

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 OTR - 16 Jun 2016 02:15

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what do you mean to what extent? I didn't go to live SA meetings is that what you mean to ask? ANd I have not found someone I am comfortable with as a sponsor, but instead used the group pretty much as a sponsor.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 16 Jun 2016 02:19

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Cumulative Clean Days: 207

OK so we are back in the dark days of niddah again. One thing I have noticed is that my urge to hit on various women online and on certain sites and try to hook up via webcam etc... is much stronger during these times. I know that sounds like a 'well duh!' realization. But for me in this moment it was quite revealing. I think I have gotten someplace and have changed internally to a significant degree. I have to continue working to steps to remain sober, but I have had a real

turn around in my life and relationships. - Now I am finding that the days of heter are not too tough. I have some guidelines. I have my ups and downs but for the most part, I don't have the urge to do any of the really interactive things I have done when we are permitted to be together. It's the dry season that is giving me a problem now. - So that was a good insight and gives me some encouragement that in about 2.5 or so weeks, it will get a little easier for a while. Happy.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by Yesod - 16 Jun 2016 04:12

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You did the steps Along with the call?

le, you wrote a step 4, did a share, made amends etc. Etc.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 16 Jun 2016 14:12

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I didn't spend hours on the step 4 inventory. I did worksheets for most of the steps including step 4, saved it and am going to come back to it now this time around to read all the inventories I did previously and try to go a little deeper, or re-evaluate where I am with that step.

I did the steps as best as I could realizing that I can't do it perfectly but wanting to go through the whole cycle and get some connection to each of the concepts.

I am trying to focus on one step a week. (Actually, If you do one step a week it comes out to about 90 days to get through the program.) This way I kind of keep myself moving and thinking about new things, new ideas and trying new stuff.

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

Posted by gibbor120 - 16 Jun 2016 16:22

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Have you considered the possibility that you are using your wife as a crutch? Meaning that you are lusting even during muttar times, but since you have an "outlet", it is not apparent. During the assur times, you are doing the same lusting, but having no outlet makes it difficult.

If that is the case, then work may need to be done during the muttar times, not to lust, and not to "rely" on your wife as an outlet. Try and adopt the "sex is optional" mindset.

I remember one time specifically after being muttar for a long time when my wife was pregnant, once we became assur it was very difficult. I realized that I had been lusting, but since my wife was always available, I did realize the extent of it until she was no longer available for a time.

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

Posted by Yesod - 16 Jun 2016 19:10

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[OTR wrote on 16 Jun 2016 14:12:](#)

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Nice.

Where do you find these worksheets

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 26 Jun 2016 14:32

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google.  
[drive.google.com/folderview?id=0B\\_4AuSMwHehTTWpTMU9FZFhmTmM&usp=sharing](https://drive.google.com/folderview?id=0B_4AuSMwHehTTWpTMU9FZFhmTmM&usp=sharing)

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 26 Jun 2016 14:44

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215 Cumulative Days Clean:

Ok so last week on Sunday my wife was out for the whole day and I acted out. I did not feel like getting back on the forum until I had a few days of sobriety behind me. What's kind of disturbing is that I am less disturbed by my acting out this time. I am not happy to reset my count that is certain. But on the other hand, I also feel that if I continue and do not make this into an excuse to leave the forum entirely I will be ok. So I am carrying on now with my cumulative count, which is actually a lot higher than what it says on the board here but that's fine. A life of acting out is unmanageable. but if I acted out every now and then as has occurred over the last few months, it does not make my life unmanageable. Though it is wrong and if my wife knew what I had done she would be extremely hurt (righthfully so).

As a yid, even acting out once in a while is totally wrong. As a married person it is totally wrong as it hurts my spouse (how would I feel if my wife was doing what I did!) But as an addict, or a recovering addict, I find that remaining in the "system" and devoting time each day to sober living, sober thinking etc. has minimized the impact of the sporadic acting out.

I also feel less like I am 'just waiting for the next time I can get on and acto out" - Last week was

not like a major relief. It was more like a stupid mistake and caught off guard without properly planning for the moment. I noted on my chart that I have to have more of a schedule planned to handle the alone days. Especially when it comes in yemei niddah. Those are the hardest days on me at this point, actually when my wife is mutar, I found (at least most recently) that the challenges subsided.

I know a lot of this might get me stoned or decapitated by GYE terms, but I am writing my thoughts. Personally, as an addict, I would continue to act out if I thought I could maintain a normal external life while doing so. But I really need to graduate into- "I don't act out because it is wrong" as opposed to "I don't act out because it will kill me". Or maybe I need to realize that this middle road I am on is ultimately a dead end.... I don't know...

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by cordnoy - 26 Jun 2016 14:55

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Thanks for the update and the share.

I can say only from my own experience that I tried that middle road, and tried several times saying that it won't kill me for I am a "once in a while" type of guy.....how wrong I was!

Wishing you hatzlachah

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by OTR - 26 Jun 2016 17:53

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Yeah. Middle of the road is a dead end. What's happening to me now is that I am not that upset regarding acting out last time. I just sorta got back into the rythm. Not sure if that is good or bad.

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

Posted by cordnoy - 26 Jun 2016 18:57

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Only you can decide.

I will be writin' somethin' now on my tryin' thread....it might have some relevance to your situation, but maybe not.

B'hatzlachah

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

Posted by OTR - 03 Jul 2016 20:10

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CUMULATIVE CLEAN DAYS: 222 Days

Checkin in here. BH hangin in there. Doing a lot of work on my relationship with a family member that I see is completely and directly affected by how I feel about myself with regard to acting out. I have to realize this person is just that, a person, and htey are not a reflection of me, nor are they there for me to project my faults when i do the wrong thing....

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

Posted by OTR - 07 Jul 2016 18:04

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\*\*\*\*\* I had a fall which I have not updated on my chart yet which I will do but have not yet since I have re-evaluated what I think led to this time and what I want to change going forward.

I have to say, the falls are bad, but not getting to me as much as in the past because I am not falling into a total spinout where I abdicate my responsibilities as an adult, parent, chavrusa etc..

This is a yerida in the sense of sobriety, but in years past, since I would just run away, and isolate, it turned inevitably into more and more of a dangerous cycle.

I attribute this improvement (ie the ability to not be dragged down into the pit of depression and continuous acting out) directly to the chizuk/tools I have gained in this forum, and to the ability to call people who I have met here regardless of being sober or acting out and just say where I am, and continue moving on to improve. I am not embarrassed of myself, though of course not proud or by any means satisfied with having acted out.

What I have come to realize though is that while internally I have been convinced that I felt so broken up about the dishonesty and infidelity of acting out, what really kills my self esteem is when I get out of control and don't fulfill my responsibilities in work, around the house, with kids etc... When I do though, the dishonesty bothers me a lot less. What does this say to me?

It tells me that perhaps I am a lot bigger of an SOB than I really realized. If my wife knew what I did, she would be crushed. And Hashem knows what I did, and he is not happy with it at all.

Those are three separate emotional/spiritual cycles with different effects.

1) Is between me and myself- when I act out and I abdicate my responsibilities I feel like crap.

2) Between me and God- When I act out, I have also transgressed my religious convictions. I can deal with this, a lot easier, because I truly believe that my addicted personality is not my doing and not my fault. Though I am responsible to use the tools I have discovered to try to improve, when I fall I just don't bother beating myself up anymore. I'm too dead to it, and it doesn't help me.

3) Between me and my wife- Regardless of whether it is 'my fault' or not (as noted in #2 above) It hurts my wife when I look at other woman or converse with them and flirt on the internet. If I masturbate though- to be honest... It doesn't affect her in the least.



Of all the above, the one that really bothers ME the most is number 1. That is where MY ego is hurt the most. And that clearly is very selfish but a very accurate insight into what's happening - the moving parts of my addictive cycle.

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Re: OnTheRoad is BackonTrack is OTR is....  
Posted by thanks613 - 10 Jul 2016 17:49

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Thanks for the update, and hatzlacha moving forward.

I can relate to what you wrote about learning to open up to and reach out to others regardless of whether I am feeling weak strong, proud, ashamed, clean, trashy. This has been and still is a difficult point for me, but I am getting better with it.

You raised some serious questions and insights. Since you mentioned that you have people to talk to about things now, I wonder whether you have been able to flesh these thoughts out with any of them. Just seemed to me like sharing your conclusions with someone else might help, whether they can act as a touchstone to show you where you might be blinded to something or just to hear yourself say out loud what you have come to realize.

Again, thanks for the update, and hatzlacha!

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