches

- c. headaches

- d. sleeplessness

- e. restlessness

- f. anxiety

- g. mood swings

- h. depression

The criteria listed above are the most common signs to look for in assessing a pornography addiction. If pornography addiction behaviors parallel sexual addiction, then a minimum of three

of the above ten are needed for a pornography addiction to be considered present. Dr. Carnes has found that most sex addicts have five signs, while over 50 percent have seven.<sup>2</sup>

I can't resist re-posting this one. Just this morning I was thinking (as my wife is out town) that I am so cured, that a little porn can't harm me. Or actually, it doesn't need to be porn. I can just let my eyes wonder in the street a little. After all, I'm not doing anything...

So if I score 10 out of 10 on this one, and over 15 out of 20 on the sex-addiction test, and 19 out of 27 on some other devious sexual behavior test, I should probably concede I have a bit of a problem. And yet, every so often I get an idea in my head that my problems are exaggerated and I just need to relax and not worry about guarding my thoughts, eyes, and hands.

How kind is my G=d, that He continuously reminds me that He is my only hope. It's so easy to slip into thinking that "elilim" will save me.

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Re: To sobriety and beyond!  
Posted by chaimyakov - 02 May 2012 21:18

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Mottel,  
That yh is not so smart just persistent. "Just cause i am an addict doesn't mean i can't still have a little fun" is probably the best line he has, it doesn't have to make sense if it works for him. But remember "It works if you work it, but you have to work it every day and every night (even if your wife is away) cause you are worth it"  
Hatzlacha in all things GOOD my friend and don't ever let me catch you.  
chaimyakov

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Re: To sobriety and beyond!  
Posted by obormottel - 03 May 2012 05:59

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shkoyich, chaver!

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Re: To sobriety and beyond!  
Posted by tehylimzuger - 03 May 2012 11:49

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Sorry to hear about the business troubles, may Hashem be with you.

I mean

Notice that he's with you.

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Re: To sobriety and beyond!  
Posted by gibbor120 - 03 May 2012 16:48

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Thanks for the reminder Mottel. I think that is one of the most difficult parts of being in recovery. Thinking that we are healed, or at least mostly healed, ok at least partly healed... and it can't hurt to take a peek can it? just one, it won't affect me, right?..... right?

KOT!

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Re: To sobriety and beyond!  
Posted by ontheedgeman - 04 May 2012 04:15

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tell me about it... I thought I was over it, done with.. then, hey, I can go for a legitimate massage... hey I can go for an almost legitimate massage... well slippery slope... so it goes...

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Re: To sobriety and beyond!  
Posted by tehylimzuger - 04 May 2012 08:35

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YoBroEdgeMan-

You know what I realized- You don't have an official thread, which makes it very confusing to the rest of us [especially those who have to remember exactly what where and when it was that

you said] can you pleeeeeeeeeeeeeeeeeeease open a thread?

I'll be your first follower bl"n!

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Re: To sobriety and beyond!  
Posted by ur-a-jew - 04 May 2012 19:13

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[TehillimZugger wrote on 04 May 2012 08:35:](#)

YoBroEdgeMan-

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He was on the edge of starting one but somehow it just slipped away from him.

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Re: To sobriety and beyond!  
Posted by obormottel - 06 May 2012 05:43

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So I am nine months sexually sober as of Thursday. Feeling generally better about myself. Looking forward to cleaning out nookes and crannies of my character in the coming years. Somehow, this aspect of my religeous observance has eluded me so far. I was busy concentrating on Shabos and kashrus and Toiro learning, and forgot that rage and intolerance and haughtiness also require tshuvo. Not to mention watching my eyes. The latter is still a daily struggle, but I do get an occasional reprieve, when something triggering comes my way but I don't fall over myself trying not to look. I just don't look and move on. Surely, most days I go into a tearful tirade about how "I don't want to lust", but I am able to function almost well other times.



A gute woch to all my brothers in battle.

Mottel

P.S. there was a Dov sighting here recently. I wonder if this means storms a-coming.

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 09 May 2012 18:25

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Mottel, how goes things?

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