

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 cordnoy - 23 Oct 2016 20:47

Il recently saw from reb volbe I think that Hashem loves us because He chose as His special nation and He also loves us based on our performance and our service to Him.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 26 Oct 2016 14:24

I'd have to agree that making Hashem happy (in the sense of staying sober) does not guarantee that He will make me happy at all. And BH I long dropped that as a goal in staying sober.

My main things at this point are to make sure I am doing my job as a provider for my family and not wasting time on porn. Those two issues I found closely connected and devastating to my self esteem. In fact, it doesn't matter how intense the porn is, even "softer" or even "secular-

socially accepted" types of promiscuity leave me feeling completely worthless and taking it out on others when I waste my time with them.

The Taphsic I put in place is limited in time, and also basically says, BEFORE I go to do XYZ triggering or acting out activity, I will first say 10 perakim of tehilim and post to the forum. That is basically to try and put some space between me and my acting out and hopefully allow some secheil to activate and not do the bad actions.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 26 Oct 2016 14:50

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 26 Oct 2016 14:56

[Watson wrote on 12 Oct 2016 20:45:](#)

[OTR wrote on 05 Oct 2016 14:21:](#)

I identified immediately as a lust addict and jumped right into trying to address my problem like that accepting completely the 12 step mehalech. After being in the game a little longer I read on other forums and other sources about different ways of dealing with addiction.

OTR, having read some of your thread, I have no advice to give, just some questions that are confusing me. First of all I'm wondering what 'accepting completely the 12 step mehalech' means. Does that mean you went to meetings, got a sponsor, wrote an inventory, etc? [/color]

You mentioned different ways of dealing with addiction. Could you elaborate on these a little please. And did they work? And, at the risk of being shouted at on the forum, how do you know you have an actual addiction? I think I am an addcit. But definitely recovering and in a better place than I was a few years ago. As far as other methods and approaches to dealing with addiction- just google lust addiction treatment. There are a lot of ways out there and different theories as to how to treat.

I ask that because I think it's important to know the nature of the problem, as the solution will obviously need to be different. Not everyone on GYE is an addict. Not everyone on GYE needs therapy, or 12 steps, or taphsic. Different medicines for different ailments.

You say you take it one day at a time, but you want to make a kabolo now that will kick in at Pesach time - 6 months away! Surely that's not taking it one day at a time?

yeah. that's a good point that thinking so far in advance is not taking it one day at a time.. Thanks. I am still going to think over what to do with that, but your observation is definitely something should think about while doing that.

Thank you for coming back to the forum though, it's a tremendous first step.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 26 Oct 2016 14:59

I keep trying to put this in my post but it's not work..

To answer your question WATson

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 26 Oct 2016 15:01

AA gut yar to you.

(pardon my stutter, but gye editor does that to me.)

I feel it is extremely noble of you that your focus is on your family and how you provide for them.
Your posts now and in the recent past have been filled with that.

In the past (before the recent past), you were very sincere about sobriety and your service to
God. It seems that now, that has taken a back seat, which is fine, as long as you are.

B'hatzlachah

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 26 Oct 2016 15:04

AA gut yahr to you to. (no freudian slip there). Yes at this point my focus is on not destroying my family mainly which I see bchush, that porn does.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 26 Oct 2016 15:05

And Watson, I have never met otr, but after spending lots of time with him on phone and in emails and reading his entire history spanning many years on this site, he is an addict.

Otr, I apologize if I overstepped my bounds.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Watson - 26 Oct 2016 17:28

[OTR wrote on 26 Oct 2016 14:56:](#)

MORE DOING THE WRITING AND PHONE MEETINGS EITHER THROUGH GYE OR SA
PHONE CALLS

OK, thanks for clarifying. I don't really want to say it, but I feel I need to. What you describe is not the SA program. Writing and phone calls are part of it, but by no means the whole program. Doing bits and bobs like that is like putting 2 eggs on a stove and expecting them to turn into an omelette. Hodo hu dichsiv "half-measures availed us nothing." You can't make an omelette without cracking eggs.

Which is good news. If you haven't tried SA yet you don't know it won't work. You can have a back-up plan just in case you run out of other options.

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

Posted by Watson - 26 Oct 2016 17:32

[OTR wrote on 26 Oct 2016 14:56:](#)

As far as other methods and approaches to dealing with addiction- just google lust addiction treatment. There are a lot of ways out there and different theories as to how to treat.

I've read a lot of theories. I was hoping you might share *your* experiences with them and, crucially, whether or not they worked for you.

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

Posted by Shlomo24 - 26 Oct 2016 19:29

I couldn't agree more. In SAA they have a whole preamble about people who "dabble" in the program and how it's not going to be effective. It says that those people usually hit a point where they have to commit much stronger. I dabbled in SA for almost a year. I went to meetings, made phone calls, did stepwork and read the Big Book. I even wrote lists. But those things don't keep me sober. I need to be honest with myself and do the actions of recovery for myself, not just because it might work or my sponsor tells me to. I needed to write a 1st step, not a story. I needed to really develop a God of my understanding, not just assume that the God I grew up in was good enough. I still am working on that! It's actually really hard for me. I needed to sincerely put all my effort into recovery and do it for myself. I needed to shut up and listen. Those things kept me sober. I would like to repeat again that honesty is key for me, I was very dishonest with my first sponsor. People pleasing is a huge character defect of mine and I would lie or fudge the truth or not say something because I didn't want to look bad and I wanted him to be happy. I'm not saying that you aren't honest, OTR, I'm just saying what worked for me.

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

Posted by Shlomo24 - 26 Oct 2016 19:31

My post got deleted. So annoying and it was very long. In short, I agree completely with Watson.

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

Posted by OTR - 26 Oct 2016 23:30

I think i shortchanged myself. I did a heck of a lot more than writing and reading (although I found the inventories to be the most helpful in many respects.) I have done live meetings with groups that I feel safe in. Although I never went to an open SA meeting from what I have learned about the program we pretty much did what they do when I met guys from my phone group. I liked those meetings and would do more.

Cords- I guess it is a matter of semantics. What killed me and made me feel like an addict was not being able to attend to my other obligations in life. Strangely enough, in some of the darkest places on the web I met people engaging in depraved activity, but when it came time to do what needed to be done to pay the bills- they just got up and went. - I began to say to myself, now why should I be a loser and sit here watchin people come in and out like I'm a greeter and Walmart. I have obligations too. And in so addressing these things, I feel a lot less bothered by the acting out actions.

Funny enough though I found that engaging on these forums made me realize as well how bad porn was for me, the solitude, desperate, completely focused on sex. And that talking to people- while arguably worse in a lotsa ways, was actually not making me feel the same way.

I guess I would agree I am an addict, but something has substantially changed. I see it in my perspective through the yomim noraim and in the way I am relating to my wife.

I guess I am an addict that does not care about being an addict as long as I don't get carried away and A: forsake my external obligations B: Let out rage and frustration at myself on my wife and kids when I am acting like a beheima.

Maybe not very GYE kosher. BUt Hey, that's my honest teitch of me for the day.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 27 Oct 2016 03:47

Honesty is great.

i knew you went to meetings and you didn't like them but I wasn't sure you wanted that brought up

The paragraph addressed to me, I don't really chap.

The fact that you're providing for your family is super. I will not try to convince you that the addicted part of you should be a great concern of yours, but since honesty has been mentioned here, I need to say that I see this coming back and biting you. I hope and pray that it doesn't though.

I don't remember this quote but I will coin it anyway (it's probably an oldie): if you don't control it, it will control you.

B'hatzlachah friend

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