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 sginificance 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 epxerience 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.

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by lionking - 14 Apr 2019 14:08

_____

Nice post. Honestly refreshing.

I fool myself in thinking that I pray for the world and for the Shechina when I'm just as self centered in other areas.

In Chassidus it is mentioned, that this is the ultimate challenge of every person. Until a person is in the box, he needs to pray not to be brought to Gaavah, which is the epitome of self centeredness.

Davening for the success of our Wife and Kids is not being self centered, if our focus is their well-being, instead of our gain.

i.e. Davening that our kids should find a good shidduch so that they should happily establish a Bayis Nemon, is fine. Davening they should find a good shidduch so that I should nachas from them and I should feel good when people congratulate me, isn't so fine.

May you have much Hatzlocha in your trip and in your life in general.

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 14 Apr 2019 14:54

_____

OTR wrote on 14 Apr 2019 13:44**:**

It is quite evident that my service of Hashem is almost completely self centered. I say that bec I think I have had some times where I davened and wanted mashiach to come for the Jewish ppl. But my main goal is that I should work on myself and get Hashem's help to solve my personal problems. - My tefila is almost entirely focused on that (I can balst through an entire davening and wake up at the end of elokay netwzor when we start askng for our own things). It's not like I just ask for gashmiyus. Which is of course included. I ask for help improving my middos where they need to be and for issues related to chinuch of my kids that are all pretty much shalom bayis stuff. I ask for help in being honest with my wife in our relationship.. and to work on my emunah and bitachon. All these are things I want for my own peace of mind. If it doesn't fall into an emotional need for me, I just kinda see it as a heicha timtza to not getting God angry so that the other stuff will work out for me. - Not sure if I should be working more toward a leshma, or just keep focusing my personal needs into my relationship with Hashem

On another side note. I need to go to NY today. Of course the toughts of the nude bars etc.. have been in my mind for years. Today I am glad to to say.. they are not as loud. I want to stay honest with my wife more than I want that insanity in me atm. That makes me happy. Although . have sort of reached out to some women.. I think I just like being in the 'chase mode.' With the promise and 'possibility' there. But in reality i ma not going anywher with it.

Well-written (except the spellin', of course).

This site has a great mix of all sides of the spectrum. Your honesty and realism is refreshin'.

I wake up by ??? ?????.

I enjoy/enjoyed the chase as well, but I needed/need some type of closin' on the deal. (Is there a hakpadah on the tenses matchin' the order?)

Godspeed to you in all your self-seekin' pursuits.

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by Gevura Shebyesod - 14 Apr 2019 15:31
_____

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 15 Apr 2019 05:12
_____

Thanks fellers.

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 02 May 2019 16:31
_____

OK well time for a quick update. I watched porn and masturbated over chol hamoed one day and then after YT. I was revving up to get back into Neder mode and all the strict self structuring things I have doe in the past. I was not happy about it, but figured I had to. And I still may need to.  I thought I would tailspin back into being completely subjugated to watching porn and not taking care of my life's business: Work, children, other obligations... etc..

Hatzlacha staying On Track while you're On The Road.

Luckily that hasn't happened. I think there really has been a seed of reality that has taken root in my life. Maybe I would call it a seed of manageability to be more accurate.

I wound up not shutting my computer back off with the filter yet. And just went day by day. I am not 'staying focused' or 'keeping busy' I just am busy. At some point I may get around to closing it off. If I begin to feel more uncomfortable I will of course have to shut things off and go back into a more restrictive setting. I know in the past, a situation like this has triggered a lot of drama and 911 action for me.. BUt I am not feeling it. Is that bad? Good? A little of both? I just wanna basically keep humming along and if this gets to a point where I feel my life is being disturbed, or where I am (as a result of internal self loathing) hurting others emotionally, then I need to make a more substantial change. Otherwise I'm just sitting tight for the moment.

In other news, I see the effects everyday right now, of what I believe was my insanity for almost a decade of one of my kids formative years. This kid is struggling so much now and I feel such a weight of guilt. I think I was a terrible, very overbearing strict father for this kid, and it led to a significant anxiety issue. I daven now every day pretty much to not harm this kids self esteem anymore. I think I need to find a way to say I am sorry as well and do a real apology. Accept the responsibility for what I did wrong. without giving teh deets as to where it was coming from obv.

I think it was about 100 something days of sobriety. I haven't made a cheshbon and don't really feel driven to. It seems to me I just had set in my mind that I was going to stay ok till Pesach and then when it came I just let up out o thining that that is what I usually do? If that makes any sense... So right now.. that's me.

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 16 May 2019 15:24

_____

This is an important thing for me to keep in mind. So I am keeping it here.

I know it is written to women, but it spells out things that happen to me if I get emotionally involved with others. There are certain undertones of the piece that are dismissive of the ill effects of such behavior vis a vis physical cheating. I don't agree with those of course. Maybe seeing and reading them has affected me negatively as well. - The things which hit me are the secrecy and lack of wanting my spouse when I engage is such behavior. - Secrecy is THE TOP internal killer for me.

Sorry, But If You Notice Any Of These Signs, Your Partner Is Emotionally Cheating On You Valeria Nekhim Lease,

Your partner may be cheating on you without so much as laying lips on someone else. They might be emotionally cheating on you, which may sound like a lesser evil, but-make no mistake-can be *way* worse than traditional (read: physical) infidelity.

You see, unlike physical cheatin', an emotional affair can never be blamed on alcohol or one poor decision. You just can't foster a deep attachment with someone overnight, explains M.S. phd a licensed marriage and family therapist.

There's no fixed definition for emotional cheating, Schacter notes, because it's a concept that keeps evolving. She thinks each couple is an expert in their own relationship and gives her patients the freedom to decide what constitutes as emotional betrayal based on the rules and boundaries they've set for themselves.

*Is betrayal forgivable? These celebs think so...*

That said, Schacter views emotional infidelity as having three components: an emotional connection, secrecy, and an element of eroticism.

A close, platonic friendship is one thing. But if you're in a monogamous relationship and you find yourself exchanging daily texts with, say, a coworker (emotional connection) that you don't want you partner to see (secrecy), and the thought of kissing him or her excites you (eroticism)-you may be veering into emotional-affair territory.

And sadly, according to Schacter, it's now easier than ever to start an emotional affair, because cell phones and social media make people accessible 24/7 (and make those conversations, well, private).

So...how do you know if your partner is emotionally cheating on you? Are there any signs? In short, yes-though they're less obvious than a forgotten thong or a lipstick-stained tee shirt.

Signs Your Partner Is Cheating On You1. They don't want you anywhere near their phone.

If your partner is suddenly positioning themselves away from you while using their phone-or gets annoyed when you go anywhere near it-they may be...dun-dun-dun...trying to hide something.

A noticeable increase in texting and social media use can also be reason to be wary of emotional infidelity. But if they're now stashing their phone in their pocket or bringing it to the bathroom when they used to leave it chilling on the couch, that's even more suspect.

2. They're acting...different.

On that note, *any* obvious change in your partner's behavior may be worth investigating, says Schacter. This applies regardless of whether they're spending significantly more time on Facebook, or if they suddenly want to hit the gym alone instead of as a couple.

A clear change in behavior doesn't necessarily mean they're emotionally cheating, but it does mean something is likely up.

**2. They're sharing a lot less.**

In a healthy relationship, it's important to talk openly about what's going on in each others' lives, even if it's just boring day-to-day stuff. So if your partner stops sharing stuff with you and is fielding questions with third-grader answers ("fine," "nothing," "okay"), it could be a red flag.

They may be avoiding you because they know they've done something wrong. Or, it could be slightly worse than that: They might be spending so much time communicating with whomever they're emotionally cheating with that they're all chatted out by the time they come home. Oof.

Sure, it's totally possible that your partner could be going through a rough patch at work and prefers to spare you the gory details. But again, if his or her behavior seems atypical, it's best to trust your gut and talk about it, Schacter says.

**3. You no longer feel like a priority.**

Unlike a one-night stand, an emotional affair requires time and energy from the person involved in it, given its intimate nature. So if you begin to feel like an afterthought instead of a priority, it could be that your partner is too preoccupied with someone else.

For instance, if you're out together and they seem distracted and/or are glued to their phone without a legit explanation, that's...a problem.

The same can be said if your partner has gotten into the habit of canceling plans with you at the last minute (especially if it's to hang out with one person in particular).

"Ask yourself if you're being treated fairly and whether your partner's behavior seems off," says Schacter. If you can honestly say no to the first part and yes to the second, it's time to address that with them.

**4. They're not as interested in sex.**

So your other half no longer initiates in the bedroom or appears disconnected during the act? That's a possible cause for concern, particularly if you're unaware of any major issues currently going on in their life.

Whether it’s intercourse, kissin', or holding hands, physical intimacy is a huge and vital part of a successful relationship, and any sudden change in that department may be a sign of a bigger problem.

In certain cases, an emotional affair can be a gateway to sex because it’s a logical next step, Schacter explains. However, for some, emotional cheating might be purely about how another person makes them feel (and thus a physical relationship isn't on the table).

But either scenario is, obviously, really hurtful.

**What To Do If You Think Your Partner Is Emotionally Cheating**

Okay, so there’s been a noticeable shift in the relationship and you find yourself nodding along to this list (so sorry). Now what?

For a lot of people, the natural default is to play detective, but it’s best to avoid being accusatory when approaching your other half about your suspicions, Schacter says.

Instead, she recommends you act curious and start the dialogue by askin' questions related to **just** your relationship. A few solid options:

- "How do you feel about our relationship? Are you happy?"
- "Do you feel like there’s something missing between us?"

If they say everything is A-okay and they're happy-but you're still concerned-a couples' therapist can provide the necessary tools to help you work through the issue in a productive manner.

**The Aftermath Of Emotional Cheating: Cause For A Breakup?**

Truth: Staying in or ending the relationship is entirely up to you. If your person is willing to have an honest conversation and take responsibility for their transgression, Schacter says it’s totally possible to move past it.

And while healing and forgiveness take time, a couple can learn from this type of crisis-and even strengthen their bond. (Communication goes a *long* way.)

Also worth noting: Emotional cheating doesn’t **automatically** mean there’s an underlying issue in the relationship.

People don’t cheat only because they’re looking to fill a void, explains Schacter. Sometimes they are happy with their partners but are craving a little novelty or want to be reminded of a certain time in their life.

So if you find yourself with someone in the middle of an emotional affair, it doesn't mean your relationship is doomed.

It just means your bond could use some work...but both partners-and zero third parties-need to be fully involved.

**('You Might Also Like',)**

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 02 Jun 2019 21:26

_____

I am right now eating all the crap I threw into my eldest when she was young. She bore the brunt of the craziness that was going on inside of me because she was weak. And that is the brutal painful truth about how screwed up I was when I was intensely and uncontrollably watching porn. I think the only difference between then and now is that I have learned to appreciate and respect my need for limits on accessibility. It's not that I am that same monster now as I was then and just white knuckling.. I never was a monster. Porn made me feel like crap and feeling like crap made me act like it to others. But I was never bad. Just not respecting my own limitations.I am not able to say I think I will be entirely or forever porn free at this time. IN general my spates of watching porn have become shorter and I retreat a lot quicker into where I feel safe. Do I want to be even better.. Yes. And I hope that with more prolonged periods of staying away as well as the personal work I can do while I am not on porn, I will get to the point where I never need it again. Or never use it again. - It is similar to me in how I stopped smoking. It was a long road. And I still have a smoke every now and then. But that is it. No more packs for years, no desire even for it except once in a blue. -While I am totally content with having an occasional cigarette I am not ok with having an occasional porn session because to me there is something inherently wrong with watching porn. For me, the problems of watching once in a while are  I think a combination of religious guilt, and feeling untrue to my wife. And feeling out of control. But the out of control feeling has been a lot less problematic lately.  Of course binge watching like I used to, would dredge up all my self esteem issues of feeling out of control and animalistic.Masturbation doesn't bother me as much as an addict. Although it does bug me as a Jew. I think that is the broadest slice of my take on this in a nutshell.. Anyone still awake?

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 31 May 2021 19:11

_____

Been a while since i was here. I guess I should update. I am working daily on repairing *not continuing to damage, my relationshp with my older daughter. And in the years since I wrote

this, things have gotten better. I am glad I decided tor revisit my thread and read through some of it. I learned I am longwinded and just writing to get feelings out as opposed to really looking them over and learning from them.

I did see a great concept that was helpful and that I lost somewhere backl there... cumulative clean count. So muhc focus on the streak is holding me back. Cumulative clean count validation is basically saying one day at a time with an accounting. I want to pay more attention to this.

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 31 May 2021 19:12

_____

I am feeling the need to be chased right now. As a lot of us have shared on this forum other groups and phone. RIght now I want to be wanted. The thing is my wife really does want me. that's wehre I should trained that desire in...

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 27 Apr 2022 21:47

_____

Let's see... in a year's time.. what happened..  Alot. Things are definitely way bettter with my eldest kid. I guess the slow work and effort does pay off over time. That is the first thing that strikes me.

I came back bec I am feeling a ot of gilt over porn and mast. At this point I am no longer (and hlpe never aagain to be) as attached to this stuff. I do remember when i was literally attached to porn whenever I saw it and could not break free to even go to the bathroom or for sure not work. take calls etc...  I guess I am your garden variety porn user. But my wife does not know and it is hurting me

I know all teh talk about this being a deadly disease which only gets worse.. etc.. But  I'm not heading toward escorts hookers and stuff, although I did have that point in my life where that was a possibility. I've learned I like to play with that every now and then, but when push comes to shove I just walk away. KNowing the opportunity is there draws me. But .. it's not lmasseh.

Should it draw me.. I guess not. but I am not holding there yet.

Things with my wife are really good between us. That has definitely helped. I came to terms with frumkiet. Although I am filled with a number of questions. I learned that the only thing that keeps me clean is love. No matter how much I act wrong, I need to love myself and I need to believe I can be loved. Which brings me back to my wife and my current goals.

2 meetings a week

a few checkins here on GYE

Begin a dialogue with ym wife where I begin to be current with her and honest. I dont think she needs to know if I mast*. But I want to get honest with her about porn. I plan to start a conversation about things being tough during niddah times.

At this point I think I need to read a lot more of what I wrote in the past, and I plan to be here at least a few times a week. Hopefully not more to be honest. Sitting here all day is also not good for me.

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by Trouble - 28 Apr 2022 13:09

_____

OTR wrote on 27 Apr 2022 21:47**:**

Let's see... in a year's time.. what happened..  Alot. Things are definitely way bettter with my eldest kid. I guess the slow work and effort does pay off over time. That is the first thing that strikes me.

I came back bec I am feeling a ot of gilt over porn and mast. At this point I am no longer (and hlpe never aagain to be) as attached to this stuff. I do remember when i was literally attached to porn whenever I saw it and could not break free to even go to the bathroom or for sure not work. take calls etc...  I guess I am your garden variety porn user. But my wife does not know and it is

hurting me

I know all teh talk about this being a deadly disease which only gets worse.. etc.. But I'm not heading toward escorts hookers and stuff, although I did have that point in my life where that was a possibility. I've learned I like to play with that every now and then, but when push comes to shove I just walk away. KNowing the opportunity is there draws me. But .. it's not lmasseh. Should it draw me.. I guess not. but I am not holding there yet.

Things with my wife are really good between us. That has definitely helped. I came to terms with frumkiet. Although I am filled with a number of questions. I learned that the only thing that keeps me clean is love. No matter how much I act wrong, I need to love myself and I need to believe I can be loved. Which brings me back to my wife and my current goals.

2 meetings a week

a few checkins here on GYE

Begin a dialogue with ym wife where I begin to be current with her and honest. I dont think she needs to know if I mast*. But I want to get honest with her about porn. I plan to start a conversation about things being tough during niddah times.

At this point I think I need to read a lot more of what I wrote in the past, and I plan to be here at least a few times a week. Hopefully not more to be honest. Sitting here all day is also not good for me.

some good moves here; don't forget that there are some challenging times/moments during yemei heter as well.

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 02 May 2022 00:05

_____

You mean like right now.. when my wife is sick and I want to j*rk off? Thanks for the heads up.

NOtice anything different? My spelling is much better on GYE. Maybe not...

==========

Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 02 May 2022 00:09

_____

OTR wrote on 31 May 2021 19:12**:**

I am feeling the need to be chased right now. As a lot of us have shared on this forum other groups and phone. RIght now I want to be wanted. The thing is my wife really does want me. that's wehre I should trained that desire in...

This point about wanting to be chased is discussed here on the forum from time to time. I heard in a meeting once that a guy put it very clearly. It isn't about the chase. The bottom line is it is about validation. When we feel someone wants us, we fill up that void for a fleeting moment. Until it foes away and we need to get someone else to want us. Seeing it in those terms helped me realize the answer is to find the validation in myself. Hard.. but that is the path.

==========