

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 Dov - 12 Oct 2011 15:50

You are most kind, saheeb!

And a sweet and freilachen Succos to the threadmeister Obbormottel, and all us Peanut Gallery folks!!

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Re: Personal recovery plan
Posted by obormottel - 12 Oct 2011 18:06

Thank you, Dov, for your involvement and your good wishes. A freilachen yontiff, to you, too.

Can I get a copy of Cap'n Kirk ma'amar? Sounds interesting...

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Re: Personal recovery plan
Posted by obormottel - 17 Oct 2011 00:11

A gut moed!

So the kids are begging me to take them to a Bais Hashoeivo concert, and the wife says I shouldn't go because of all the women that are going to be there.

Can I go if I promise not to look?

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Re: Personal recovery plan

Posted by Dov - 17 Oct 2011 05:27

To heck with you. Just listen to your wife. The fact that she might be falling into a trap of trying to control you is a separate matter. Nu, one thing at a time, habibi...

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Re: Personal recovery plan

Posted by Eye.nonymous - 17 Oct 2011 19:54

Tell your wife to take them to the beis hashoeva!

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Re: Personal recovery plan

Posted by Blind Beggar - 17 Oct 2011 20:10

If his wife goes to the concert there will be one more woman for all the men to look at. But if my wife takes my kids to the concert I can stay in my Succah and I won't see any of the women.

Wilma!

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Re: Personal recovery plan

Posted by obormottel - 17 Oct 2011 20:44

[Eye.nonymous wrote on 17 Oct 2011 19:54:](#)

Tell your wife to take them to the beis hashoeva!

why didn't I think of that? oh, because she wouldn't go by herself....

does "the heck with me" includes "the heck with the kids" who were looking forward to some chol hamoed entertainment with a famous performer?

Anyways, the Wife and I took all the kids and went, and I watched my eyes and didn't die, so that was good.

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Re: Personal recovery plan

Posted by Blind Beggar - 17 Oct 2011 21:58

Well done Mottel.

I went to the Kosel today and watched my eyes and didn't die, so that was good. I went early in the morning and took off my glasses at times, which made it easier.

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Re: Personal recovery plan

Posted by gibbor120 - 24 Oct 2011 18:03

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Re: Personal recovery plan

Posted by ZemirosShabbos - 24 Oct 2011 18:12

[obormottel wrote on 12 Oct 2011 18:06:](#)

Can I get a copy of Cap'n Kirk ma'amar? Sounds interesting...

www.guardyoureyes.org/forum/index.php?topic=4109.msg111973#msg111973

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Re: Personal recovery plan

Posted by obormottel - 26 Oct 2011 17:18

Ok, I'm back.

I spent last three days (starting with Motzei Shabbos) contemplating suicide and divorce, in that order. Frankly, I didn't see any reasons other than the "lav" not to swerve into oncoming traffic.

I apologize to everyone on this forum for staying inside my head, but I finally came out of it last night and called a friend, and shared, shared, shared....and when I came home I was much better. I had to read the Handbook, and some other material on the GYE to finally break through. I was also following the forum, and reading Dov's long posts from recent times as well as of yore. I just couldn't bring myself to post. So I caught myself looking around on the street and "testing" the filter on the home computer, and the filter takka didn't work(!) and I saw a home page of something and thank G-d my son was at home, so I clicked out right away and had the Wife reset the filter that evening.

I realized that one of the reasons I couldn't bring myself to post was that I was (wrongly) expecting someone from the forum to reach out to ME, ME, ME.

It was all about me for the last couple of days, and I just couldn't shake myself off.

So even the most selfish thing in the world, such as suicide, didn't seem so foreign.

Originally I was gonna wait till 90 days clean to decide if I need to go to meetings or whatever, but I think I'm gonna go this Thursday (a few days shy of 90) to an information meeting, and

take it from there. My head is just too d4mn dark of a place to try and live my life in.

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Re: Personal recovery plan

Posted by gibbor120 - 26 Oct 2011 17:40

[obormottel wrote on 26 Oct 2011 17:18:](#)

I spent last three days (starting with Motzei Shabbos) contemplating suicide and divorce, in that order.

You do realize that if you want to do both you need to do them in reverse order ;D.

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Re: Personal recovery plan

Posted by obormottel - 26 Oct 2011 17:50

why kill myself (ch'v) if I'm divorced anyways?

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Re: Personal recovery plan

Posted by gibbor120 - 26 Oct 2011 17:53

Just a joke. hope you took it that way. Hope your "chakira" was just a joke too.

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