

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 hatoiv 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, ZemirosShabbos, 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!                      SOBRIETY AND BEYOND!

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Re: To sobriety and beyond!  
Posted by ZemirosShabbos - 21 Mar 2012 15:47

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sea bass kugel

buckwheat kugel

spelt kugel

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Re: To sobriety and beyond!  
Posted by obormottel - 06 Apr 2012 02:39

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A freilachen un a kosheren Pesach to all recovering sex addicts, v'ani b'sochom.

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Re: To sobriety and beyond!  
Posted by 1daat - 06 Apr 2012 20:33

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Hi Ob,

In re: the failed 2nd step piece. I'm one of the ones who doesn't check in that much, like Zemmy referred to.

I offer the following:

"The Step 2 phrase "came to believe" suggests a process and a progression of faith that evolves over time. A portion of A.A.'s oral tradition defines this as a three-part unfolding: First, we came, that is, we showed up and stumbled in the door. Second, we came to, that is, we sobered up, came to our senses, and began to experience emotional sobriety. Third, we came to believe. We began our real recovery process and our spiritual growth.

- Serenity, A Companion for Twelve Step Recovery, p. 29"

so in that light, your "failed" step 2 is for me like calling p'shat "failed", and Y'sod "right". You wrote the posted step 2 for where you were at the moment. As we say, "more will be revealed", and it was.

I refuse to comment on your "coming to believe". How could I know what you and "H have going on. Your posted step 2 was perfect for that moment. Viewed otherwise is an invitation to the yh to roll up his sleeves and make a banquet out of you. And it's never pretty, like our Seder.

That said, useful comments from others are always welcome (except when I'm defensive, which is almost never these days, since I passed my step 2 with honors). But "shooting it down", to my mind is unacceptable.

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Re: To sobriety and beyond!  
Posted by Yosef Hatzadik - 17 Apr 2012 09:36

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Go, **Obormottel**, go!!!

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Re: To sobriety and beyond!

Posted by JackAbbey - 17 Apr 2012 13:50

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mottel its shliessel challa week

any recepies?

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Re: To sobriety and beyond!  
Posted by 1daat - 20 Apr 2012 07:03

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hi Motik,

Gutte Shabbos.

Shmeich, I've forgotten about shliessel challa. Could you go over the key points?

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Re: To sobriety and beyond!  
Posted by obormottel - 20 Apr 2012 14:36

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Hi all!

I am still sober, thank Gd.

Some Gye purists would say that kugel and challa questions belong in the kitchen thread, but I am no purist.

So, shlissel chala is big in our family, but it is the Wife who makes, I just break my challa messer on the key.

I am not into baking myself, so no recipe other than the obvious: flour, water, eggs, yeast, salt, sugar. Rosemary makes for a delectable variation on same old flavor, or even roasted garlic.

Gut shabbos!

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**GYE - Guard Your Eyes**

Generated: 14 September, 2025, 02:03

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Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 20 Apr 2012 14:50

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Hey Mottel how's it going?

Shlissel Challa - I am aware of 4 different ways to make it.

1- Challa in the shape of a key.

2- A little key made of dough on top of the Challa.

3- Poke the challa with a key.

4- Bake a key inside the Challa

My wife is very machmir, she does all four at once!

May you be zoche to unlock a shefa of parnassah and all other good things!

Gevura!

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Re: To sobriety and beyond!

Posted by obormottel - 20 Apr 2012 15:42

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Omein! Vchen l'mar!

I only know of baking the key inside, and it must be the house key, 'cause we once baked the mailbox key, and they kept sending us sweepstakes entry forms and free cruise vouchers. Very frustarting.

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Re: To sobriety and beyond!  
Posted by alexeliezer - 20 Apr 2012 18:30

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O'Mottel you crack me up. (Gevura too, but I think you were serious unfortunately)  
I really should visit your thread more often.  
Glad things are going well.  
Have a wonderful Shabbos with your Aishes Chayil

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Re: To sobriety and beyond!  
Posted by ontheedgeman - 24 Apr 2012 12:34

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[obormottel wrote on 20 Apr 2012 15:42:](#)

'cause we once baked the mailbox key, and they kept sending us sweepstakes entry forms and free cruise vouchers. Very frustarting.

lol

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Re: To sobriety and beyond!  
Posted by Gevura Shebyesod - 25 Apr 2012 16:14

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Hi Mottel. I just noticed that you broke 1000 posts! Mazel Tov!!!!

KOMT!!!!

Gevura!

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Re: To sobriety and beyond!  
Posted by obormottel - 26 Apr 2012 00:55

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Supercool.

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Re: To sobriety and beyond!  
Posted by ontheedgeman - 26 Apr 2012 02:40

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The trick to getting to 1000 posts is to update with useless posts, like this one.

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