

To sobriety and beyond!

Posted by obormottel - 02 Nov 2011 07:09

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 gibbor120 - 29 Nov 2011 15:12

OM, I'm also not sure what you want from your wife. Do you just want her to understand/accept you? What does she need recovery for? In what way do you want/expect her to support you?

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Re: To sobriety and beyond!

Posted by obormottel - 29 Nov 2011 16:40

i hear you. lemme think about it...ok, I thought about it.

I want her to stop mocking me and be a little more understanding of what I'm going thru...on the other hand, you're right, she doesn't need any recovery for herself....i guess it comes down to understanding and corresponding emotional growth...perhaps she's waiting for me to catch up to her maturity level before she can resume growing...

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Re: To sobriety and beyond!

Posted by gibbor120 - 29 Nov 2011 17:16

[obormottel wrote on 29 Nov 2011 16:40:](#)

I want her to stop mocking me and be a little more understanding of what I'm going thru

I hear you loud and clear. I also ~~had~~ have a need for my wife to be understanding. Over time, she has become more understanding. Focus on your own recovery and being honest with your wife. I think she'll turn around, but it may happen more slowly than you'd like. KOT!

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Re: To sobriety and beyond!

Posted by shemirateinayim - 30 Nov 2011 13:02

I'm not much of a breslover, but "The garden of peace" is highly recommended here.

Remember: A wife is a mirror, shortly after marriage she loses her flaws and mirrors yours.

I had the "delight" of witnessing it happen during the first 2 months of my marriage. My wife matured instantly, and started to slack on davening. because I am very mature, and slack on MY davening. When I act-out my wife forgets to zip her rope all the way up, leaving a pleasantly revealing V-neck. When I controll my lusts, (albeit self-will not 12 steps) she dresses up like a "rebetzinb from meah shearim" and can't figure out what got into her.

If anyone has a wife who lets her dress ride-up, simply stop staring up other ladies skirts, and she will automaticly find herself tzanuah. See the book it's great stuff. And whatever you do don't find your wife's fault, see it as your own!

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Re: To sobriety and beyond!

Posted by obormottel - 02 Dec 2011 23:06

Gut shabbos to all!

I'm still clean. Just got back from the meeting, and I don't care what you say, but frum addicts are CRAZY!

To let a "goyishe" system return your emuna to you....you must be crazy.

But this is what I'm getting back now: my emuna. Suddenly, all chassidus and musar and chakira all come to be seen in their true light with a little help of goyim who are just as crazy as I am.

What can I say, I'm disheartened...I really don't like that place I am coming from (but haven't gone too far yet)...and I can go back there at a drop of a hat (or pants, if that's what grabs you). Crazy? I think so.

I am throwing out 20 years worth of convictions so that I can replace them with faith in G-d...while I developed those very convictions to cultivate my faith in G-d. Is this making any sense?

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Re: To sobriety and beyond!
Posted by Dov - 04 Dec 2011 01:47

Exactly my experience, and it has been getting better and better, each year a deeper appreciation for Torah and Chassidus (my chosen path, though not a chosid [yet]). And the emess of recovery has opened up sifrei Emess to me, b"H. My shrinking duplicity is allowing growth of all the Emess in my life. And it is slowly recreating all the relationships in my life. Our house has transformed, the way I feerzoch with the wife and kids is transformed...where is this leading? Life is spontaneous now, interesting, and actually beautiful.

Before, it was the same predictable crap (excuse me), with the same, predictable damn (excuse me) cycle and the same predictable porn and 'adventures'. My existence was shifting from one crisis to another - here and inner crisis, there and chitzoni one. The only really exciting part of
Aside from
the anxiety, life out of recovery is just boring. In fact, having fun and being anxious were hard for me to tease apart for the first few years sober.

This is what some addicts mean when they say that "the worst day I have sober is better then the best day I could have being drunk". It's not the *drinking* that is the problem, but the stupid *thinking* that feels so natural. It always kept me apart from real faith in G-d and connection with others.

It took a year or two for me to start learning that I really can approach Hashem as neither a grovelling 'rosho posheya', nor as a high-flying 'm'vutal liRtzono' - but as 'just me'. For reasons only known to Him, we - as we are right this second - are good enough to have a relationship with Him! We all are, though most of us really don't believe that, and deep down inside we tend to only believe that we are really good for having a relationship with nudes and porn, and stuff like that. No wonder we kept trying that over and over....but you and I are past that **today**. Boruch Hashem!!

I pray you (we) keep taking it just one day at a time.

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Re: To sobriety and beyond!

Posted by Pure yid - 04 Dec 2011 04:40

Dov. Major stuff.

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Re: To sobriety and beyond!

Posted by obormottel - 07 Dec 2011 17:48

By the Grace of G-d I am sober yet another day.

The wife's out of town for a week, so tomorrow is the "post-it note, dinner special, flower display" day.

The first night alone was very tough. I was up every hour on the hour tending to crying babies, who wanted mommy and wouldn't be consoled. Not only I lost my temper once or twice (which manifested itself in a louder-than-called-for "ssshhhhh" at the baby, and some yelling at an older kid for trying to help (I know, I'm working on it)), by about six am I was half-ready to soothe myself the only way I know how. Thank G-d, I got through it.

So tonight one of the babies firmly placed herself in my bed, perhaps in an attempt to save me from "sinning". So that was nice...

I realized something that I want to share with you:

The last time the Wife was away, I was freaking out. I was in sheer panic, and so before going to bed I put in a long prayer during Kriyas SHma AH"M, asking to get through the night without acting out, without having a temper tantrum, and without too much trouble from the babies. And it was (almost) a walk in the park.

So this Monday I was feeling very cocky: I took the Wife to the airport, and went to SA meeting, and reported there that I am SOOOO past the resentment towards my wife, I wish her to have a great fun time wherever she is, and I will manage the house, just as well as I did the first time few weeks ago.

Well, this cockiness did me in: I failed to ask Hashem for help before going to sleep, and I had a miserable night, and the entire time I was SOOO angry at my wife for putting me through this. And surely, when she called in the morning, I was full of resentment, and was very rude and curt with her.

So I fessed up about it in the meeting the following day, and I was sure to invite G-d to spend the night with us, and even though the babies did wake up, and did ask for mommy, it was a totally different and a relaxed experience.

So I would like to take this opportunity to express my gratitude to G-d Al-mighty for being such an obvious part of our lives. Abba, Ata matok.

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Re: To sobriety and beyond!

Posted by Dov - 07 Dec 2011 17:49

Wow. That's real living. Thanks for reporting the truth from the field.

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 07 Dec 2011 17:55

Mottel, gam ata matok.

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Re: To sobriety and beyond!

Posted by ur-a-jew - 07 Dec 2011 18:07

[obormottel wrote on 07 Dec 2011 17:48:](#)

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Re: To sobriety and beyond!

Posted by gibbor120 - 07 Dec 2011 18:23

Thanks mottel! When we coast, we're toast! G-d reminds us that we need him. Thanks for reminding me, so hopefully I won't get a rude awakening, (no pun intended).

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 07 Dec 2011 19:10

Mottel, ur amazing! KUTGW!

Hope the "homecoming" works out great for both of you.

Gevura!

P.S. UAJ: Is there some sort of program you use for making those?

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Re: To sobriety and beyond!

Posted by ZemirosShabbos - 07 Dec 2011 19:39

notes.mastervb.net/

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