

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 - 16 Nov 2011 05:04

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they didnt promote u for nothing, you are a sage and its an honor to make an acquaintance  
  
im off to work

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Re: To sobriety and beyond!  
Posted by 1daat - 16 Nov 2011 07:25

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Oy, baby duty. I suppose you could spell that differently. Mottic, all I remember is being totally p- off and taking it out on the kids and spending every spare second on p&m. You are doing such a tough job. All I can suggest is that when she does come home, you may want to just dump it all back on her and feel entitled to some goodies for yourself. I suggest planning some time for her to be exhausted from her trip, and for you to keep on handling things by yourself for a while after she's back. Tough, man, tough. I am so glad mine are grown. Hang in there.

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Re: To sobriety and beyond!  
Posted by gibbor120 - 16 Nov 2011 14:18

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Great ideas UAJ! Shalom bayis gold mine!

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 16 Nov 2011 15:16

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I'm sure this has been posted here before, but I think it's apropos here....

A man came home from work and found his three children outside, still in their pajamas, playing in the mud, with empty food boxes and wrappers strewn all around the front yard. The door of his wife's car was open, as was the front door to the house and there was no sign of the dog. Proceeding into the house, he found an even bigger mess. A lamp had been knocked over, and the throw rug was wadded against one wall. In the front room the TV was loudly blaring a cartoon channel, and the family room was strewn with toys and various items of clothing. In the kitchen, dishes filled the sink, breakfast food was spilled on the counter, the fridge door was open wide, dog food was spilled on the floor, a broken glass lay under the table, and a small pile of sand was spread by the back door.

He quickly headed up the stairs, stepping over toys and more piles of clothes, looking for his wife. He was worried she may be ill, or that something serious had happened. He was met with a small trickle of water as it made its way out the bath room door. As he peered inside he found wet towels, scummy soap and more toys strewn over the floor. Miles of toilet paper lay in a heap and toothpaste had been smeared over the mirror and walls.

As he rushed to the bedroom, he found his wife still curled up in the bed in her pajamas, reading a novel. She looked up at him, smiled, and asked how his day went. He looked at her bewildered and asked, 'What happened here today?'

She again smiled and answered, 'You know every day when you come home from work and you ask me what in the world did I do today?'

'Yes,' was his incredulous reply.

She answered, 'Well, today I didn't do it.'

So I second third fourth fifth (I lost count....) what everyone has been saying here. Look at it as a huge opportunity to gain a new appreciation for what your wife does. And use it to strengthen the connection between you. And take advantage of the time this week to bond with the kids.

And I definitely know where you're coming from, when my wife would go out for the evening I would rush the kids into bed as fast as i could and then it was party time :-[ ....

Hang in there and KOMT!!!!!

Gevura!

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Re: To sobriety and beyond!  
Posted by gibbor120 - 16 Nov 2011 17:23

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Re: To sobriety and beyond!  
Posted by Gevura Shebyesod - 16 Nov 2011 17:43

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And don't even talk about the summertime, when I have the house all to myself all week..... I also for years had almost never gone to sleep alone without..... :-[

This past summer was different, and at the beginning i had a really hard time getting to sleep. I would stay up on GYE until i was passing out from exhaustion, i was afraid that when i got into bed i would slip back into the old ways.... With the help of Hashem and his messengers, the holy chevra here, I made it through clean.

Gevura!

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right, and if they dare come out of bed >

Re: To sobriety and beyond!

Posted by Yosef Hatzadik - 16 Nov 2011 17:45

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[obormottel wrote on 11 Nov 2011 16:59:](#)

I suck on the phone. I have a thick accent, I am slow in my responses, and I generally just freeze and smile and nod my head, which is too bad 'cause you can't see it.

**Rabboisai:**

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(Actually, the "you can't see it" quote may be true, after all!) 8)

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Re: To sobriety and beyond!

Posted by obormottel - 16 Nov 2011 21:26

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I like 1daat's post the best, and the rest of you...I thought you were my friends and you keep telling me how I should start appreciating my wife?!

All kidding aside,

thanks a lot, chevra!

I woke up smiling, thinking what great G-d we have. All you have to do is ask, it seems.

On my personal side, it's tough. If not for meetings, postings, phone-calling, and davening I probably would not hold out.

But if I were sane? This single-father thing is not so bad. We had pizza last night (I made them eat at least one slice of wholewheat crust with toppings, before indulging on plain toppingless), and polished it off with cookies and milk by the fireplace.

One of the kids woke up crying in the middle of the night, but I was able to calm him down, and the other came to sleep with me at 4am, but that was that! Just one more night to go!

Please G-d, I am powerless over lust and my life IS unmanageable. Only You can restore me to sanity, so do it already.

Thanks.

Mottel.

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Re: To sobriety and beyond!  
Posted by gibbor120 - 16 Nov 2011 21:32

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Way to go! Seems like you are feeling better. Great! KUTGW! KOT!

Keep making things out of whole wheat and flax seed 8).

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Re: To sobriety and beyond!  
Posted by Gevura Shebyesod - 16 Nov 2011 21:39

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One night at a time!

BTW what is it about kids, they hate fleishigs and would rather eat pizza or lokshin-and-cheese. The only meat my kids will eat happily is hot dogs (and i'm not sure that actually qualifies as "meat").

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Re: To sobriety and beyond!  
Posted by heuni memass - 16 Nov 2011 21:48

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[obormottel wrote on 16 Nov 2011 21:26:](#)

Please G-d, I am powerless over lust and my life IS unmanageable. Only You can restore me to sanity, so do it already.

"Already"??! never heard that one. Is that nusach Ar'i or ashknaz?

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Re: To sobriety and beyond!  
Posted by gibbor120 - 16 Nov 2011 21:52

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Re: To sobriety and beyond!  
Posted by Yosef Hatzadik - 16 Nov 2011 21:56

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[obormottel wrote on 16 Nov 2011 21:26:](#)

.. and polished it off with cookies and milk by the fireplace.

oooohhhh!

Sound so \_\_\_\_\_ !!!

When can we all come over for some cookies & milk by the fireplace?

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Re: To sobriety and beyond!

Posted by obormottel - 16 Nov 2011 22:53

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[Gevura ShebYesod wrote on 16 Nov 2011 21:39:](#)

The only meat my kids will eat happily is hot dogs (and i'm not sure that actually qualifies as "meat").

It's hotdogs tonight (provided they eat the salad first, and I can find wholewheat buns).

BTW, I consider ketchup a vegetable, it's too bad a serving size is half-a-cup.

[heuni memass wrote on 16 Nov 2011 21:48:](#)

[obormottel wrote on 16 Nov 2011 21:26:](#)

Please G-d, I am powerless over lust and my life IS unmanageable. Only You can restore me to sanity, so do it already.



"Already"??! never heard that one. Is that nusach Ar'i or ashknaz?

You ever see a litvak demanding? Of course it's Ari as interpreted by Baal Hatanya. Only chabadniks have the chutzpa to demand from G-d. Hey, I'm just a frail human being, if I wait for Him, I may wait forever.

[Yosef Hatzadik wrote on 16 Nov 2011 21:56:](#)

oooohhhh!

Sound so \_\_\_\_\_ !!!

When can we all come over for some cookies & milk by the fireplace?

The kitchen's opened now, but you have to bring your own fireplace.

Thanks for the love, everybody!

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