

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 OTR - 28 Feb 2019 21:23

As with so much of our challenge I think it all depends on the person and what it means to them. I have done the exact same thing in the past personally. I guess I need to realize that just because it did not work for me well doesn't mean it can not work for others. For me the most impactful thing was getting a good filter. After that everything got easier. But before hand I killed myself over this stuff. For now I just want to keep up what I am doing because I am happy. So I felt a little threatened (maybe that is the right way to put it not sure..) or turned off from what I felt was pressure in the environment. It's all good though.. thanks for sharing your thoughts my friend.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by lifebound - 01 Mar 2019 16:17

I personally agree with you, counting may be motivating for some but it doesn't work for me.

there was a Daily dose of Dov on this a while back:

Might you be pitted against a greater foe than you estimate? One day clean, then three days clean, then one day.... What is happening here? Is it all about racking the days up? Is it a game? I honestly believe that a game is what many folks make it... and strangely, that method may work just fine for them and I have no criticism for them at all. But: is it working for *you* ?

All my crying, klopping al cheit and *wishing* I'd succeed does not make me really serious about this 'battle'. *Taking it seriously* does. And sincerity alone, has never won any battles. I needed real help and to take real measures to start really getting better "inside". Till then, nothing of any real consequence happened. Nothing but ping-pong.... and regarding ping-pong:

A string of clean days once in a while is very nice, but this business of counting the days can sometimes be one of the strongest weapons that tayva/lust addiction/the YH/self-defeating behavior (or whatever you wish to call it) has against you. I believe that the one thing that some of us can do to practically *assure* that we will fail again and just shlep along till we get really messed up, is to count the days clean. We are just letting the pressure build up without making any true inner change.

I am not posting this to you because it sounds good, nor just because it makes sense to me...but only because I have experienced it myself. **Counting seems to be helpful for some people - yet total poison for others.**

It starts with one ... and it *ends* with one .

The days we stay clean **do not** really 'add up'. They are over as soon as it is the next day. *I have never seen a pile of days anywhere?* Have you? As the sefer Gesher Hachayim tells us (and as *Hashem* tells us in the Sh'ma when He says, "Hayom" a few times), our time here is made of **one** thing: **now** . The past is over and the future hasn't happened to us yet. So there is no such thing as "being clean for two days," at all. It is just a fantasy.... and fantasy is apparently not your friend, nor is it mine.

It does seem to help other folks, but we need to look at what we are doing and admit if it works, or not, for us.

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

Posted by ColinColin - 02 Mar 2019 22:19

Take it day by day.

Counting can motivate some people in the short term.

But it sets me up for a fall...I stay clean until a certain day then go into free fall!

It is like I reward myself for staying clean for a certain number of days.

Staying clean is for every day, not just until a certain target day.

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

Posted by OTR - 03 Mar 2019 23:54

i dont think I was ever that disciplined to be able to make a goal of staing clean a certain
periooud of time and then alloweing myself to binge.. if I have porn in front of me.. I just binge.

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

Posted by OTR - 07 Mar 2019 16:51

Ok so just some thoughts... I was chatting with someone today and remembered this. In the
past I used to suffer from depression. I got started taking anti-depressants and once I did I
found that my focus on ruchniyus shifted. I didn't need God as much- I wasn't s broken so I
didn't have that yearning. Anyhow, of course that was just transitioning from a narrow and self
serving relationships with God to onw which became more real and right. But that memory cme up
today so I'm posting it. I think it is pretty common and happens to a lot of guys around here.

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

Posted by OTR - 10 Mar 2019 22:49

So this is out of left field on my thread. But relates to conversations I was having with someone offline. it is not a theoretical question. It is actually quite Imasseh.

I am sick with an illness called addiction.

Jews can not waste seed or watch porn.

I dont have the keilim as a Jew to hold back on that because I am sick.

Just like Jews must wear tefilin. And people with no arms can not be punished for not wearing tefilin because they don't have the keilim to fulfill that mitzva, I feel I am also not punished or guilty perse for acting out. I may be guilty for putting myself into situations where I know I will act out. But of the actual viewing of porn and masturbating I don't feel guilt.

That comparison is not the greatest, as it refers to an asech, whereas acting out is a lo saase. So in religious terms that may not add up entirely.

Toward that end, I have come to believe that I am shoteh with regard to lust and acting out. A shoteh is not obligated in mitzvos. I dont have another way to put it. I am without daas when it comes to this.

I have no guilt as a Jew or at the most, minimal guilt for acting out as a Jew. I have made peace with masturbation and porn as a Jew. I do it. It's done. I go daven and learn and keep moving..

But I feel demoralized as a human. AND for that I need to stay away from it because THAT demoralization kills me- my self esteem- my peace of mind.. That is where I hurt and where I start to hurt others. And truthfully it is not really so much masturbation that impacts me in this way. It is PORN+masturbation. That is the killer for me. Those two together are the death of my feeling like a human being. Although either one on its own is half-a-hell. And porn without masturbation is not possible in the long run for me anyhow.

On the topic of having a relationship with someone other than my wife the logic continues. If it is not a relationship of baseless lust. But it is in the context of a thoughtful relationship it is not acting out to me.

Let's say I was not married.. would the relationship be a lustful relationship or not?

If I was seeking a prostitute to have sex with, an escort or a dancer in a bar, then yes it would be lustful no matter if I was married or not. JUst like porn is lustful wether I am married or not. Either way that act ignites my lust and circumvents my seichel.

If imagining I was not married this relationship would not be a lustful one, then why does being married automatically make it a lustful one?

My marriage doesn't bear on the 'lust' aspect of the relationship. Rather, an extramarital relationship is wrong for other reasons apart from lust.

One reason is because it betrays the trust of my wife. Trust is part of truth, and if she trusts me it is wrong to betray that trust. The other reason it can be wrong is taht it is against halacha. But that too is not a sobriety issue for me any more than keeping shabbos is a sobriety issue. It is an unrelated, system of my religious values.

This issue is further complicated by the fact that talking to this woman right now has actually made me not want to act out for almost two months. No internal struggles, not counting, white knucking. It's not happening.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Trouble - 11 Mar 2019 01:30

[OTR wrote on 10 Mar 2019 22:49:](#)

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I really really really like the first half.

The second half I'm not sure I understand, but let's not go there now. Is there a connection between the two halves?

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

Posted by OTR - 11 Mar 2019 02:28

Uh oh.. now I am in trouble.. or trouble is in me.. I am not sure what you mean by first half or second half. but they are definitely connected as I have all of this going on inside me right now.

The bottom line of what I am getting at is that there is obv something wrong with having a relationship behind my wife's back. Morally, ethically, -It is a sin against my wife so to speak.

The religious parts that are wrong with it, are NOT a sin against my wife. They are a sin against God.

Niether of these things, in my feelings are a clash with my sobriety in the way that porn is. A baseless, strictly animalistic desire with no holds barred.

This is not to justify an affair, but to identify what I find wrong with it. At the same time, the conversation and thoughts that have come out of the relationship are helping me stay sober. My wife asked me lately, what I was doing that was making me so much calmer and relaxed. I do better with one of my problem kids... A lot is going smoother and so I am thinking out loud here in teh forum to write it down for myself.

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

Posted by Trouble - 11 Mar 2019 02:35

[OTR wrote on 11 Mar 2019 02:28:](#)

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Your post had two thoughts.

1. About Jewish and addiction and shoteh.

2. About affairs, escorts and marriage.

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

Posted by Trouble - 11 Mar 2019 02:53

[OTR wrote on 11 Mar 2019 02:28:](#)

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Why don't you tell your wife that the other woman is making you calmer?

And as soon as you do, I will tell my wife that it's the other woman who's making me excited.

And then we can both go together ourselves on a long road trip.

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

Posted by OTR - 11 Mar 2019 02:57

I have been seriously contemplating how to communicate that to my wife. Not joking.

If I felt I had no sexual interest in this woman and that the relationship really on my end was just about sobriety.. I would probably tell my wife about it. I think I felt that way, but seeing it and writing it out helps me get myself celar. I appreciate the opportunity to talk about this here...

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

Posted by Workingguy - 11 Mar 2019 03:37

[OTR wrote on 11 Mar 2019 02:57:](#)

I have been seriously contemplating how to communicate that to my wife. Not joking.

If I felt I had no sexual interest in this woman and that the relationship really on my end was just about sobriety.. I would probably tell my wife about it. I think I felt that way, but seeing it and writing it out helps me get myself clear. I appreciate the opportunity to talk about this here...

Girls are pretty and fun (when you're not married to them) and talking to them feels nice and good. And clearly both of you have some need this is filling. But it is only because it is a man woman thing. And truthfully, in the non GYE world this kind of relationship is worse. Because people can understand that someone has animalistic desires and that they lost control and did something insane.

But a warm, thought out relationship with NO sex? That's not an insane, out of control guy. That's a guy who's having an emotional affair.

Just food for thought. Not trying to be hard on you; I think you and your honesty are both great. Just sharing how it sounds.

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

Posted by OTR - 11 Mar 2019 15:41

I am trying to define that myself and those words did come to mind..

Emotional affair.. That could be. And that is wrong.

But on the other hand, since we started shmoozing I am clean and porn free pretty much for about two months. So what do I make of this? It is definitely filling a need for me that caused me to struggle for many months even after having a filter and being more or less under control with acting out.

IN any case the point of my post was NOT to say that any type of affair is ok. It is that this situation is not ticking my "I am an addict and need to workn my recovery defenses", it is ticking my - "I am a Jew and a moral human being nad this is wrong to do for other reasons" defenses.

There is a difference. And if I had an ideal solution I would want to purge the lustful elements from this friendhisp I am having and make it only about the positives for me. I blieve that she feels the same and did not come into this wanting an affiar. Nor does she really feel it the way I do.

(UNrelated to this part of the conversation but through writing here I have totally clarified that what kills me is porn and acting out together. Until a few months ago I was masturbating sometimes more sometimes less, but it wasn't bothering me so much. I mean feeling I was in the throes of addiction wasn't what was happening. I wasn't falling apart inside or outside. I felt a little bad as a Jew, that's true, but as far as feeling obsessed with masturbation all day... that wasn't happening. that is a big realization for me as to what dehumanizes me and what my enemy is.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 24 Mar 2019 02:01

Just a round up for me. I have come to realize more clearly that what bothers me as an addict is porn more than masturbation. I don't feel out of control if I masturbate even daily. And a few months ago, I was pretty much doing that while still not feeling I was suffering in any way because I felt out of control. As a yid I felt guilty and rightly so. I did feel I needed to masturbate but it didn't debilitate me. So I was just able to live with it.

Once porn enters the picture though it has never failed to reduce me to a zombie that literally masturbates almost non-stop every waking hour.

This was a strong realization for me. I am not looking to rationalize or make a case for daily masturbation. That is wrong without question according to my religious beliefs. HOwever, I do feel a sense of stability knowing that if I do masturbate it does not have to send me into a frantic panicky feeling that my world is crashing in on me. I hate that insanity. Porn though is scary to me.

I wish I could be normal and just need to stay away from porn becasuse they are assur and not because I am unable to control it.

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

Posted by Workingguy - 26 Mar 2019 04:33

[OTR wrote on 24 Mar 2019 02:01:](#)

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I wish I could be normal and just need to stay away from porn becasuse they are assur and not because I am unable to control it.

OTR,

I don't think you're not normal because porn pulls you and makes you crazy. I think it's probably pretty common (see a site called GYE) for people who've had some access to porn to go crazy with continued exposure to it.

If I would be exposed to porn I would lose my mind a little. Or a lot. Baruch HaShem now I'm not, but it's a super powerful drug that injects straight to your brain.

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