

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 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 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 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 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 Workingguy - 23 Feb 2016 21:24

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Only when I realized that it's my responsibility regardless of whether the filter is foolproof or not did I find the type of progress I was looking for.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 23 Feb 2016 22:48

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Thanks for sharing that WG. It's not that I don't want a filter. It is more that- the filters don't work and I wind up finding a way around it, or fiending and becoming so obsessed with trying to find the way around them and find "that site" which is not blocked....

That is why I came to the conclusion that I need, for now, to do this because I want to. The filter can't be a method of restraining myself. It doesn't work. It needs to be a method of supporting

my recovery.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by cordnoy - 23 Feb 2016 23:10

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Sounds like the post call talk today.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 24 Feb 2016 00:30

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Yeah it is on my mind so I am talking it out with people... marbeh eitza marbeh tevunah.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by Shteeble - 24 Feb 2016 01:45

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[Shteeble wrote on 16 Feb 2016 10:04:](#)

#9

Assuming we are spiritually fit,

we can do all sorts of things alcoholics are not supposed to do.

People have said we must not go where liquor is served;

we must not have it in our homes...

our friends must hide their bottles if we got to their houses;

we mustn't think or be reminded about alcohol at all.

Our experience shows that this is not necessarily so.

We meet these conditions every day.

An alcoholic who cannot meet them,

still has an alcoholic mind;

there is something the matter with his spiritual status...

In our belief

any scheme of combating alcoholism

which proposes to shield the sick man from temptation

is doomed to failure.

If the alcoholic tries to shield himself he may succeed for a time,

but he usually winds up with a bigger explosion than ever.

We have tried these methods.

These attempts to do the impossible have always failed.

So our rule is not to avoid a place where there is drinking,

if we have a legitimate reason for being there...

To a person who has had experience with an alcoholic,

this may seem like tempting Providence,

but it isn't.

big book    pages 100 - 101

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 24 Feb 2016 02:32

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THANK YOU SOOO MUCH SHTEEBES. THERE IS A LOT OF WISDOM IN THERE> BLId  
NEDER PLAN TO READ THAT PASSAGE DAILY FOR A FEW DAYS IN A ROW.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by NeiroYair - 24 Feb 2016 04:05

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OTR, I am in a similar situation as you, such that I haven't been on the forums in YEARS, but recently associated my screen name with a new email address. From time to time I type in GUE.com after GYE.com doesn't work- Ahhhh, the good ole days! So much more user friendly now, so I have plenty to be thankful for.

I reread all my posts from the past and while it gave me a little chiuk, it also made me feel quite disheartened and unsettled. In 5 years I sound similar to the way I was back then or even less connected in certain areas. That hurts...Hopefully we can join the land of the living together after tasting and "living" death for so long...

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 24 Feb 2016 04:27

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I drink from the same bitter cup NY... Feeling like where have I gotten.... But then let's be honest friend, what were we doing to change in the interim. I know I was not doing much but slowly sliding down the hill. Maybe you are different. For me I think I got exactly what I deserved. A handful of "not that much at this point".

But I am coming back with a different perspective this time.

I look at some of the guys who stuck around.... Sober for 1 year, 2 years, 3 years.... some of them. We both came in at the same time in the same boat. Seeing them gives me the belief that I can do that too.

Some of them are sober for stretches of a few months at a time. Even 90 plus... Although they may have acted out subsequently, that stretch of sobriety is also good.

Others who were here and really worked and got someplace but then slipped back into a coma.... I look at their posts and there is chizuk to be had from them. If only those guys could see their old posts now. If only they would know that I am getting chizuk from it now, or that others are....

Keep in touch!

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by NeiroYair - 24 Feb 2016 04:36

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Wow! Really powerful words and so true.....

I actually recognized someone from the calls and read all his posts because I know him pretty well, but didn't know he had this struggle and wanted to see if our stories were similar, so that I

There was so much to be gained and whereas words take a few seconds or minutes to be typed up, going back and reading them can really boost your morale.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 24 Feb 2016 04:44

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If I am the person you recognize, please come over and broach the topic... Not the best tasting medicine but it works...

There are so many people out there struggling with this. How many get on GYE.. don't know.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by cordnoy - 24 Feb 2016 15:10

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[OTR wrote on 24 Feb 2016 04:44:](#)

If I am the person you recognize, please come over and broach the topic... Not the best tasting medicine but it works...

There are so many people out there struggling with this. How many get on GYE.. don't know.

It's someone else.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 24 Feb 2016 17:50

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Oh darn it! I'm never the center of attention!

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

Posted by markz - 24 Feb 2016 18:04

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**Warning: Spoiler!**

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

Posted by OTR - 25 Feb 2016 00:36

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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...

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