

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 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!

=====

Re: To sobriety and beyond!

Posted by tehillimzuger - 03 Jun 2012 10:29

[obormottel wrote on 03 Jun 2012 07:09:](#)

I made havdolo on bear

It's always good to have a bear around the house, it reminds us of Dov, Woodford is great too, it reminds us of Bards.

Hang in there Mottel!

[once you're on tequila... can we get some tortillas in the kitchen?]

=====

Re: To sobriety and beyond!

Posted by Dov - 03 Jun 2012 17:49

Yeah, Obber1Canolli. For all the years that I masturbated and used porn, I believed in my heart of hearts that the *first* drink is to be avoided - as some sort of *geder* so as to avoid *eventually*

getting drunk .

Needless to say, that mentality did not work well...(hic!)

Until I accepted the tremendous chiddush (to me) that it really was the first drink that made me drunk, rather than the third or fourth one...I *never* could have stopped drinking. Not with all the G-d and program in the world.

(PS. I am referring to lust drinking, as I do not happen to be an alcoholic, at least so far...)

=====
=====

Re: To sobriety and beyond!

Posted by obormottel - 03 Jun 2012 18:05

That's pretty much what I'm saying. The first lust hit, or drink, or wtvr, will immediately put me on a binge mode.

=====
=====

Re: To sobriety and beyond!

Posted by Dov - 03 Jun 2012 20:47

OK, so welcome to the club. Now that this is clear to you, there are 3 pitfalls to look out for and avoid:

Borr (not beer, or bear) 1- Forgetting it completely. It's truly *amazing* what our capacity to just plain **forget**, is. :o AHHH!!!!!!!

Borr (yeah, yeah, yeah) 2- Realize and accept that we will not be perfect. Alcohol and pills are relatively clear to seem *perfect* in avoiding - no more booze of any kind, period (and maybe even no cough medicine...uh-oh, maybe not so clear) . But lust and sex addiction is very tricky. The marrieds have it much tougher than the singles for this reason. Cuz sex is not the problem - lust is. It takes most of us a few months to make some real progress - then many of us discover that it takes us a few more *years* to make really *significant* progress in that and ger real freedom...at least on good days.

And life goes on, avodas Ha borei always improves over the long term this way, and the ikkar remains - am I sober today from sex with myself or with anyone other than my wife, or not? That's the bottom line. And getting progressive freedom from the tyranny of lust *will **have** to happen* if we really know we need to stay sober no matter what.

Yipee! Welcome to the club! At least there is no 'circumcision' needed, like when we entered

=====

Re: To sobriety and beyond!

Posted by obormottel - 04 Jun 2012 03:11

I remember that day well...
that other club (called Judaism).

Thanks, chabibi. 'Tis good.

Mottel

P.S. third pitfall?

=====

Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 04 Jun 2012 03:29

=====

Re: To sobriety and beyond!

Posted by ur-a-jew - 04 Jun 2012 03:40

[Gevura wrote on 04 Jun 2012 03:29:](#)

Bor Al Gabei Bor Al Gabei Bor....

Actually that would be the first one. He was asking about the third.

Mottel its nice to hear you're doing well. Continued hatzlacha.

=====
=====

Re: To sobriety and beyond!

Posted by obormottel - 04 Jun 2012 04:05

Thank you. Did you see my email?

=====
=====

Re: To sobriety and beyond!

Posted by theirv - 04 Jun 2012 11:56

Mazel Tov!!!! IY'H by 180!!

=====
=====

Re: To sobriety and beyond!

Posted by ZemirosShabbos - 04 Jun 2012 15:36

hi mottel,

pardon my irreverent associations, but the talk about bears and initiation rites reminded me of this

www.guardyoureyes.org/forum/index.php?topic=477.msg35274#msg35274

????? ??????

=====
=====

Re: To sobriety and beyond!

Posted by ontheedgeman - 04 Jun 2012 15:39

well, as an alcoholic, I can add to Dov's point about the first drink with anecdotal evidence... for me it wasn't the drink per se, but the accompanying belief itself about the first drink. The belief was part of the intoxicating effect of the beverage. The belief that, once I had that drink, the afternoon would be tranquil, I could escape into serenity... the belief that the first drink was part of my right and heritage as a way to enjoy and truly experience the moment - whatever moment - a simcha, a summer day at the cottage. The belief that, just this once, I wasn't going to turn alcoholic into a problem.

You will find that most alcoholics who have properly worked their programme - if they ACCIDENTALLY take sip of alcohol, they don't go into binge mode. THEY VERY QUICKLY REALIZE THAT THEY ARE IN GRAVE DANGER AND CALL THEIR MENTOR. They get to a meeting. They discuss exactly what that sip did to them - if anything - and double up their security system.

BUT if an alcoholic INTENTIONALLY SIPS an alcoholic beverage, that belief itself is part of their drunken relapse... and they are 99.9% going to go into binge mode if not right then, at least within the week.

I guess I've never truly surrendered my sex addiction this way, truth be told. I've kept it separate from my alcohol addiction and just viewed it as a potential sex addiction to be monitored and re-programmed. If I truly surrendered the same way, that my belief about women and looking/getting massaged by them is part of the same destructiveness as alcohol, oh what then!

Incidentally this past week has been good to me. I am slowly surrendering to the possibility of dividing myself from my desires, accepting that they are not the same thing... that I don't have to follow my eyes all the time. now if only I could get my legs to some meetings...

=====
=====

Re: To sobriety and beyond!

Posted by Dov - 04 Jun 2012 16:02

[obormottel wrote on 04 Jun 2012 03:11:](#)

I remember that day well...

Thanks, chabibi. 'Tis good.

Mottel

P.S. third pitfall?

Funny...when I was writing it I wanted to put in the third pitfall and write:

"Borr # 3: Forgetting it completely" again...as sort of a joke.

Which reminds me of a great line I heard in the mikvah a few years ago when a guy was taking too long in the shower after saying **"I'll be 2 minutes!"**. My (very) irate buddy complained, and someone said:

"Well, you know there are three kinds of people: those who are good at math and those who aren't."

;D

=====
=====

Re: To sobriety and beyond!

Posted by ZemirosShabbos - 04 Jun 2012 16:07

Rick Perry, is that you?

=====
=====

Re: To sobriety and beyond!

Posted by Gevura Shebyesod - 04 Jun 2012 16:08

For the geeks out there:

"There are 10 kinds of people, those who know Binary and those who don't" ;D

=====