

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 Watson - 27 Oct 2016 07:41

[OTR wrote on 26 Oct 2016 23:30:](#)

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.

Fair enough. Thank you for your honesty.

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

Posted by OTR - 27 Oct 2016 17:53

[cordnoy wrote on 27 Oct 2016 03:47:](#)

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

Are you sure that is referring to me? Any in person meetings that I have had have been great for me. I reach out every so often to guys I have met in person to touch base and these are strong points for me.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 27 Oct 2016 19:50

[OTR wrote on 27 Oct 2016 17:53:](#)

[cordnoy wrote on 27 Oct 2016 03:47:](#)

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Are you sure that is referring to me? Any in person meetings that I have had have been great for me. I reach out every so often to guys I have met in person to touch base and these are strong points for me.

Il was referring to sa meetings, but whatever....

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

Posted by Watson - 07 Dec 2016 20:53

How's it going OTR? Please don't wait till Pesach to update us.

I worry about my brothers in pain. It would be nice to get a postcard every once in a while.

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

Posted by OTR - 12 Aug 2018 23:25

Hola friends. I dialed back into the forum looking for some info on filters. Deciding now between livigent or enativ usa or gentech. Maybe a total whitelist option as I don't need internet as much as I did.

I am reading through my old thread and it gives me a lot of perspective on myself. I guess a quick roundup of where things are for me and what I have been up to is in order.

Porn= greatly reduced due to external siyagim such as having joined yishmoreini. That was a really important thing for me to do and I have had a few interactions with my Rav since joining

that were not so pleasant due to my having looked at things I should not have. In the main it has kept me from 'hardcore porn' and for that I am overall happy. Although I am really embarrassed to see my rav due to those few screwups..

- life in general is more productive for me than ever. I am not spending time online as much as I was. I am invovled in more real world work which is excellent for me.

I have slipped up with porn occassionaly like if I have uninstalled the CE program for some reason/ changing to a new device or something like that. I slip up with masturbatio more frequently which is something I want to address this year in earnest.

- yishmoreiney is not fullproof. You can still see things on youtube etc... And I want to get this totally out of my environment. So I have a choice. Either I totally block youtube and other file sharing sites like that (kimat impossible to do) . Or I switch to a gentech livigent or somethign like that filter which is supposed to be better which I am doing.

- For those who are thinking - well you have to work on the 'program' and not the externals... Honestly I find working on these externals right now to have been the most helpful and quickest route to keeping me in productive cleaner living. Keeping this garbage as much out of my reach as possible is the best thing I have ever done for myself. It may not be helping me deal wiht addiction. But it is keeping the blinders on the horse inside me. And I've started developing other things that I found really helpful for me in terms of addressing my insides.

The problem I had was getting too focused on the external siyagim and not really being willing to push the button and detach. Once I did. I was happy. I started with blocking facebook (petach gehenom mamish) That was a major struggle for me. Once it was out I have not looked back. then I went to yishmoreiny and now I want to get to the next level. Maybe a whitelist, maybe a grey list I don't know but I know I definitely feel better the more I limit my internet access.

So for my insides, Well I know a lot of guys here say they have tried it, for me, this helped. I started last year after RH learning Chovos Halevavos shaar habitachon regularly. I continued through the year and it set a baseline of stability for me. I focus(ed) a lot of the Ramban sh*ta that even if one is a rasha gamur (which I am positive I am not and niether are most of us here in this situation) he can still have bitachin in Hashem. Basically, I never understood what it meant o allow myself to feel that God loves me even if I masturbated. But He does. And that makes me want to correct myself more not less.

Looking at this, it is like a drop in the bucket of what I am really feeling and what goes on in my mind and day.. but it is accurate. I found that I can not write everything going on with me or I wind up here all day/week month and eventually crash.

BUT if anyone has experience with any of these external options I am looking for some feedback.

Holy guacamole! I totally forgot I ditched my smartphone also.. That was a major nisayon. Not everyone can do it probably due to how their business functions. But I made the leap and I am very happy I did.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Markz - 13 Aug 2018 01:07

Welcome back

Great moves!

What about all the brothers in the group? You still keep in touch with them?

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Gevura Shebyesod - 13 Aug 2018 01:53

Hey nice to see you back (on track). Great to hear that you're On The Road to a better life.
KOMT!!

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 13 Aug 2018 02:02

From my first group no one. From my second group Also no one but a little more recently I had been in contact with one of the guys. As in like months and months ago but at least a little more recently. haha.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 20 Aug 2018 03:38

ok otr update.... (stardate XVJ2859784 locally known as Elul 2018). I swtiched my computer system to windows instead of mac because there are better more robust filtering options on that platform than on Mac. This was a big switch for me. That is done and I am comfortable that everything is finished on that end. I have the webchaver yoshmoreini program with the CE filtering on my comp. I am not sure if this will clash with gentech or enativ which I am deliberating whether to do gentech or entativ. Not sure which. Spoke with tag about it last week but did not get clear from them at the time the comparison between the capabilities of each system. I guess that is another thing on my list for tomorrow. (hopefully). I am a little hesitating because I know that switching to either of these is going to close off a tiny door that is still left open on my comp even with the CE/yishmoreini program. Youtube needs to go out the window.. (or perhaps Windows as it were lol) and that has been a present battleground for me. I will also have to get rid of Amazon prime. Or at least being the main member and instead I will need to be a friends and family member because the main member always has access to teh movies which although not porn, are not clean, and not something I want on my computer.

I am hoping that the level of filtering will be what I anticipate it is when I put the new program on (whichever one I do). If it is just another dud I'll be really po'd (and I do not mean purchase ordered)

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Workingguy - 20 Aug 2018 03:43

I did Gentech and Nativ. A little background- if I get a new filter, I automatically try to get around it. I did some of it with the Tag guy on the phone.

Nativ seems to be much stronger, but it makes things harder. If you're willing to be involved and call up and tweak it as you use it, you should be able to use Nativ very comfortably.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 20 Aug 2018 03:45

TOTal side note:

I am getting to the shidduch age- not for me but for my kids. I am thinking very much about how I would deal with the internet issue in a prospective shidduch. If a boy or girl has a phone with internet in my book I would see that as a deal breaker for the shidduch. Unless they were working. In that case, the question is how they are filtered. If they are not filtered, it's a nogo for me.

But what about the house where the kid grew up. If there was internet in the house and there was no filter, I don't see how I could let my kid go out either. Is that crazy? Is that right?

Of course this is not giving others the opportunity to grow into it as I needed to. I had unfiltered internet for a long time. I had internet without my wife even knowing we had internet at some points!! Should I be more meikil on others then?

But then again, 10 years ago, there a lot less talk about this stuff and less clearly defined.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by cordnoy - 20 Aug 2018 04:12

[OTR wrote on 20 Aug 2018 03:45:](#)

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But then again, 10 years ago, there a lot less talk about this stuff and less clearly defined.

Please ask a rav about this issue.

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

Posted by Hashem Help Me - 22 Aug 2018 01:55

It is very sad how many bochurim that I speak with fall at home because their parents naively don't believe what can be done with unfiltered computers. The pain of a boy who has kept himself clean for extended periods of time and then falls on a weekend off from yeshiva, it makes us cry. A couple getting married should definitely be mekabel to keep their homes as safe as humanly possible - without rationalizations. As far as who to take a prospective son/daughter in law, as with all other shidduch related issues, daven a lot, do your homework, and consult with your rav.

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

Posted by OTR - 24 Aug 2018 14:15

JUst caught a news tidbit about Ben Affleck being back in rehab. I didn't actually know he was in rehab before. But it is amazing to me that these celebs who look like they have it all are really so empty and miserable sometimes.

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