

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 - 19 Feb 2016 16:15

What do you folks (if anyone is indeed listening) think about these thoughts?

1) In mussar and Torah thought we know there is a principle of mitoch she lo lishma ba lishma. How does that work out with the 12 steps which is clearly a different, and hte only effective system for recovering from addiction. Does a lo lishma motivator work in the 12 steps? For example, I got here because I am sick of being ruled by my addiction and need help as well as tools and group support to be able to be able to control myself. That is the broken beginning.

Today I wake up and look at the chart and I am all depressed.... Damn only one day.... Then I look at the wall of honor and say, I had 90 days of sobriety in the past and I want it back. I want to be recognized for that. - So I went from being broken, which is where I should be, to wanting to be recognized for having had 90 days in the past. - Well is that desire kosher or not? In mussar we would say, yeah, it's a good motivator as long as you don't stop there and want to purify your motivations. - In the steps though... is this 'kosher'? I would think yes, all group support settings are partially about a person wanting to succeed in front of the group. But I'm just an addict so I may not know that much.....

2) Another interesting though flew through my head a little while ago... oh yah.. How much is too much GYE time? Gotta think about that too... If recovery is preventing me from being productive that is not so good either.

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

Posted by OTR - 19 Feb 2016 16:21

Im not yet so professional with the acronyms.... ODAAT?

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

Posted by markz - 19 Feb 2016 16:33

Apparently it was invented in 2010

One

Day

At

A

Time

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

Posted by Shteeble - 19 Feb 2016 17:03

[OTR wrote on Unknown:](#)

How much is too much GYE time? Gotta think about that too... If recovery is preventing me from being productive that is not so good either.

GYE should mainly be used for REAL work on recovery via the use of the many tools available here.

Figure out how much time you can allot toward recovery each day, and spend it doing the REAL recovery work.

I recommend keeping a prioritized list of your REAL recovery actions.

GYE is also commonly used as a sort of video game, which imho should be avoided as much as possible.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by markz - 19 Feb 2016 17:33

Reb Shteeb I think I view things very very differently than you do

Is it because of my mild aspergers (that many have)?

i don't see GYE as a game at all - it's my life, recovery and a little fun too, but not a video game at all

many people come on here with names that represent their real life name with a hint eg most Yesodishe guys probably are Yossi in real, OR people choose a mood name from "Thenewme" (new user - is that cordnoy's 2nd login?) to "skeptical"

I personally would never have chosen usernames that represent nothing eg, table, shtender, world, shul, shteeble

These are not ways to identify people or any emotions, and you are very deep

so - we are very different...

One day I hope to meet up with the REAL you in real life - soon!!!

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

Posted by Workingguy - 19 Feb 2016 18:18

GYE is no video game. It's a place to connect to people and to really express and work through real issues and to feel a part of something. I've done face-to-face meetings also and it definitely is something beautiful about those, but I've also found something here that I've never found elsewhere. Also, while were not looking to scape real life and we want recovery that is complete, holistic, and down to the core there's nothing wrong with doing it in stages and with this being a distraction as people continue to work to full recovery.

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

Posted by Shteeble - 19 Feb 2016 19:15

I believe you if you say you don't use it as a video game.

I also believe you if you say that using it to connect rather than isolate is part of your recovery.

I even believe you if you say you have no idea what I'm talking about when I say GYE could be used as a video game.

And...

I used GYE as a video game of sorts for a long time.

For me it was just a practice of time wasting / procrastination / call it what you want.

I wasn't seriously working on recovery actions.

Now back to the question that was asked by the baal ha'thread...

"How much is too much GYE time? Gotta think about that too... If recovery is preventing me from being productive that is not so good either. "

'twood sound like OTR is concerned with it shterrering his productivity.

That resonated with me, and I gave my 2 shmentz.

live and let live bros

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Shteeble - 19 Feb 2016 19:27

[markz wrote on Unknown:](#)

Reb Shteeb I think I view things very very differently than you do

Yes, that's one thing we both agree on.

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Shteeble - 19 Feb 2016 19:32

[markz wrote on Unknown:](#)

One day I hope to meet up with the REAL you in real life - soon!!!

Ha.

That was funny.

Can't say the feeling is mutual though.

You sound a little too holy for a simple shteeble like me.

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

Posted by Shteeble - 19 Feb 2016 19:33

[markz wrote on Unknown:](#)

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p.s. maybe read what you type before hitting the "submit" button.

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

Posted by markz - 19 Feb 2016 19:35

[Shteeble wrote:](#)

[markz wrote:](#)

Reb Shteeb I think I view things very very differently than you do

Yes, that's one thing we both agree on.

Ok so we see eye to eye on some things...

i just think a question to ask yourself is how in touch are you with yourself on a scale of 0 - 10

i probably score minus 10 sometimes

its something good to ponder on a long Friday night

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

Posted by markz - 19 Feb 2016 19:40

[Shteeble wrote:](#)

[markz wrote:](#)

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at all

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Which word don't you understand

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Re: OnTheRoad is BackonTrack is OTR is....
Posted by Shteeble - 19 Feb 2016 19:52

[markz wrote on Unknown:](#)

[markz wrote:](#)

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Which word don't you understand

mild

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

Posted by markz - 19 Feb 2016 19:56

It's like mild chili

I was concerned there were other words you misunderstood or were superfluous, ok, so we're cool

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