

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 thanks613 - 05 Apr 2016 15:28

[OTR wrote on 05 Apr 2016 04:39:](#)

Immediately preceding my acting out, I was actually amidst working on a business opportunity that came to fruition after many months of work. This is actually a pretty big upswing tone as things are improving.. I'm asking myself- why now? Why at a good time was I so compelled to act out?

was it the defeated addict in me that wants to self destruct?

was out the nervousness of seeing this effort co me to fruition and hoping it went well

was it just because inside me I got tired of being sober and wanted some 'excitement.'

That llast one scares me more than anything...

Good to see you digging in and thinking about what set you off, imho. Correct me if I'm wrong, but it sounds like your 1st option is what workingguy was talking about, pretty much. I can't offer any insight into what goes on with you, obviously. But for me the nervousness really rings true, and also the self sabotage. I'm curious what others think about the last one you mentioned - the thrill seeker / adrenaline junkie - I don't think sobriety needs to go together with words like: (I went synonym surfing)

boring / uneventful / uninteresting / unexciting / dead / drag / drab / drudging / stupid / tedious / tiresome / lifeless / dull / moth-eaten / humdrum / ho hum / irksome / platitudinous / bromidic

Maybe it's different for everyone, but I wonder if the **work** we really need to put in for recovery is to bring more life into our sober selves so that it's actually more exciting and more appealing than the old ways

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 05 Apr 2016 16:10

[Workingguy wrote on 05 Apr 2016 13:10:](#)

[OTR wrote on 05 Apr 2016 04:39:](#)

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That llast one scares me more than anything...

I want to offer another option that was relevant to me when I would act out when good things were happening. It's a little convoluted, but here goes.

Many of us guys with these problems feel unworthy, dishonest, full of shame, etc. because of our acting out, we feel that we don't really deserve anything good because we are "so bad" and almost expect bad things to happen.

But then good things start to happen, and it's frightening, bc we think we're not worthy of it to last. So subconsciously, we act out which makes us feel even more unworthy. That way, we figure that for sure all the hatzlacha is going to go down the drain and so we don't have to worry about living with success that can leave at any moment, bc we've destroyed the success.

It sounds crazy, but addicts have a self sabotaging behavior so maybe that's what it is.

Yes I identify with this entirely. thanks for posting that. That is pretty much what i meant to say when I wrote "the self destructing addict in me..." - I am not sure if I can point to any one thing as regards what caused me to act out.

There are likely a lot of things that went into it. Not working the steps properly, being anxious, just not wanting to work on sobriety/.... Right now, I think the best thing for me is to hold off for a few days on evaluating that and try to just get one day at a time.

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

Posted by OTR - 05 Apr 2016 16:40

The Value of a Day:

So I woke up yesterday and thought ugh.... "day one". What's day one? Is it worth anything at all. I could just go and act out now and start one tomorrow... How much would I lose? It's only one day.... But I started and stayed clean yesterday. It was one day. Prior to that I had about 40+ days. Was the 39th day more enjoyable in terms of sobriety than yesterday? Or today? Not especially. (Actually, toward the end of my 'streak' i felt not too great and was lusting quite a lot).

I don't think that the other days were 'worth more' either.

What kills me about this addiction is not the acting out itself- it's the overall effect it has on my life. The way it removes me from my life, and turns my mind into one single focused obsessed acting out machine. It makes me look at the world, which is by and large normal, and imagine, that everyone is a lust addict like me... but they're not. That is what destroys my self esteem, and hence my life. The mindbarf that begins to color every exchange I have with people, turning situations where I am not even attracted to the person into something I want to perceive as lustful or lust tinged.

If I could act out without those ramifications, to be honest, I think I would. A day without those thoughts is what's worth living for. So.... what's day one worth? If it's a day of sober living and sober thinking, then it's worth quite a lot.

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

Posted by Shlomo24 - 05 Apr 2016 18:55

[skeptical wrote on 05 Apr 2016 15:24:](#)

mggsbms wrote:

Correct me if I'm wrong, "working" the steps is not working on sobriety, that's what Hashem is doing.

What is it working on?

Skep: I'm pretty sure you know what working on the steps means...

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

Posted by skeptical - 05 Apr 2016 19:01

It's not working on sobriety?

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

Posted by Shlomo24 - 05 Apr 2016 20:28

Yes it is. But god keeps me sober.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 06 Apr 2016 04:13

I think Skep means to say that working the steps is working on sanity, and the emotional things which trigger lust addiction. Sobriety is a by product of really addressing these issues.

What occurred to me is that I am always put off by the immensity of the 4th step. I think I am going to start keeping a log of these things as my 4th step that may help me feel like I can do this step adequately although not completely.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by thanks613 - 06 Apr 2016 04:26

[OTR wrote on 06 Apr 2016 04:13:](#)

What occurred to me is that I am always put off by the immensity of the 4th step. I think I am going to start keeping a log of these things as my 4th step that may help me feel like I can do this step adequately although not completely.

I can identify with that. Maybe I'll do the same :)

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Shlomo24 - 06 Apr 2016 06:05

The 12th step: Having had a SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS...

The 12 steps are about god; therapy is for emotions. Do emotional defects get addressed? Yes.
Is it about emotions? No.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by skeptical - 06 Apr 2016 15:15

Except that if you choose to believe that your doorknob is your higher power, then it also works.
That's very spiritual, indeed.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by realsimcha - 06 Apr 2016 15:58

[skeptical wrote on 06 Apr 2016 15:15:](#)

Except that if you choose to believe that your doorknob is your higher power, then it also works.
That's very spiritual, indeed.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by thanks613 - 06 Apr 2016 18:35

Haha. Anyone who honestly says

"I came to believe that my doorknob could restore me to sanity, and I decided to turn my will
and my life over to the doorknob of my understanding"

is unlikely to recover for other, more obvious reasons...

I was surprised to discover that the chapter explaining how even atheists and agnostics can benefit from the 12 steps basically was about how even they can believe in G-d, despite what they thought (as I understand the chapter anyway)

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

Posted by Workingguy - 06 Apr 2016 23:32

[skeptical wrote on 06 Apr 2016 15:15:](#)

Except that if you choose to believe that your doorknob is your higher power, then it also works. That's very spiritual, indeed.

That was seriously sharp. I'm not a 12 steps advocate per se, but if works for people, why not let live?

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

Posted by skeptical - 07 Apr 2016 00:56

I have no doubt that the 12 Step Program helps some addicts recover.

I also have no doubt that Hashem gifts people, who are ready to do what it takes, the mental clarity to do so. And that is *truly* a gift from Hashem.

I do have a problem with people in the program saying that their sobriety is completely from G-d, and they have nothing to do with it.

This world is a world of action. We are here to work on ourselves, and to make this world a better place. As with everything we do, we put in the effort, and Hashem does the rest - but we

need to put in the effort.

The 12 Step Program is not magical. You don't just give it all to G-d to deal with. It's hard work. It's not solely a spiritual program - it is a form of Cognitive Behavioral Therapy that focuses on training the person to surrender his need for control to relax and trust in G-d, as well as to work on character defects. (And for those who don't believe in G-d, they are encouraged to choose an object, or figment of imagination to be their "higher power". I didn't make up the doorknob thing.)

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