

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 Dov - 04 Jun 2012 16:29

I can't read it, it is not tzniyus enough for me.

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Re: To sobriety and beyond!
Posted by ontheedgeman - 04 Jun 2012 16:58

Dov - are you serious??

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Re: To sobriety and beyond!
Posted by obormottel - 04 Jun 2012 17:21

Of course...they print advertisement for NAKED Juice.

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Re: To sobriety and beyond!
Posted by Dov - 04 Jun 2012 18:56

[ontheedgeman wrote on 04 Jun 2012 16:58:](#)

Dov - are you serious??

Are you nuts?

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Re: To sobriety and beyond!
Posted by ontheedgeman - 04 Jun 2012 19:51

[dov wrote on 04 Jun 2012 18:56:](#)

Dov - are you serious??

Are you nuts?

lol... no, they're a trigger for me...

uh oh. Edge is now banned from GYE....

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Re: To sobriety and beyond!
Posted by Dov - 04 Jun 2012 20:55

Gevalt - who banned you? Is he nuts?

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Re: To sobriety and beyond!
Posted by tehylimzugger - 05 Jun 2012 16:43

I admit that now that they ended the Rosie/Gella/Basheffer serial, it's not SO great, but it's still a good read even the Rebbe could find nothing wrong with the content:
[40004 wrote on 13 Jan 2011 19:43:](#)

I stopped reading these stuff

Binah-lo silbash

Mishap-cha. Ball tishaktzu

Ami? Ball Tashchis

There's nothing wrong with the Binah. >

And that was BEFORE they even started the Rosie/Gella/Basheffer serial!

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Re: To sobriety and beyond!
Posted by ZemirosShabbos - 08 Jun 2012 16:47

good shabbos Mottel!

hope you are well

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Re: To sobriety and beyond!
Posted by obormottel - 08 Jun 2012 17:24

Good shabbos to you, too.

I am having hard time with people on the street, allowing myself second looks and keeping my stare on them for an extra second (or five).

I also stumbled on some stupid videos last night (not porn, of course, I have a filter for that, just poorly dressed beautiful women).

I am trying to balance not being too hard on myself with realization that I can't worship bodyparts and need to be reprimanded when I do.

So its been an uphill battle for me lately.

But I stayed away from alcohol since shabbos, and I am willing to stay away from it this shabbos, too, please G-d. (I bought grape juice!).

Lately, I verbally give up my right to fantasize. I feel that I have a sense of entitlement when it comes to encountering a lustful image to take it and make a little porno in my head with it.

So while I struggle with not doing that, I at least verbally and loudly acknowledge (daily) that I give up this right for today.

Its been of help, somewhat. Maybe even a lot.

Love all,

Mottel

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Re: To sobriety and beyond!
Posted by ImGonnaWin - 10 Jun 2012 02:20

I'm sure it's working more than you realize. Keep it going!

Shavuah Tov!

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

Thanks for the encouragement.

I gotta remember that I can't expect immediate results, so the little impact I'm feeling from it now, shall be combined into a greater impact some time in the future.

M.

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Re: To sobriety and beyond!
Posted by obormottel - 10 Jun 2012 06:26

I love this GYE PLACE.

Gibbor is celebrating 3 year anniversary, Elyah - one year sober, and UAJ two.

It makes me very happy. Those are all great guys, and their track record is due to their hard work.

Mazel tov to GYE, I say.

Even if it's these three guys that have been helped long term, dayeinu.

But we know many other cases, too, don't we? Many people have gone through this experience and moved on.

We see some times a veteran pop up here and there, but generally people found other ways to keep themselves sober, either SA or learning more Tanya or what not.

It would be nice to get more oldtimers involved somehow, have them update their stories briefly, and share their experience.

But I am really grateful for these champions, who stuck it out and provided consistent support on the forum.

Don't you agree?

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 10 Jun 2012 06:34

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Re: To sobriety and beyond!

Posted by obormottel - 10 Jun 2012 06:41

My phone doesn't read Hebrew, so ill see what you wrote when I get to the computer tomorrow.

But I am sure you wrote something nice, Gevura.

A gute woch!

Mottel

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