

MISGABER? or perhaps not yet.....

Posted by misgaber41 - 18 Feb 2014 23:16

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So here is how it goes.

**BUT !**

When I was all of 9 years old, I had a class mate who came from a wealthy family always had more than he needed, his father a very very generous person always gave him extra to share with others, and share he did , but it came with a price tag! he would bribe me to go to the bathroom for a minute in middle of class let him... and he would reward me with whatever he had that day. obviously this didn't happen to often but occasionally this did, without any body knowing of anything!

Now I am not looking to blame anybody for my shortcomings but myself, I should of known better then to go along with this, But... this is the sad reality.

After Bar mitzvah we split up in 2 different Yeshivos, but naturally I was left with a dent and as a result I would have fantasies of all sorts did not have a clear head for a day, but I learned in a very respected Yeshiva was very careful to keep my dignity, made sure to act and talk properly, but inside myself lied a very big secret, many times was I anxious to go talk to a mashgiach about my problem, but my self respect shame and being afraid of revealing my secret kept me back of doing so. I would never drink a ounce on Purim being afraid of letting loose, and maybe I will say something!

So I lived that double life having a name as a TOP BOY and deep down I knew that I was a BOTTOM BOY!

Then came the big blow when I took a office job like 3 years ago and got access to a computer all day long... more need to be said? I found out and filled in all that I have been missing all along after a short while I went from bad to worse My wife kept on asking me what's the matter but of course after so many years of doing this I am quit a good actor and managed to fool her too.

After a while of this behavior and after a deep fall I decided to follow a link from GYE and see

what they have to offer, I didn't sign up the first time cuz I cant unveil my secret but after a few times and realizing that I cant fool MYSELF any longer I gave it a try.

So like 4 months ago I had the privilege of joining this holy community and signed up counting 90 days, chatted a lot, read the forum a lot, and even made some close friends which I speak often on the phone, but I still had convicted myself that I am not as bad as the others here I don't need to open up to the public I am strong enough to keep a low profile and still be MISGABER, oh was I wrong! it helped me for a short time but not a long term solution! I reached 83 days once and then like 28 days but yesterday IO had a big blow!

So after consulting with my dear GYE friends I decided to go public and start counting my 90 days openly and hopefully with the koach harabim I will make it to 120 Years!

thanking you in advance for helping me be MISGABER.

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Re: MISGABER? or perhaps not yet.....  
Posted by lionking - 23 Jan 2018 02:03

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[cordnoy wrote on 22 Jan 2018 21:31:](#)

[cordnoy wrote on 13 May 2014 18:38:](#)

If we cut the philosophy for a moment and focus on the practicalities.

A seductively dressed woman walks down the street and you notice her out of the corner of your eye.

You would like to look again.

Here are some of the options:

1. Look away
2. Daven for her
3. Ask Hashem to remove your desire.
4. Take another look
5. Ignore the situation.
6. Decide that it would be life threatenin' to look and act accordingly.

perhaps there are several others as well.

The fact that one is thinkin' thru the situation indicates that he is tryin' to recover. Based on the decision reached, he may regard himself as sexually sober. This dilemma can be regarded as a fight, battle, crossroad, or even less.

Sexually sober does not mean that he doesn't notice seductive women. Perhaps there will be those who reach that level, but to think that anything less means that you haven't recovered is counterproductive....again IMHO.

b'hatzlachah

I would like to add somethin' that to some may sound very controversial, and to some may even sound like heresy:

If one is practicin' recovery (any method) on a pretty consistent basis (which is somewhat vague), and then one day clicks on YouTube top ten kick returns and then clicks on the top ten craziest flea flickers and then clicks on the top ten cheerleader gaffes and then he masturbates, he is still recoverin' and he can consider himself sexually sober. There might not be a need for him to reevaluate everythin' he is doin'.

(Yes, if that happens once a week, the above does not apply. Yes, if he is constantly fantasizin' about his aunt's laundry room, it might not apply. Yes, if he is peepin' into his neighbor's pool every afternoon at 2:00, it does not apply. But other than that, it just might.)

God speed

Your disclaimer at the end, sounded like some legalese which your lawyer required you to add in the fine print. Take it easy, I won't sue you. (My neighbor in the pool, might...)

For as much as my 2 cents are worth, I totally agree to the above post. I think this is the meaning of Sheva yipol tzadik v'kom.

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Re: MISGABER? or perhaps not yet.....  
Posted by tzomah - 23 Jan 2018 11:05

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[cordnoy wrote on 23 Jan 2018 01:51:](#)

Good questions; well said, and I like your humor.

YouTube trollin'.....no.I was referrin' to cases where one is finger-trigger happy. Not all filters work. Not everyone has.

Regardin' the definition of "sexually sober." Firstly, not all Webster's are alike; just ask the cajolin' folk. And yes, those folks followin' the books and meetin's - they would need to restart their count.

My point was a simple one (but perhaps profound - how's that for a self-centered egocentric maniac): a fellow is workin' real hard in recovery, say a year or two of meetin's, maybe a weekly chaburah in mussar, perhaps an every day phone conference, avid book reader, maybe a

chronic poster - whatever recovery method he's engaged in (as long as he's not fightin' tooth and nail, clenchin' his fists, grittin' his teeth, screwin' his eyes shut, etc.) - if he somehow happens to fall, let's not emphasize the streak endin' and all the good folks come in with words of encouragement that all is not lost. I say (again, as long as there are no obvious loopholes in his recovery method): keep goin'! So the Hell what? Perhaps don't even reset your count and focus on the accumulative count. I have advocated for that in the past that the accumulate count is far more important than the streak.

The guy that hits safely in 67 games but bats 290, is not better than the 340 hitter, who only managed 23 in a row.

I know the argument, but far too many guys are gettin' down after falls durin' a long clean streak.

God speed!

nichamtani

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Re: MISGABER? or perhaps not yet.....

Posted by Trouble - 26 Mar 2019 02:59

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[Pidaini wrote on 13 May 2014 20:53:](#)

I guess there are different definitions of "battle", I was referring to number 4, which usually doesn't work by me and ends up being a fight "do!" "don't!" "do!" "don....maybe?".....

once I'm there and not doing one of the others, I know that I'm not as sober as I could be.

Takes a while for people to realize that.

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