

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 embarrassed 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 experience. 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 because 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 ColinColin - 13 Feb 2019 12:43

Yes.

I used to stay clean for a few months, then fall.

This cycle repeated.

I released I was using a wrong psychology.

The wrong psychology for me, certainly.

I used to set a day as my target, "Stay clean until that day."

And I usually met it, (or I fell just before.)

But once I met that target, I "rewarded" myself by falling.

All the psychological pressure had built up, then released.

I went wrong by trying to stay clean until a certain day...the wrong part was focussing on that certain day...as if what I did after it did not matter.

So I no longer make these target days, as they are false targets.

This is a wrong way of approaching things, "Stay clean until such and such a day".

Now I take it day by day, wanting to stay clean. Always.

And I am less hard on myself.

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

Posted by OTR - 13 Feb 2019 13:04

I hear that. I don't think trying to stay clean worked for me tbh, Filters are what helped me gain the ability to control myself in day to day life. Lessened the challenge. When I have unlimited porn in front of me I fall back into those patterns within a few days. Weeks or so at most. I can't take the seasaw anymore or the mental anguish of parsing out what I will allow myself to do, look at etc.. verus what I won't allow.. and how it affects me. And I'm happy.

Of course the underlying issues driving my addiction need to be worked on and I am. With a friend, friends, my spouse, davening, mussar.. and mainly myself. I guess I am a dormant addict is what I would say. I am not a dry drunk. I am not fiending for my next fix. I could at anytime (which once in a while I have done) go and obtain porn access. It would cost me a few bucks but not much.. However with the distance I have set porn at for me, I just don't feel the pull as strongly and mostly just able to function. Feel accomplished. etc..

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

Posted by Workingguy - 13 Feb 2019 16:45

OTR,

I don't know if you have to call yourself a latent addict. With accessibility being what it is today, and the porn being immediately rewarding in the short term, having easy access is brutal for anyone. Yes, there are people here who have easy access and perhaps would never touch it, but with temptation close by, it is hard for most normal people not to sin. Throw in that if a person is bored, hungry, angry, lonely or tired, and without something making it harder, it's too easy to fall.

So I think you're normal and human.

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

Posted by OTR - 13 Feb 2019 17:24

You know I have come to realize the labels don't matter. It's the feeling in your heart. When you feel in control and when you feel safe. As long as you have that, God bless ya.

A few months back I began to read the Ramban in Emunah Ubitachon every day- there in a few short words he states his opinion that EVEN A RASHA can have bitachon. He bases on the pasuk, ??? ??' ???? ??? RAMban notes that FIRST is says to trust Hashem. Before doing good. You can be not good and still have bitachon (I tried for a long time.. it's hard not to become better when you use that as your operative principal). We are not reashaim here. We are good souls that are deficient in vitamin B. Bitachon.

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

Posted by mggsbms - 13 Feb 2019 20:24

[Workingguy wrote on 13 Feb 2019 16:45:](#)

OTR,

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So I think you're normal and human.

These realistic words have helped a lot recently.

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

Posted by OTR - 18 Feb 2019 23:47

I as getting too many emails from gye so I opted out. but I now don't get response notifications. Can someone tell me how I set it to alert me when someone has responded on a thread where I blabbed my head off about what I think?

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

Posted by Gevura Shebyesod - 19 Feb 2019 00:31

Click the Subscribe button for the thread.

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

Posted by OTR - 19 Feb 2019 00:47

Looking back into past years (many many moons earelier) I see posts from guys who are no

longer on the forum. Maybe they are doing great now, maybe they are doing terrible... Hard to know if you can't contact them.

Just a thought, it's nice to see these old posts, and the words of Torah on some of them, the vorts and chizuk... is still there as strong as the day it was written.

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

Posted by OTR - 24 Feb 2019 02:37

Hey guys.. hope everyone is doing well. I am a little bummed out tonight.. I have a close friend who I have shared a lot of my recovery challenges with lately. And their insight is really helpful. Sometimes just getting it out has been helpful. I don't know if I can call it a sponsor/sponsee relationship, but the bottom line is it's been really helpful for my recovery. that said.. they are not frum and not holding in life at all... very messed up marriage, messed up life etc... but for me, the conversations have been so helpful. I have not acted out now for almost two months and don't really feel a tug to do so. (Although I think I would refer to myself as 'sober', by what I want out of sobriety for a LOT longer. As what I aimed for all along was not to miss my financial obligations to my family, or wind up lashing out in anger at my family bec I have acted out...)

I have not m* or watched porn pretty much for the last 2mmonts more or less and attribute a lot of it to this friend and recently the chats we've had. Anyhow.. when they do stupid things it gets me bummed.. just had to write that...

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

Posted by Hashem Help Me - 24 Feb 2019 13:45

If that's what's working for you, keep it up buddy! Companionship fills up those holes in a real way..... Hatzlocha.

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

Posted by OTR - 24 Feb 2019 21:16

Thanks man. yah. i guess.

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

Posted by OTR - 28 Feb 2019 18:41

So anyone who knows mw here knows I am not one to rant and rave negativity. I do want to mention though that it is a little peculiar how people introduce themselves often on the site here. Introductions can be something like

"Hi/ I'm ----- I'm an addict and I am clean for --- days."

I feel that type of introduction misses the point of what we are here for. Also the whole counting this is very overblown here on the site. Can anyone clarify that they actually ARE (emotionally) more motivated to stay clean when they hit a number of days? I always found that counting never really motivated me and only just made me feel worse when I screwed up. Maybe it is different for others. I just feel counting especially by the day is not a good idea. It's not like the one extra day under your belt gives you the feeling like 'now you can relax and be free of this addiction'.. just my thoughts. I am presently clean sine about the beginning of January I dont like focusing on it though. I just want to live.

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

Posted by EscapeArtist - 28 Feb 2019 19:12

I agree, the focus on the number alone may be a recipe for disaster. When I'm obsessed with the number, the "monster" in my head just increases based on how long I'm starving it. The focus should be more on the steps one is taking to change his way of thinking, whatever program he chooses to use.

The introduction may however just be coming from the AA/SA rooms, where you introduce yourself with length of sobriety.

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

Posted by OTR - 28 Feb 2019 19:16

I hear that. I have been on SA calls though never attended an actual live SA meeting. When I've met with gye guys it's been less formal and structured. thanks for the thought it does put the intro into a better context for me.

and ps in the old days e/o here lost their marbles over woodford.. nice to see another tequila lover around! disfruta mi amigo!

Warning: Spoiler!

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

Posted by mggsbms - 28 Feb 2019 21:16

The upside of counting days is that it implies a certain level of sobriety. At least for me this struggle goes through cycles, falling, committing, going clean for a few days, getting triggered again by all kind of things - emotionally and physically, trying to fight it off and then ultimately falling. If one finds a way to break the cycle, then he is obviously doing something different, that is a good thing.

Another point is, the longer one abstains the less he is a slave to lust, it helps in the actual fight. I think these are the reasons why I get down after a fall. 1. The realization that nothing really has changed - more true when I keep on falling. 2. The fact that the struggle is about to get harder again.

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