

Personal recovery plan

Posted by obormottel - 12 Aug 2011 22:38

I was pressed for practical steps I'm taking on the path to recovery. So here goes:

By way of introduction:

I've been a compulsive mast*****r since age 11 or 12. Started looking at internet p**n when it became available in my house, after being married for a short time. Can't tell you when viewing this garbage became addictive, but it's been years since I realized I have a BIG problem. I would come to shul to mincha with fresh stains on my pants, and people would ask me to be shliach tzibbur! The depression and anxiety, and feelings of hypocrisy! I don't have to tell you... I couldn't stop no matter how much I agonized over this. I installed BSAFE filter, and set my own password (dumb!!!). I took on hachlotois. I gave tzdoko, and even created a knas for myself of \$180 for each occurrence (turns out it's a legit technique; I just did everything else wrong). All to no help. About a month ago I gave up on myself, and gave myself over to G-d's mercy. I wrote a tzetle to a Tzaddik and gave myself over to the Tzaddik. Within 1 week of the latter I saw a banner for this website on Arutz7. Ever since then:

1. I had my wife install K9 filter and hold the password. In addition , she restricted my internet access so that now when I finish work at 6pm, my internet shuts down, so I have no reason to aimlessly (or, rather, intentionally) browse the web after I am alone in the office. Even with filter, there is plenty room for mischief on the web for a sick mind, so I find this trick especially helpful.
2. I subscribed and now READ daily the Chizzuk emails (both lists)
3. I got myself on the 90 Day chart (day 9 as of today, YAY!)
4. I am half way through the Handbook and Attitude handbook. Found both of them extremely helpful and lucid.
5. I listened to Rav Reisman's shiur on Yirmiyohu. (Did it on 9 Av, thought it to be appropriate). BTW, R' Reisman is great; I've been listening to his MP3 shiurim for a long time now.
6. I am obsessing with this site now, reading what I can, taking part in the forum etc. I probably spend as much time doing this as I used to do the other stuff, which keeps me busy and I do it from home in the evenings, not from the privacy of my office, so it brings me back home...

On the spiritual side, I kept the fence I've already created for myself before: to go to the mikva after each occurrence, and in general to be particular ab. tvilas Ezra. I started learning a particular kuntreis on shmiras eynaim (and once I know you better, I'll tell you which one it is), and plan on doing more of such reading. I also decided to keep my mouth shut in shul, if an argument of any sort ensues (I am usually very vocal expressing my opinion), so that I learn to not have attention focused on me. Also, I promised (in that above-mentioned tzetle) to wear a hat every time I daven, bentch, say Birchas Hashachar, or Al Hamichyo. I think it should add to the additional yiras Shomaim I'm trying to instill on to myself.

What else? I apologized to my wife (for which I was ostracized by some on this forum); and I actively turn my head away if something comes into my line of sight that I know will bring me to hirhurim.

And finally, I am making this kabolo allehabo (Bli neder, it's not a vow just yet): before acting out the next time (should a time like this come, Hashem yishmerenu), I will put on my hat and jacket and say my kappitel tehilim. If I don't do it and act out, C"V, then I will pay 10 times the mikva fee the following morning (I've been pretty consistent with my mikva promise).

Your input is welcome. Please don't beat up on me too much, I'm still working out my sensitivity issues:)

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Re: Personal recovery plan

Posted by obormottel - 08 Sep 2011 21:59

[Yosef Hatzadik wrote on 08 Sep 2011 20:00:](#)

In this week's Parsha (Ki Seitzei) we learn that the nation (Moav) which sent its women to trigger the Jewish People are to be shunned. The Torah adds: *Lo sidrosh Shlomam v'tovasam kol yameicha le'olam!!!*

does that mean, you're of the opinion that we TAKA not allowed to daven for a wellbeing of a provocatively dressed woman?

I think that I'm with Dov on this one: [dov wrote on 08 Sep 2011 21:37:](#)

It is reasonable to assume that *nobody*, not even the publishers of Playboy and all the schmutz on the internet, is trying to be machshil **anyone**. They are trying to make money, period. Same for hookers, and same for me when I was acting out using other people.

However, all though drug dealers are there for the money, the way they assure their income is by getting you hooked, i.e. machshil you into addiction. Same can be argued for porn purveyors. Not so poor girls on the street who are just looking for attention they never got from their fathers.

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Re: Personal recovery plan

Posted by obormottel - 08 Sep 2011 22:16

[ben durdayah wrote on 08 Sep 2011 21:55:](#)

[obormottel wrote on 08 Sep 2011 16:53:](#)

I went to the mikveh, and it's the one where the boir of maim chaim is underneath, not by the side. So as I was standing on a tablet with two holes in it, that separates the maim elyonim from tachtoinim, it occurred to me: hey, it's **boor al gabei boir**. it's better if spelled in Hebrew. BENDUR, did you get it?

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Sorry reb obermottel, I takke didn't get it.

Though if you want to get technical, mayim chayim (as per taharas hazav) is only may ma'ayan, no?

and how do you know this mikva is not connected to a wellspring somewhere?

one day, we gonna meet in person and I will help you to pull that broomstick out of your behind (if this is too graphic, you can edit it) and then we can laugh about all of this I'mafrea.

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Re: Personal recovery plan

Posted by ben durdayah - 08 Sep 2011 22:21

If I could edit it, I would edit it!

*Where is that Kedusha fellow when you **really** need him?*

My assumption about the mikvah was because "kvall mikvaos" are uncommon, wheras bor al gabei bor is a widespread chumra to be yotzei sheetas chabad...

And a kvall mikvah often doesn't need an oitzar in such a fashion as a rainwater mikvah.

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But hey, whatever!

I'm just another bozo on the bus here!

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Re: Personal recovery plan

Posted by Dov - 08 Sep 2011 22:59

OK, so who remembers Abner Louima?

And yes, that was crude, Obbermottel. Funny, but really crude.

Did I say it was crude?

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Re: Personal recovery plan

Posted by ben durdayah - 08 Sep 2011 23:21

I remember Abner.

It hurts just to think about the story of the Hatian immigrant...

I can edit, but am hesitant to remove such a crude line. If y'all want someone to, just ask!

Hashem Yeracheim

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Re: Personal recovery plan

Posted by obormottel - 08 Sep 2011 23:42

at least he knew right away he had a broomstick up his.....oh, never mind.

Aza talmid chuchum vi di, di veist fin kvall mikve, kanst nisht geiben a bissle shmeichl?

Der heiliger Baal Shem Toiv is shoin matir geven shmeichlen mit drei hunderd yuhr zirick.

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Re: Personal recovery plan

Posted by ben durdayah - 08 Sep 2011 23:44

:D ;D :D ;D ;D ;D ;D :D

There now, is that better?

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Re: Personal recovery plan

Posted by gibbor120 - 09 Sep 2011 14:22

[obormottel wrote on 08 Sep 2011 16:53:](#)

I went to the mikveh, and it's the one where the boir of maim chaim is underneath, not by the side. So as I was standing on a tablet with two holes in it, that separates the maim elyonim from tachtoinim, it occurred to me: hey, it's **boor al gabei boir**. it's better if spelled in Hebrew. BENDUR, did you get it?

Guys, I hate to explain a joke, but what i think he means is in the difference in how he spells **boor** and **boir**. One is english

boor[boor] Origin Like this word? boor /b??r/ Show Spelled[boor] Show IPA

noun

1. a churlish, rude, or unmannerly person.
2. a country bumpkin; rustic; yokel.

3. peasant.

4. Boer.

One is hebrew. Like to dig a **boir**. or if your litvish is sounds like **bore**.

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Re: Personal recovery plan

Posted by Gevura Shebyesod - 09 Sep 2011 14:26

The word "boor" means pretty much the same thing in Hebrew too, an empty person devoid of both torah and derech erez. As in "loi boor yirei cheit" in Pirkei Avos.

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Re: Personal recovery plan

Posted by gibbor120 - 09 Sep 2011 14:31

Yup, you're right. I think ppl missed OM making fun of himself being the boor on top of the boir. I had to read it a couple of times myself.

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Re: Personal recovery plan

Posted by obormottel - 09 Sep 2011 17:01

[ben durdayah wrote on 08 Sep 2011 23:44:](#)

:D ;D :D ;D ;D ;D ;D ;D

There now, is that better?

Much better. Now, how does it make you feel?

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Re: Personal recovery plan

Posted by obormottel - 09 Sep 2011 17:05

[Gevura ShebYesod wrote on 09 Sep 2011 14:26:](#)

;D ;D ;D ;D

The word "boor" means pretty much the same thing in Hebrew too, an empty person devoid of both torah and derech eretz. As in "loi boor yirei cheit" in Pirkei Avos.

[gibbor120 wrote on 09 Sep 2011 14:31:](#)

...OM making fun of himself being the boor on top of the boir.

And Gevura, don't let BENDUR get you: technicaly, it's **ein** boor yirei cheit.

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Re: Personal recovery plan

Posted by obormottel - 13 Sep 2011 00:49

My job is making life very difficult for me right now. She is unbelievable. I davened for her wellbeing, but I will have to get to stand face to face. Please save me!

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Re: Personal recovery plan

Posted by Gevura Shebyesod - 13 Sep 2011 01:42

I don't know if you can do this, but I am able to deliberately unfocus my eyes when I want to, so that everything is just a blur. I do this sometimes when there's someone in front of me that I can't get away from. So you can make it look like you are looking at her directly, but you are not really seeng much. Just be careful that you don't cross your eyes while you do it, then she'll

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Gevura!

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really think you're weird ;D :