

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 E-Tek - 28 Jun 2012 19:41

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Oops! Google Chrome could not find [www dot guardyourbeautifuleyes dot org](http://www.guardyourbeautifuleyes.org)

Suggestions:

Search on Google:

Oy! They want me to search on Google!

I think you should remove the link, it's lifnei iver.

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Re: To sobriety and beyond!  
Posted by ZemirosShabbos - 28 Jun 2012 19:50

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sorry, i fixed it

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Re: To sobriety and beyond!

Posted by obormottel - 10 Jul 2012 04:30

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I am feeling inadequate, unworthy, alone, and afraid.

I mean it, these are the feelings I have right now.

My wife hates my guts, I lost my business, two of my kids got broken limbs in the past month; I really want to have a drink, I know it's really bad for me; I'm worried about not getting along with my boss and my supervisor at the new part-time job I got; I was accused by my in-laws of stealing from the family (I didn't); my older kids are far away for the summer, and at least one of them has come down with some kind of illness; I am afraid not to make enough money to meet my obligation to family budget, neither now nor ever.

I wish I didn't have to go through this, or that it was a little easier on everybody. They say that nisyoinos bring one closer to G-d. Does anyone have any experience with what it means.

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Re: To sobriety and beyond!

Posted by Blind Beggar - 10 Jul 2012 11:09

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If you say you are *feeling* inadequate, unworthy, alone, and afraid then I am sure you are *feeling* inadequate, unworthy, alone, and afraid. To me and most of the Forum you *are* a great, worthy man. I often do not want to remain alive any more and if I was an alcoholic I probably would not be alive any more. None of this has brought me closer to Hashem so I am going to keep my eyes on this thread.

Hatzlocho!

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 10 Jul 2012 13:21

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> ;D

Mottel, brother, how can you say that? You are a shining example of perseverance in the face

of adversity. With all you have been going through, and you have almost a full year of sobriety!  
We are all getting tons of Chizuk from your journey.

I was outside once watching my kids play and one of them fell off his bike and scraped his knee.  
He picked himself up and although he was in pain he limped back to join his friends and play.  
Then he noticed me standing there... Immediately he burst into tears and ran over wailing "Tatty  
I got a booboo!"

When we recognize that Our Tatty is there with us and we cry to Him from our troubles, then we  
are close to Him. He is always there, we just don't notice....

May Hashem bring you close to Him and grant you success in all things.

KOMT!!!!  
Gevura!

P.S. What's for lunch? ;D

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Re: To sobriety and beyond!  
Posted by ZemirosShabbos - 10 Jul 2012 14:38

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Dear Heilige Mottel,

it pains me to read of your pain

i second this motion:

[Blind wrote on 10 Jul 2012 11:09:](#)

you are a great, worthy man.  
(Oh I forgot. Your Mashgiach quit on you...

here is a thought. the wife may be frustrated and may express it in ways that are not good for  
her or for you. she is probably in pain. this is not to say that she is justified in doing so, we  
cannot judge. even though you are responsible to her for a whole list of things (consult the  
kesuba for a complete run-down), you are ultimately ONLY her husband and sometimes she will  
be not a happy camper irrespective of what you do.

so she may be problem but she is not (always) your problem.

before anyone throws anything at me, i am not trying to conjure up ways of absolving husbands from taking-out-the-garbage-duty, changing-lightbulbs-duty or mowing-the-lawn-duty, just pointing out that sometimes the wives are worthy of this famous line: we did not cause it, we cannot cure it and we cannot control it.

we need to keep doing good things. to ourselves and to the wife. vesof ha'good feelings' lavo. be'h.

and all the rest of the hard stuff - don't got no answers here but i know what a lot of it feels like and it's not fun.

one thing we can always do is open up a good old Psalms.

i'll put in a good word for you

hang in there

p.s. don't forget the buckwheat

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Re: To sobriety and beyond!  
Posted by gibbor120 - 10 Jul 2012 15:56

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GS and ZS put it well. Hang in there bro. We're with you.

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Re: To sobriety and beyond!  
Posted by E-Tek - 11 Jul 2012 05:39

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Wow.

I'm davening for you every day. Hashem should give you the koach to pull through.

Hatzlacha Rabba!

Meir

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Re: To sobriety and beyond!  
Posted by chaimyakov - 15 Jul 2012 14:17

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So sad to read of your difficulties. i don't know how you feel but i have been in similar places recently. During those times, i followed the advice of Rav Avigdor Miller and just talked and pleaded and bargained and cried to HASHEM almost constantly. i piled everything on HIM and then piled more. B'chasdei HASHEM those troubles passed and now life is all the more sweeter.

For a long time i have been davening for you and i will continue to do so with renewed vigor. You have helped me and others and in this merit i am absolutely certain HASHEM will deliver you from your challenges. Don't let go of HIS hand and if you have to, you can always jump into HIS arms and let HIM carry you. HE loves you more than you can imagine and only does what is truly GOOD for you.

Hatzlacha in all things GOOD.  
chaimyakov

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Re: To sobriety and beyond!  
Posted by yedid\_nefesh - 15 Jul 2012 19:38

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Öber, from what I read it seems that youre scared of not being able to support the family - Isnt this ironic coming from a guy who's zechusim are protecting klal Yisrael!!! A guy like you who has continued through all of this as strong as anything is holding all of us up - the roof in my house is not collapsing because YOU, my friend are holding it up. Im

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Re: To sobriety and beyond!

Posted by obormottel - 15 Jul 2012 20:02

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Hey, everyone!

Thank you very much for your encouragement and kind words. It will take me a while to agree with your kind descriptions of me. I've lived in the dark for too long, and it is a painful and slow journey into the light, where my qualities, and not just shortcomings and defects, can be seen and acknowledged. But I'm grateful to have you as friends, and I'm sure your compliments will ring true one day.

Certainly appreciate everyone's tfillois, too. Chaimyakov, that's what I've been doing: just piling it all on Him. I couldn't handle any of it on my own. ZS, my tehilim regimen is as follows (and has been for years, with some recent additions):

Tehillim for the day of the month right after shacharis.

Finish kap. 119 every week.

A kapitel corresponding to my age (what we call "my kapitel") every day.

The Rebbe's kapitel everyday.

Wife's and kids' kapitlech whenever I have time and remember (few times a week, anyways).

Every Shabbos Mevorchim finish one or more books of tehilim.

But I agree that spontaneous breaking out into tehilim zugging is beneficial.

It's been very rocky with the wife lately. The only way I'm holding on to my sobriety is through realization that I can't help whether she loves me or not. I can't affect that, and I cannot work alone on our relationship, so to speak. Relationship connotes more than one party involved, and I can't demand of her, or force her into a relationship with me.

I can only be honest, present, sober, kind, and loving. I can do the house chores not-begrudgingly. I can attend to the kiddies, and stay true to my commitments, including coming home when I said I would, not forgetting promises I made or things my wife asked me to do. If Hashem so desires to put loving feelings into my wife's heart once I've kept my side of the street clean, ma toiv.

If He, Yisborach, feels I need to be separated from her and the family, than I can only hope to do His will soberly, willingly, and maybe even cheerfully.

But at this point in life, my first obligation is to myself. I have to be unselfish, for sure, but I must attend to my needs and my sanity first. And I cannot make these things dependent on other people or things or events, but only on Him.

He kept me sober yesterday, and He will do it again if I let Him. He will tend to my needs, and He will surely tend to my family's needs.

And if it is best for my family to be without me ( for a time, or forever) (and please G-d, I hope it

is not so), I will not be negative, resentful, or hateful while doing His Will. I know He's got a bright and plentiful future both for me, the wife, and the kids.

I had a shtickle miracle happen today, maybe I'll share it at a later occasion.

Thanks for being here. You guys are nice "tools" in G-d's hands to keep me sober.

Mottel

P.S. Yedid, I just saw your message after typing my response. Again, very kind of you, even though I disagree completely (which, of course, is wrong, too, so I can't ever win...)

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Re: To sobriety and beyond!

Posted by tehillimzuggger - 03 Aug 2012 15:29

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[obormottel wrote on 10 Jul 2012 04:30:](#)

I am feeling inadequate, unworthy, alone, and afraid.

Inadequate?

You have beautiful eyes!

Unworthy?

You're zugging tehillim!

Alone?

You've got us!



Afraid?

Hashem is here Hashem is there Hashem is **TRULY** everywhere!

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Re: To sobriety and beyond!

Posted by obormottel - 05 Aug 2012 06:13

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Well, chevra, as of August 3rd it has been 365 days since the last time I watched pornography or masturbated. What do you say about that?

A year sober by Hashem's Grace!

I never thought it was possible.

Also (not to mix simcha b'simcha, but) two weeks sober from alcohol.

Mottel

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 05 Aug 2012 06:21

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Mazel Tov!!!! KUTGW!!!!

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