

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 hatziv 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, Zemiroshabbos, 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!

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 23 Nov 2011 19:04

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Eager To Abbreviate

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Re: To sobriety and beyond!

Posted by ur-a-jew - 23 Nov 2011 19:12

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[gibbor120 wrote on 23 Nov 2011 18:58:](#)

I tried to think of something smart to say, but I'll just :-X. I think I'm better off.

We call that having a high DTA otherwise known as your Duct Tape Aptitude

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Re: To sobriety and beyond!

Posted by gibbor120 - 23 Nov 2011 19:18

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[ur-a-jew wrote on 23 Nov 2011 19:12:](#)

[gibbor120 wrote on 23 Nov 2011 18:58:](#)

I tried to think of something smart to say, but I'll just :-X. I think I'm better off.

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I'm glad my aptitude for *something* is going up. oops, did I just ruin it by posting :-X.

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Re: To sobriety and beyond!

Posted by obormottel - 24 Nov 2011 16:53

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So I went for a walk with the Wife last night, to talk things out etc and we got mugged at gun point.

Thank G-d!

P.S. In addition to my wallet they got my phone, so I don't have anyone's phone numbers anymore, and won't be taking calls till after the weekend proolly.

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 24 Nov 2011 17:45

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scary!

are the two of you ok now?

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Re: To sobriety and beyond!

Posted by Dov - 24 Nov 2011 18:35

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Hashem tmalei chesron'chem bimheiro! That's a horrible experience.

My wife and I go for walks every night that we can. Very important.

I take a can of pepper spray and hold it so I will have the opportunity to use it at the first sign pf trouble, and with pleasure.

...not trouble from her, though....for that I carry earplugs! ;D

Hope the two of you keep on walking!

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Re: To sobriety and beyond!

Posted by obormottel - 24 Nov 2011 22:49

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I'm not using no pepper spray against a gun, nor put up any kind of fight. I found myself eagerly obeying their demand to surrender my property and was releived to see them leave. I asked the

Wife if she was OK, and she was, and we kept walking for a little while in the same direction, until we turned around and went home to cancell credit cards and file police report. She is much more shaken up then I am, but still pretty serene. I haven't been mugged in over a dozen years, and never with a gun. But I think I took it well. I had a difficult day with lusting yesterday, and it was an interesting way to come out of it. Chasdei Hashem sheloi somoo...

We both kept good humor about it, though Wife wanted to "track the phone, and get them!". I really couldn't care less. Who are these guys? Kloom (to paraphrase *Ushpizin*).

They are nothing. Al hanizak kvar nigzar min hashomayim.

So my wife tells me that it is a befeirushe *Bina*, that negative experiences can be avoided if we accomodate other Jews even to the point of our agmas nefesh. Meaning, min Hashomaim they remove a g'zeiro if you've already suffered agmas nefesh thru helping another Jew.

Interesting concept, but it got me thinking. Earlier in the day, I promised two people a ride to their individual destinations. Unfortunately by the time I promised the second guy, I promptly forgot about the first. So in the middle of me driving guy 2, guy 1 calls and asks where the... am I? So I tell guy 2 that I forgot about guy 1, and tell him he needs to get off half way and take a bus, to which he concedes. And I rush off to pick up guy 1. It helps to know that guy 1 isn't really a guy but my mother-in-law.

So ....I avoided agmas nefesh by letting another Jew down and got a negative experience instead. Maybe?

I am truly at peace with this situation. Our G-d is the best Father, and nothing comes from Him that's not love. Some love is so strong that it can only be experienced through the attribute of Gevura.

Thank you, Father. I love you, too.

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Re: To sobriety and beyond!  
Posted by Dov - 25 Nov 2011 00:35

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Thanks, Obber. That was sweet, and an especially nice thing to hear was the idea of ahavah that could only be experienced by way of the middah of gevurah. Kol kli yutzar alayich lo yitzlach v'chol loшон...etc.

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 25 Nov 2011 04:04

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Wow what a scary story. I like how you always find something positive to take out of a bad situation.

Keep On Trucking (and keep the doors locked)!!!

Gevura!

(P.S. No, it was not me.....)

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Re: To sobriety and beyond!

Posted by Dov - 25 Nov 2011 04:19

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[Gevura ShebYesod wrote on 25 Nov 2011 04:04:](#)

(P.S. No, it was not me.....)

Wait a minute. Did you see a guy drive away from the scene in a monsta truck?

Oh, never mind, it was Shabbos Kodesh!

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 25 Nov 2011 05:41

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Mottel, you are *yoter beseder mi'beseder*

(to paraphrase Ushpizin)

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Re: To sobriety and beyond!

Posted by gibbor120 - 25 Nov 2011 13:52

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I like your attitude OM. I only saw ushpezin once and the only line I remember is NES, NES, NES!!! I'm glad you are ok beguf and benefesh!

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Re: To sobriety and beyond!

Posted by obormottel - 25 Nov 2011 17:29

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Wife and I watched Ushpizin in the movie theater, and then bought the DVD which we watch every Sukkos and sometimes in mid-year, too.

Our favorite lines are: Mima naaseh Lysol? Mi'Lysol.

Ma atem? Kloom. V'ata? Kloom ....kamocha.

Kacha? Rak kacha!

Notice how it's soooo Jewish, all in a form of Q&A.

We also like "chipsim shel Moshe" and "Abba, Ata Matok".

It's a pain to get around without my phone and credit cards; I had to buy a bunch of supplies for my business this morning, and I can't even withdraw cash...

Otherwise we really are OK. I'll post a list of things I was especially thankful for this Thanksgiving.

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 25 Nov 2011 17:38

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i am haunted (for lack of a better word) by the question: *ma'aminim oh lo ma'aminim?*

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