

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 Dov - 22 May 2012 18:37

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*You* were the guy "chazakchazak", Obber?

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Re: To sobriety and beyond!  
Posted by obormottel - 22 May 2012 18:41

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G'morning, everybody!

How about this one from Dov (too good to pass up and not re-post on the best thread in GYE Universe - MINE):

I gotta point out as I usually do with Rav Amram Chasida (that's the one, right?):

He was a respected person - a talmid Chochom, apparently - when he had this experience. And yet he called out and embarrassed himself. Too many guys who need to quit and go to SA meetings, or post here and open up, or at least need to open up to **somebody** - do not do it. We are suddenly worried about chillul Hashem. Gevalt. Taking my os bris and masturbating myself to the picture of a shiksah in the bathroom is **not** a chillul Hashem - but being in a room of penitent perverts *who really want to get better is?* Such reasoning is a machloh. It's not shyness, and not frumkeit - it's really just so that we can **keep** our stash safe and keep on masturbating, that's all. It is very scary to let go - terrifying. I know it. Ad kan dvorov.

I heard it so many times, even from fellow GYE'rs:

"The meeting is in church? I can't go"

"There are goyim at the meeting? I can't share with them"

"Use my real first name? If I'm found out ('cause my gaonus +my real name is a true give-away) it'll be a chillul Hashem".

All the while these guys fail to stay sober for any tangible period.

All these are the tricks I used so I can keep on masturbating. That's all.

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 22 May 2012 18:41

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*You* were the guy "chazakchazak", Obber?

I think Mottel is referring to the "title" for level 2 on the 90 day chart.

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Re: To sobriety and beyond!

Posted by obormottel - 22 May 2012 18:44

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[dov wrote on 22 May 2012 18:37:](#)

*You* were the guy "chazakchazak", Obber?

No, on the 90 day chart those within their first week get a title "b'derech hamesilo", then "chazak chazak", and all the way to Eved Hashem and Tzadik Gomur.

BTW, welcome to the forum. Please tell us your real first name and your struggles, and we'll

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help you get on the 90-day chart so you can try out those fancy titles for yourself

Re: To sobriety and beyond!  
Posted by alexeliezer - 23 May 2012 17:13

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O'Mottel,

Just wanted to drop you a line to let you know I'm still interested and keeping up with your progress. And I still believe in you 100%, because you're willing to do whatever it takes. I just haven't had anything to add. You're doing great work.

Alex

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Re: To sobriety and beyond!

Posted by obormottel - 23 May 2012 18:02

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Thanks!

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Re: To sobriety and beyond!

Posted by obormottel - 24 May 2012 00:00

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I presume the author of the following is very young, but isn't this just a pearl? weren't we all at some point absolutely sure that we are the only ones with the problem and that noone else can possibly do what we do? Gosh, I thought that very thought just nine months ago...so here comes:

[tocontrolmyself wrote on 23 May 2012 23:30:](#)

i actually told a friend of mine,real naive kid doesnt know anything about the world about my mzi

addiction and he got all embarrassed and said that he has the same problem.

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Re: To sobriety and beyond!  
Posted by ZemirosShabbos - 24 May 2012 16:31

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hi Mottel!

just cruisin' by in my fancy monster-wheelchair

hope you are well and cookin' up a big buckwheat/tofu cheesecake for us

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Re: To sobriety and beyond!  
Posted by obormottel - 24 May 2012 17:26

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Nice to wave you by, Zemmy-me-boy.

Buckwheat/tofu cheesecake, ah? The combination of flavors....URJ is puking in the corner...

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Re: To sobriety and beyond!  
Posted by ontheedgeman - 25 May 2012 01:58

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Nice work indeed! Keep on the trucking.

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Re: To sobriety and beyond!  
Posted by tehylimzuger - 25 May 2012 11:03

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[ontheedgeman wrote on 25 May 2012 01:58:](#)

Nice work indeed! Keep on trucking.

That's what I call "Recovery in six words".

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Re: To sobriety and beyond!  
Posted by obormottel - 31 May 2012 06:46

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300 days ago Hashem took me by the collar and dragged me kicking and screaming into this forum. I haven't watched porn or masturbated since. I still wanna do it every day, but with His help and the fellowship here help (as well as real life fellowship in form of SA)

I stayed sober again today. I will probably let Him do it again tomorrow.

Thank You, G-d, for keeping me sober yesterday and today, and for protecting me from disastrous consequences of my lust in the past. Please do it again tomorrow, just for a day.

Mottel

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Re: To sobriety and beyond!  
Posted by Dov - 31 May 2012 13:17

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Ditto, Mottel. Thx (and congrats!)

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Re: To sobriety and beyond!  
Posted by Gevura Shebyesod - 31 May 2012 13:30

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Mazel Tov Mottel!!

KUTGW & KOMT!!!!

Gevura!

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