OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 18 Feb 2016 15:34

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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.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 25 Feb 2016 01:19

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OTR wrote on 25 Feb 2016 00:36**:**

OK so My wife is out, this is a typical time when I would act out. First semi real act out alarm I have had this week. And I am closing in on my first week of sobriety. I can make it through this, but to be frank, I am really feeling like I am looking forward to a fight for this in the future. - I can't fight- You know, this is EXACTLY what we spoke about today on a call. I need to surrender. Surrender means I can't do this alone. I can't 'fight it' or 'beat it'... I need to talk to someone, going to make a call now...

Great to hear.

Keep us posted.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by NeiroYair - 25 Feb 2016 02:38

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OTR, Any updates?

Hope you're doing well.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 25 Feb 2016 02:52

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Yeah bh I made it through. I need to set up an action plan though for when I feel at risk of acting out again..

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by realsimcha - 25 Feb 2016 03:45

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OTR wrote on 25 Feb 2016 02:52**:**

Yeah bh I made it through.

And in the process you gave every one of us some more strength to KOT!

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 25 Feb 2016 15:49

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Thanks guys. I have to really internalize this concept of surrender. At this point in my recovery, my 'higher power' is a group or a friend. And I need people who I can call and talk to when I feel low.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 25 Feb 2016 20:11

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R' OTR, you made it onto the email group.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 26 Feb 2016 05:31

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Reb Cords, I can not tell you enough what an impression this concept of surrender to the group has made on me. Helping me to reframe how I view my whole recovery. Knowing A: That i can not fight, B If I fight I will lose... leaves me no alternative but to reach out for help when I need it. - That could be reaching out to Hashem, or reaching out to a group. - You did a big chesed.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 26 Feb 2016 11:32

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OTR wrote on 26 Feb 2016 05:31**:**

Reb Cords, I can not tell you enough what an impression this concept of surrender to the group has made on me. Helping me to reframe how I view my whole recovery. Knowing A: That i can not fight, B If I fight I will lose... leaves me no alternative but to reach out for help when I need it. - That could be reaching out to Hashem, or reaching out to a group. - You did a big chesed.

it is truly my pleasure.

I am merely an iberzugger.

B'hatzlachah to all

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 01 Mar 2016 03:35

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Today's thought... I was not too much on the forum, and missed my phone conference. I was actually beginning to forget that I am a sick person in need of help to get better. Thus, I am beginning to feel the 'itch' to act out. - I need to hang around some more with other sick people to start feeling better...

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by markz - 01 Mar 2016 03:58

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OTR wrote**:**

Today's thought... I was not too much on the forum, and missed my phone conference. I was actually beginning to forget that I am a sick person in need of help to get better. Thus, I am beginning to feel the 'itch' to act out. - I need to hang around some more with other sick people to start feeling better...

You sound like a newcomer (just kidding), so here's the welcome package

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by realsimcha - 01 Mar 2016 04:10

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Oh my....!!! Story of my life. Start getting it together. Forgetting that I am ill. Feeling confident. Not recognizing that anxious feeling for what it really is. Then ... just one quick peek just out of curiosity - of course not becasue of any sexual feelings.... then -- hours and hours AWOL. Hashem help us!

OTR, thanks for the reminder.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Shlomo24 - 01 Mar 2016 06:46

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OTR wrote on 01 Mar 2016 03:35**:**

Today's thought... I was not too much on the forum, and missed my phone conference. I was actually beginning to forget that I am a sick person in need of help to get better. Thus, I am beginning to feel the 'itch' to act out. - I need to hang around some more with other sick people to start feeling better...

Hmm, I think there is another itchy individual on this site. Now where is he... I can't seem to find him...

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 01 Mar 2016 23:02

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realsimcha wrote on 01 Mar 2016 04:10**:**

Oh my....!!! Story of my life. Start getting it together. Forgetting that I am ill. Feeling confident. Not recognizing that anxious feeling for what it really is. Then ... just one quick peek just out of curiosity - of course not becasue of any sexual feelings.... then -- hours and hours AWOL. Hashem help us!

OTR, thanks for the reminder.

If for yu it its only hours of acting out your in good shape. Unfortunately the scenario I describe goes on for days weeks and months at a time in a never ending cycle. That's just it, there is no end to the madness of this cycle.

Realizing I am an addict was at first liberating. You know, call myself an addict feel great, go on staying sober whoopee! But realizing this has also started bugging me a bit. It means I have to look at myself as seomthing wrong with me. Which there is. Maybe that is why I am able to act normally when I do. Deep down, I know there is something wrong... trying to fake it, I am faking myself out and lying to yourself never works.. in the end. At least I am being honest with myself. I am an addict. Not just a guy who can look a little at porn. Or masturbate a little... I can't control myself in that way. I am unfortunately experiencing the ramifications of my lust in a painful physical way right now. Further proof. If I needed any.

Hey maybe I could make up T shirts- "HAppiness is Being a Sex Addict" - Hug Me, I'm a Compulsive Masturbator... On second thought.... I'll stick with working recovery...

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Shteeble - 01 Mar 2016 23:38

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[quote="OTR" post=279860 date=1456873348]

Realizing I am an addict was at first liberating. You know, call myself an addict feel great, go on staying sober whoopee! But realizing this has also started bugging me a bit. It means I have to look at myself as seomthing wrong with me...

SA will have you call yourself an addict.

My therapist once told me it would be better if I said "I have an addiction", rather than calling MYSELF an addict.

The difference is how you view yourself.

Are you a problematic individual?

Or are you a fine individual who happens to have an addiction.

Very technical?

Maybe.

But it may be helpful for some.

Of course, most guys here will shray chay v'kayom at the very thought of not calling yourself an addict...

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Workingguy - 01 Mar 2016 23:43

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Shteeble wrote on 01 Mar 2016 23:38**:**

SA will have you call yourself an addict.

My therapist once told me it would be better if I said "I have an addiction", rather than calling MYSELF an addict.

The difference is how you view yourself.

Are you a problematic individual?

Or are you a fine individual who happens to have an addiction.

Very technical?

Maybe.

But it may be helpful for some.

Of course, most guys here will shray chay v'kayom at the very thought of not calling yourself an addict...

But many won't say a word even if you don't call yourself an addict. I can call myself an addict and mean something totally different than what everyone else means- they might mean that there is an inherent flaw or they are different and I might mean that this is a behavior that I've acquired and have a hard time shaking.

There's much literature on both sides, and I can tell you several reasons NOT to call yourself an addict- but what I've learned on this site is that you have to decide based on what works for you. If calling yourself that makes you realize that you need to work the steps, do it.

If not calling yourself enables you not to feel broken and then have an optimistic view, then do it. Although you can read between the lines of what a lot of people think on the site, most people

don't seem to preach- which is a way that I will follow.

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