

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 Gevura Shebyesod - 21 Nov 2011 22:53

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And I will try it (if there is a) next time.

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Re: To sobriety and beyond!  
Posted by obormottel - 22 Nov 2011 17:16

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whenever you're ready to peel off that duct tape, I'll get back to yelling....

Just reporting to duty: I'm alive, sober, and living at home.

L'Chaim!

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I know, i was being a little facetious there.....  
Re: To sobriety and beyond!  
Posted by gibbor120 - 22 Nov 2011 18:10

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. Good to hear. You're gonna have to remove the tape yourself.

(hint: it's better to just rip it off all at once than to pull it off slowly. It hurts more, but it's over faster)

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Re: To sobriety and beyond!  
Posted by ZemirosShabbos - 23 Nov 2011 16:52

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hi Mottel,

glad you're on the homestead.

let's celebrate in the kitchen.

turkey?

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Re: To sobriety and beyond!  
Posted by obormottel - 23 Nov 2011 17:15

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I went to a new location for my SA meeting last night, and I loved it! The energy is unbelievable. For the first 30 min I was shaking like a leaf, but after I calmed down, it was like being with people who I've known for a longest time. And then, when I got home (ab. 20 min later then my ETA), wonder of wonders!, not only the Wife wasn't mad, she had dinner ready, and asked me how the meeting went. That's her first showing interest! I also think she finally registered for Spouses forum. I think...

So yeah, I'll see you in the kitchen.

Zemmy, make sure it's a Wild Turkey.

What is GYE minhag for Thanksgiving? I've not been here that long...

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Re: To sobriety and beyond!  
Posted by gibbor120 - 23 Nov 2011 17:20

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Glad to hear things are looking up with the wife.

what is ETA? Is it in the glossary?

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Re: To sobriety and beyond!  
Posted by ZemirosShabbos - 23 Nov 2011 17:27

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Estimated Ticked-off After. meaning if you are late you'll get the closest kitchen paraphernalia

(estimated time of arrival)

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Re: To sobriety and beyond!  
Posted by gibbor120 - 23 Nov 2011 17:31

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I shoulda known that one. oh well, good for sqashing that ego. squish squish.

Thanks!

delivered via air cargo to your upper torso when you walk in  
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Re: To sobriety and beyond!  
Posted by ur-a-jew - 23 Nov 2011 17:38

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[gibbor120 wrote on 23 Nov 2011 17:20:](#)

what is ETA? Is it in the glossary?

1. Employment and Training Administration
2. Electronic Travel Authority
3. Electronic Transactions Association
4. Elvis Tribute Artist
5. Euskadi Ta Askatasuna (Basque Homeland and Liberty; terrorist group in Spain)
6. Electronics Technicians Association (Greencastle, IN)
7. European Technical Approval
8. Environmental Transport Association (UK)
9. Edited to Add
10. English Teachers Association
11. Electronic Transfer Account
12. Electronic Tax Administration
13. Event Tree Analysis
14. Ethiopian Teachers' Association (Education International)
15. European Thyroid Association
16. Eicosatetraenoic Acid (biochemistry)
17. Egyptian Tourist Authority
18. Evangelical Training Association
19. Eu Te Amo (Portuguese: I Love You)
20. Electronic Travel Aid
21. Effective Tax Administration

22. Electronic Transportation Acquisition
23. Embroidery Trade Association
24. Executive Travel Associates
25. Entertainment Technology Alliance
26. Energy Tax Act
27. Extension Travel Adjustment (Marzocchi bicycle forks)
28. Estimated Transmitting Ability (cow breeding)
29. Elektrotechnische Apparate GmbH (Nuremburg, Germany)
30. European Tugowners' Association
31. Experience the Adventure
32. Evangelische Theologische Academie (Dutch: Evangelical Theological Academy; Netherlands)
33. Eesti Teadeteagentuur (Estonian News Agency)
34. Embedded Transport Acceleration (Intel)
35. Experimental Test Accelerator
36. Energy Technology Assessment
37. Elgin Teachers Association
38. Event Tracking Agent
39. External Tank Attachment
40. Engineering Technologies Associates
41. Emergency Tire Assistance
42. Eternal Allegiance (fan site)
43. Extraterrestrial Activity
44. Engineering Technologies Academy

45. Emergency Towing Arrangement (requirement at forward & aft ends of oil tanker)
46. Eelam Tamil Association (Sydney, Australia)
47. Electronic Test Automation
48. E-Sektionens Teletekniska Avdelning
49. Estimated Time Available
50. Etnoteam Adriatica
51. Extraterrestrial Artifact
52. Enterprise Transaction Archive
53. Engineering Test Article
54. Eastern Training Area
55. Emergency Transport Attendant
56. Electronic Target Acquisition (also sometimes abbreviated as E/TA)
57. Ellenville Teachers Association
58. Erosion Transport Accumulation
59. Estimated Time for Accomplishment
60. Exception Time Accounting
61. Engineering Task Assignment
62. Emirate Trading Agency (Dubai, United Arab Emirates)
63. Electro-Thermal Atomizer
64. Earthville Travel Adventures
65. Engineering Technical Assistant
66. European Tropospheric-Scatter Army (communications system)
67. Evan Terry Associates, PC (Birmingham, AL)
68. Electronics Test Area

- 69. External Tank Attack
- 70. EOOW Training Assistant
- 71. Enterprise Transaction Analysis
- 72. Estimated Time Allocation (project management)
- 73. Extra Terrestrial Alien
- 74. Essential Tactical Advantage (Oxford, MI)
- 75. Executive Trade Associates
- 76. Easy Tech Answers
- 77. Educational Therapy Assistant
- 78. Estaciones de Tiempo Automatizadas (Spanish: Automated Weather Stations)
- 79. English Teaching Assistantship (US State Department)

Originally, I thought I knew what OM meant, but once I looked it up I was no longer sure. I doubt he meant Estimated Time Of Arrival since that is ETOA.

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Re: To sobriety and beyond!  
Posted by gibbor120 - 23 Nov 2011 17:39

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Be careful what you ask for on this forum :-X.

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Re: To sobriety and beyond!  
Posted by ur-a-jew - 23 Nov 2011 17:45

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[gibbor120 wrote on 23 Nov 2011 17:39:](#)



Be careful what you ask for on this forum :-X.

Would you like some duct tape? I think Mottel may have some, although it may have some hair on it.

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Re: To sobriety and beyond!

Posted by obormottel - 23 Nov 2011 18:06

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You're right, I meant #69.

They don't pay you enough...

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Re: To sobriety and beyond!

Posted by ur-a-jew - 23 Nov 2011 18:24

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[obormottel wrote on 23 Nov 2011 18:06:](#)

They don't pay you enough...

Don't I know it. Sometimes I feel like a 73 trapped in the body of a 4 working like a 75 and 24 and 35 but getting paid as if I am working for the 14. In any event, 19 and glad to hear that your 63s are all working.

**GYE - Guard Your Eyes**

Generated: 5 April, 2025, 05:00

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 23 Nov 2011 18:28

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rofl