

OnTheRoad is BackonTrack is OTR is....

Posted by OTR - 18 Feb 2016 15:34

Ok, I had opened a new screen ID because I had forgotten how to get into this one. But This is who I started GYE (or GUE at that time for old timers) as originally, and this is the screen name I want to use. I have never posted in THIS forum using OTR as I was here in the past when we were on the old forum platform. But OTR for anyone who remembers me is who I was, am and will be here going forward.

- Getting to the matter at hand because who really cares about the significance of an anonymous screen name..... What's different this time?

-My wife does NOT know that I am joining the forum now. Actually she is not aware too much of my current condition.

- I am not here because I was embarassed into coming, or (as previously) because my wife caught me and I knew I needed to do 'something'.

There was something very cutesy and supportive about my previous experiecne. You know... my wife was proud that I was on the forum, I told her about some of the jokes... etc.... And I think, had I continued keeping myself out of isolation, that I would have probably remained in recovery for longer. Especially seeing how the tools on this forum have grown....

But this time I am here because I want to be here. I am not necessarily looking to share my experience here with my wife, because this is about me and my life and my desire to leave this side of me behind.

What drove me to come back? I have nothing else to offer myself to improve, broken nedarim that worked well for a really long time but then eventually I transgressed.;... I took apart and put together my faith, my understanding of my higher power. At about 40 years old, I said ok what am I doing with my life, is this what I want? What do I want.... It was not Hashem as we call it in yiddishkeit, it was Truth- emmess. wanting to be a person of the truth and connect to the truth becuase that is the only thing that is stable in life.

And one thing it requires is being good to your word- which I wasn't... So what did I have left to say for myself? Not much.....

Through this I realized (again) that I have no other recourse but to reach out to others and get help with this. I called an old GYE buddy or two... got no reply. So I need to start again....

In a way the fact that I am here now, not because of external shame, but because I want to be a person of truth, true to myself, true to who I want to be... I think that makes this a little more real.

That is one thought that I have.... There are so many interesting things to get out in writing, I can't get them all down at once..... But I am starting on my 3 preliminary days toward getting on the 90 day chart, installing proper filters and getting back on the road or on track or whatever you call it to get straight and become who I really want and am supposed to be.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 08 Apr 2016 01:57

Ok, I'm gonna try again.

Testin'.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 08 Apr 2016 02:36

Although this time all the posts are not as clear to me, I'll write my thoughts out in general.

For the record, I hate the chapter called we agnostics.

?For the record, I think that the authors really wanted you to believe in God.

?For the record, I even think that they picked on alcoholics, for they are easy prey.

That being said, it is a highly effective program, and one I use on a daily basis.

If anyone's feathers were ruffled from the above, so be it....that's what it seems to me.

Next, regarding what does God do and what do we do? Here is my take: skep writes that this is a world of action, and that is true, but step 1-3, which is the full acceptance that we addicts are not in control and that we cannot (on any practical level) vanquish the dragon, that is something which is not simple to do. That is passive action, and it is tough. Many give it lip service and say that yes our lives are unmanageable and God is the only one who can restore us to sanity, but they don't really believe it. Take my dear friend, who has risen to high levels, far superior to where he was some years ago, but yet, he us is not satisfied. There are still ????? ????? lurking in his neighborhood, and this bothers him immensely. What does he do? He racks his brains in his attempt to figure out what is wrong and what can he do. How can he remedy the situation? Now, perhaps there are legitimate answers, but may I humbly suggest that there really is nothing for him to do except accept the fact that he cannot do it. So easy, yet so difficult. Who can? God can, and enough with the #&ucking doorknob, and I won't venture an opinion about the spirituality flowing thru us, for I don't know much about it.

And now let's get to the steps and the other issue. The initial steps are those of acceptance, tough steps to really and truly give in to, but a prerequisite to working this program. It is only then that we can begin working the actions that will assist us in restoring our lives. So we need to let go and let God and then we need to work.

There is an explanation to this and one which I might even understand, but that is it for now.

B'hatzlachah

My initial post was better....sorry.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 08 Apr 2016 03:43

bahhh false alarm... here I am thinkin cords is gonna give us a run down of spirituality and housewares and he goes off into this SA step work rubbish....

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by realsimcha - 08 Apr 2016 03:50

[OTR wrote on 07 Apr 2016 13:50:](#)

The Chazal which says, Ilmaleh Hakadosh Baruch Hu Ozro- Is referring to yetzer hara. It peeves me to no end when people compare this addiction to yetzer hara. It's not. It's clearly a mental illness. THAT said, if NORMAL yetzer hara requires Hashem's intervention to vanquish, then without a doubt, people with the mental illness of addiction are going to NEED intervention from above. Chazal don't say- Ilmaleh Hakadosh Baruch Hu Ozro.. while he sits back and does nothing. Any thinking person will realize that Chazal mean- WHEN a person does what is incumbent on HIMSELF to vanquish his evil inclination, THEN Hashem comes along and fills in the gaps. Similarly with our addiction WHEN we do what is on us to do, THEN God will help us.

Hey OTR [I think its really you this time :)], Firstly I really enjoyed this post. Secondly, I completely agree with you that it is not advisable to compare the yetzer hara which is yetzer hara with addiction which is a disease. I think one of the reasons that its a terrible idea for guys struggling with this is the fact that we were completely unsuccessful fighting the "yetzer hara". We felt that we didnt have free will -- which many people told us was impossible. But the truth is that the gemara also says the one does not do an aveira unless a ??? ????? enters him. So that means that to some extent there is an insanity lurking in every sin. It might just be a matter of a spectrum of insanity. It doesnt really matter. But, as you said, if even a simple aveira is impossible to conquer without Hashems help, addiction ?? ??? ??? ????? .

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 08 Apr 2016 04:04

And in my initial post, I also differentiated between the gemora about yetzer hara and this addiction. Although I do not know for certain, I do not think that the gemora is referring to an addiction. Accordingly, the assistance Hashem helps with conquering the yetzer hara by an aveirah is not the same at all to what we are discussing.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by mggsbms - 08 Apr 2016 04:07

If so why do you think don't chazal discuss addiction. Is it a new occurrence ?

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 08 Apr 2016 04:10

Good question.

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Re: OnTheRoad is BackonTrack is OTR is....

Posted by Shlomo24 - 08 Apr 2016 04:42

Reading this thread, and posting on it also, is reminding me that sometimes I get caught up in the theoretical. I have opinions on many things, but I don't always say them if they are unnecessary or they won't make a practical difference. I was the biggest mumche when I wasn't sober, I had all the best eitzos. I am trying to break away from that now.

However, when it comes to the 12 Steps I have heard from many others about the nature of them. And what I have come to realize is that God keeps me and others sober. I feel this almost tangibly. Which is why I have such strong opinions on this matter. Different people have different experiences and speculations or understanding about how the steps work. Case in point is that my favorite chapter is "We Agnostics" and apparently others don't have view. Also Skep has a completely different perspective. What I say I know for me; it may change, but right now that is the case. I also don't connect to the mindset of trying to make the steps fit in with Torah. I am too frigging desperate for my life to worry about those things. If eating turnips and doing jumping jacks would give me this kind of result, I would do it too. But apparently this is the path that God has led me and this is what he wants me to be doing now.

I am also maskim that the creators wanted people to believe in God. It is a b'feirush story in the back of the Big Book. But l'maysah the program is about "God of our understanding" and frankly I don't give a damn what the kavanos were; I have a program that works for me. Not gonna change it anytime soon, unless it is under direction from a sponsor or whatnot.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 08 Apr 2016 09:29

And we wish you continued success.

B'hatzlachah

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by eslaasos - 08 Apr 2016 14:12

[mggsbms wrote on 08 Apr 2016 04:07:](#)

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How do you know they don't? It takes pleitzos to determine what the message is in different maamarei Chazal.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by eslaasos - 08 Apr 2016 14:22

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This discussion of surrender vs. hishtadlus has been had before, and before, and before that too.

Practically speaking from a theoretical point of view (!!!), I always understood that in every aspect of our lives, the success is in Hashem's hands, and all that we can do (and must do) is every bit of effort/hishtadlus that we can, and *if* we know we have truly done the hishtadlus

Hashem expects of us, then be happy to accept whatever Hashem decides should be.

Maybe being a simple guy helps because I don't see the complexity in this reconciliation.

However, I do see (and experience) huge complexity in determining what is the expected hishtadlus that Hashem wants from me, but that's an individual and situation specific question, hence the complexity.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by mggsbms - 08 Apr 2016 14:38

[eslaasos wrote on 08 Apr 2016 14:12:](#)

[mggsbms wrote on 08 Apr 2016 04:07:](#)

If so why do you think don't chazal discuss addiction. Is it a new occurrence ?

How do you know they don't? It takes pleitzos to determine what the message is in different maamarei Chazal.

That wasn't my premise I was referring to what Cordonoy has said. There are many mamorei chazal that can be interpreted as addiction, but many people have an issue with equating the words of chazal with addiction terminology, which is understandable.

I think the reason we get caught up with this issue is because it's hard to grasp the difference between this specific addiction and the yetzer. Whereas when referring to any other addiction the difference is more pronounced.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by thanks613 - 08 Apr 2016 14:48

As long as we're setting the record straight.... Shlomo how long is your streak ACTUALLY? - just tell me one thing if you don;t want to answer. More than 1 day?

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by markz - 08 Apr 2016 14:49

This is not Shlomos thread - I think he's over 365 day

Im chasing him at +-240

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 08 Apr 2016 15:04

[eslaasos wrote on 08 Apr 2016 14:12:](#)

[mggsbms wrote on 08 Apr 2016 04:07:](#)

If so why do you think don't chazal discuss addiction. Is it a new occurrence ?

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140 Cumulative Days

Personally, I think that they don't discuss addiction because the Torah was written for healthy people. You need to be a Ben Adam, and have a normal healthy mind to be able to really grow in Torah and Yiras shomayim, middos improvement.... And that is what the Chazal are expecting when issuing their directives, ma'marim etc...

Addiction is an illness like depression or bipolar mood disorder.... It's not an evil inclination as in the person is being evil.... It's a deficiency of being normal. Is someone with bipolar or depression, 'bad' because they wake up feeling uncontrollably sad? I know someone who has this illness. I pity them. Their emotions are like a roller coaster they have very little control over. Much less control than healthy people. It's not just drama... They really get hit by waves of emotion that are totally not normal.

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