

**SOBRIETY**

Posted by yiraishamaim - 04 May 2015 03:35

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I am so deliriously happy with reaching 180 days!

I remember reading a post a short time ago of a member here who is also a Ba'al Koreh in shul. He said that when he read Shir Hashirim in shul he got quite emotional. I really relate to that. It shows how low we really became with these actions and the stark difference between that and kedusha is major. That sudden realization brings on tears of joy!!!

I used to get so down when I read "VELO SASOOROO ACHAREI LEVASVCHEM VEACHAREI AYNAYCHEM ASHER ATEM ZONIM ACHAREIHEM" - now I beam with pride that I am on the right road. I used to not look at people in the eyes. I thought they probably can see I have P\_\_\_\_ eyes. Even though I learned Torah and had weeks or more of stretches when I did not indulge in the forbidden. Now I have no problem looking at people. No insecurity in that regard

I am so much more relaxed. I can multi-task easier. If I have stretches of time alone I do not have a sudden zombie robotic slave-like urge to to something filthy and stupid.

I am thrilled beyond thrilled.

I love and appreciate all participants in the forum. If you love someone you wish them the best.

I WISH YOU SOBRIETY ( Can you think of something better?)

May we all get sober AND STAY THAT WAY so we can be the true YIRAISHAMAIM and AVDEI HASHEM that we were born to be.

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Re: SOBRIETY

Posted by yiraishamaim - 19 Aug 2015 01:00

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Well I think it's time for a change of routine. - bli neder- Until right before Rosh Hashanah I don't

plan on any posting. Just PMs and communicating with those I sponsor. and - oh yah, pressing the "I'm still clean" button if I'm so zocheh.

KolTuv and see yah in a few weeks l"H o' holy warriors

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Re: SOBRIETY

Posted by shlomo613 - 19 Aug 2015 09:24

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We will miss you but it's what you've got to do.

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Re: SOBRIETY

Posted by yiraishamaim - 05 Nov 2015 01:17

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It's now been a full year!!!

I can't believe it. It's been some journey. My emotions are both mixed and powerful.

I joined this holy forum 1 full year ago as a broken fellow - engaging in P\_\_\_\_\_ and phone sex from time to time. (M\_\_\_\_\_ was not a problem) But oh my!!! The guilt would lay so very heavy on me.

I really have not engaged in viewing P\_\_\_\_ or phone S\_\_\_\_\_ for an entire year.

and I even have had stretches of months when things seemed to be smooth as ever.

**HOWEVER**, I did have many slips along the way. and a couple of days ago as well. This has

made me very uneasy. Gibbor120 who has been sober, I believe for over 5 years, just posted that the journey is still challenging at times. These words were so crucial and timely for they have given me the reassuring feelings of ease and tranquility I desperately need.

So I am apprehensive about keeping my sobriety. Yet, I am one happy dude as well.

How did I do it?

Well this is the short of it. I joined GYE and began to post and learn. I learned quickly that I CANNOT DO IT- and that we are truly powerless and need to give the fight over to Hashem. I was a total Am Haretz in this area and seriously needed guidance. The forum really was my tool of learning. I have not gone to meetings or read the white book. As well, my wife is not aware of my "challenge"(illness if you will)

I davened a lot and learned from you guys, that you have to be very diligent in keeping a far distance from triggers. The Y"H is so shrewd in this regard, as we are all aware.

Perhaps the greatest of gifts I received from the forum is the ability to lend a helping hand. I have two members whom I sponsor. These are relationships I cherish so. They are both so honest and caring. As well, I believe they are both more intelligent than I am. The fact they sought me out and continuously seek my friendship and counsel is a most humbling matnas chinam.

In truth almost every part of the forum is a mussar unto itself.

Just to name a few:

Reading the posts of those who just joined. Sensing within their words their desperation and helplessness. To know I was there not so long ago. To know that to go back to the depths of this gehinnom is unfortunately just a few taps of the computer away.

Observing how some with multiple addictions, pick themselves up, go to meetings and can even quote the "book" chapter and verse shows a level of allegiance to their goal and perseverance of spirit that I can only dream of.

Observing the outpouring of care that so many show to those who need help especially after a crushing fall r"l.

To see people get up time after time after time only to eventually make it. For here on the forum there are only two types. Those who are in recovery and those on the way.

From the depths of my heart I thank you Hashem.

And thank you members of the forum, for continuously holding my hand, guiding me and giving me the opportunity to give back.

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Re: SOBRIETY

Posted by serenity - 05 Nov 2015 02:39

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Thank you for that beautiful and inspiring share! Mazel Tov! Mazel Tov!

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Re: SOBRIETY

Posted by gibbor120 - 05 Nov 2015 20:01

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MAZAL TOV, and KOT!

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Re: SOBRIETY

Posted by stillgoing - 25 Apr 2017 18:50

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test

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Re: SOBRIETY

Posted by cordnoy - 28 Apr 2017 01:24

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[yiraishamaim wrote on 04 May 2015 03:35:](#)

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Amen

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Re: SOBRIETY

Posted by yiraishamaim - 28 Apr 2017 03:29

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Thanks Cords

During the See Saw of the journey of Sobriety we never really return exactly to the way we were at an earlier time, Do we?

Hopefully wiser.

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Re: SOBRIETY

Posted by cordnoy - 28 Apr 2017 12:46

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[yiraishamaim wrote on 28 Apr 2017 03:29:](#)

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Nope.

Yes!, hopefully, with honesty and willingness to listen to others.

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Re: SOBRIETY

Posted by yiraishamaim - 28 Apr 2017 14:10

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k gotta work on that,

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Re: SOBRIETY

Posted by cordnoy - 28 Apr 2017 14:41

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[yiraishamaim wrote on 28 Apr 2017 14:10:](#)

k gotta work on that,

You have been.

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Re: SOBRIETY

Posted by stillgoing - 25 Nov 2018 17:16

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[cordnoy wrote on 28 Apr 2017 12:46:](#)

[yiraishamaim wrote on 28 Apr 2017 03:29:](#)

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Completely agree. I don't know how much "real sobriety" I've gained over the past few years on gye, but I am no question a completely different person.

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Re: SOBRIETY

Posted by chosemyshem - 25 Jul 2024 16:05

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It was so many years ago yet I remember it so clearly. I was 18 years old I am now over 50. I decided with a few friends that while we would be in the city that day we would try to sneak into a movie theater known for its "dirty movies" At the time there was no internet. Shmutz and acting out essentially had to do with magazines and movies.

We were "successful" and entered the theater. What I saw startled me. The last 4 to 6 rows were filled and tightly filled with men in their sixties and seventies. They all looked sort of saddened and empty but not necessarily of low income.

The rest of the theater was empty except for us 3 kids. I looked back at these men and thought "do they still have urges like us young guys? Is there nothing else they could do in their golden years? I certainly won't be such a loser at their age. Only now, when I am young and H\_\_\_\_\_ will I go to such a place. For me going here is sorta normal but these old geysers???"

I have since learned that P\_\_\_\_\_, acting out and the like is not so uncommon for the elderly. It is



clear that sexual addiction just does not go away. Young men so inclined become middle-aged men so inclined and eventually turn into elderly men ...

Is there anything more sadder and more reprehensible as a dirty old man?

Conversely, the person who works on himself with a proper program of recovery is the polar opposite. He becomes more self-confident as he works his program.

AT THIS POINT- Although continuing his recovery he feels capable of working on other middos. Daven and learn more. His glowing nature becomes conspicuous to others.

"Chochmos Adam Tair Panav" He becomes a dignified person with a happy disposition.

Hachaim V'hamaves is really in our hands. If we have the desire and put forth the right

hishtadlus, G-d will take care of the rest.

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Re: SOBRIETY

Posted by vehkam - 25 Jul 2024 17:24

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[chosemyshe wrote on 25 Jul 2024 16:05:](#)

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your post reminded me of the the elderly man i once encountered who was stuck in an electric wheelchair with only limited use of his hands. he too was stuck in the world of masturbation and self gratification . It was so sad and definitely a wake up call.

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