

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 OTR - 30 Aug 2018 00:52

Turns out that Nativ is the best program for me. So I ahve installed it and chosen the whitelist option.

. However I thought it could work together with CE but it cant which means my monitoring is now gone. That was a huge deterrent for me . Right now I am reaching out to some guys from my old grous to see if one of them can be my filter guardian but feeling a little lost without the CE program which was reported to my Rav. that program has totally molded my way of thinking and epreincing my computer use for a while

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Hashem Help Me - 30 Aug 2018 01:15

You can make a webchaver

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Gevura Shebyesod - 30 Aug 2018 03:46

I believe that Webchaver and CE are actually the same thing "under the hood".

And doesn't Webchaver/CE have a filtering component as well? Why would that not do the job?

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 30 Aug 2018 12:20

Yes they are the same program. But that program does not work together with nativ. And the filtering option on CE is not the greatest for me. I need some access to you tube for tutorials and other work related things. HOverver there is also stuff there that I don't want to be able to get to. Nativ allows you to block the whole site and only approve certain videos on a case by cas.e

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Workingguy - 31 Aug 2018 04:28

I was exactly in your boat. Had worked with Webchaver, was comfortable with that, but then started finding loopholes and needed to switch to Nativ. It's a huge pain for YouTube videos- I rarely see any anymore- but it ends up being worth it.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Hashem Help Me - 31 Aug 2018 11:10

In general, the decision to stay clean comes with a price tag. Some things simply have to

change. As a general rule, once one decides that internet is only going to be accessed for necessity as opposed to entertainment, leisure, etc, the success is b'ezras Hashem much more attainable. A person needs to make the decision that its time to "sacrifice" certain sites (such as you tube - except for the rare few who *really and truly* need it for work) because the risks are too high. If you want some videos for relaxing, go buy the DVDs.....

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

Posted by OTR - 04 Feb 2019 18:01

I really should log in here more often. I actually got back on through a convo I was having with a friend. I am happy to tell you guys that I am thrilled with the nativ program. I don't know how to get around it. And I have it usually on blocking images while on many sites. Yahoo news images are blocked.. and some others are open. To be honest I dont ususally feel the need or interest in opening the images for the news. I get to know waht's happening and the rest of the internet is for me safely behind their program. If I want a site opened I can open it. They seem to be doing a good job as regards automatic filtering.

I dont count clean days and am not perfect with masturbation. However, what I feel I have found is my peace. and there is no way to put a valu on that. I owe whar I feel now in large part to much of the work and ppl here at gye. and of course our in person meetings, our online friendships etc.. (and ps I guess where I am holding now does not improve my typing sorry)

I used to be plagued (as anyone here who knows me or read my thread) by constant obsessive desires to view porn and masturbate. I never succeeded at being able to hold back while I had a porn access on my comp. Finding my boundry for how far I need to push it out of my life and being willing to work at whatever inconvenience that presented has been the key for me. - I have a kosher phone now with emails and text although I used to have entirely no internet or email on my phone.

I am not out of the woods there are still some minor accessibilities to websites that trigger me into a poor state. However, my goal was always to not let these desires crowd in on my ability to do my job for my family, work and bring home the money we need. WHen I'd masturbate and then have no income to show for my time, this was the most debilitating thing for my self esteem. I am out of that now safely. Although I can and have at times been able to access porn, it is extremely infrequent and the last time it happened that this opened up, I did not even use it. It wasn't too much of a struggle.. I just got it closed up and that was it. I was elated.

Just my report.

I am writing now also to ask if anyone knows of online support groups for sex abuse survivors (both male and female). The issue here is not masturbation or porn addiction AT ALL but the other painful issues that go along with being a survivor of sex abuse. The humiliation of seeing the perpetrator go on with life unpunished and due to the challenges that manifested in behavior that was not typical of the frum community, developing a stigma and separation from frum society.

It is not for me but for a friend (I know we hear that alot around here.. lol)

Anyone with info please let me know.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Gevura Shebyesod - 04 Feb 2019 19:40

For your friend, try contacting Amudim.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 04 Feb 2019 20:45

Thanks Gevurah.

nice tyo see you as well. I think you need a carwash though.. looks a lil dusty up there..

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

Posted by OTR - 06 Feb 2019 01:18

Someone who I met recently had a very profound insight on me. I met this person while looking for something not good. However we got to chatting and after a good amount of back and forth they said - it looks like you really are not looking for sex. Your whole quest is for connection. something along those lines if not those words. It hit me like a ton of bricks THeY are right. I have chatted a lot on craigslist which is still open on my computer. Any illicit interaction is so slowed down and hindered it really doesnt bother me unless I begin spending too much time on it. And I am pretty much able to close it out and abstain when I want. Not that I consider myself not an addict. I am and if open porn is available I can not resist. BUt at this stage wth the temptations I am exposed to I an more or less control it. Or rather control me.

Realizing that I want connection was really big for me. I guess that's what it boils down to.

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

Posted by OTR - 07 Feb 2019 21:30

This is the first time in my entire gye career taht I got back on the forum even though I was not unhappy with how I am doing. I would like to get back more now ust because.. it's probably a good idea. Although a few things irk me.

- This whole 90 day thing became a religion and you're not chashuv if you don't make it. It's really just ridiculous.

- When meeting ppl in chat I find ppl often saying 'Hi I am sober for x amount of days.' Like dude, I don't even know you we just met- we just didn't even meet, you just popped into my gye messenger to tell me how long you were sober for. I feel that attitdue is toxic for me.

-I act out sometimes. I don't think it's a great thing to do, but I do it and I just go back to whatever else I am supposed to be doing. I think that is the best way to be.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by ColinColin - 08 Feb 2019 01:29

Connection makes sense.

You can also connect with yourself by using your leisure time for constructive and relaxing activities.

90 Days is just a target.

It works for some.

For me, I no longer use targets because I find that when I meet them, I then go haywire afterwards.

I take it day by day, sometimes hour by hour or 10 minute chunk by 10 minute chunk.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Workingguy - 08 Feb 2019 04:21

I hear you. A person has to use what works for them, and certainly falling and moving on instead of obsessing about it is much better. But if you can get to not falling at all and not obsessing, that would be even better. Is that in the cards at all or not right now?

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by OTR - 12 Feb 2019 19:46

[ColinColin wrote on 08 Feb 2019 01:29:](#)

Connection makes sense.

You can also connect with yourself by using your leisure time for constructive and relaxing activities.

90 Days is just a target.

It works for some.

For me, I no longer use targets because I find that when I meet them, I then go haywire afterwards.

I take it day by day, sometimes hour by hour or 10 minute chunk by 10 minute chunk.

What do you mean that you go crazy after targets. You just set a goal and then once you meet it you'll act out?

I don't have this constant pressure anymore like that. Minute to minute etc.. A large part of it is not having the porn in my immediate environment since I use Nativ. It's amazing that this filter can actually make me feel like I am a normal person without being driven every minute from inside by a beast.

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