

Post / Thread Of The Year - 5776 award

Posted by markz - 03 Apr 2016 01:42

---

**Every post deserves an award, there's no loser.**

**The judges will cast their vote on the Jewish New Year 1-Tishrei 5767**

Who is the judge? You!!!

Posts need to be submitted at on a different thread first, and had recieved a thank you, to be considered for this re'Mark'able thread, so...

KEEP ON POSTING!

**This is a public thread**

If you find a post that you feel deserves to join this thread please paste it right here

=====

"Post / Thread Of The Year" competition

Posted by markz - 03 Apr 2016 01:43

---

Here the first!

**#1 Taphsic Knas**

[Aryeh821 wrote:](#)

Welcome back

Just my 15cents if you are serious about opening up to your rebbe then maybe make that knas that if you fall you have to tell your rebbe that way either it works as a deterrent or you are forced to tell your rebbi its a win-win this is what got me to open up to my mashgiach and I used it as a heavy knas

=====

Re: "POST OF THE YEAR" competition  
Posted by markz - 03 Apr 2016 01:50

---

## **#2. My recovery vs yours**

[Shlomo24 wrote on 17 Mar 2016 21:14:](#)

[realsimcha wrote on 17 Mar 2016 19:01:](#)

I understand what you are saying. Parts of your approach would never work for me. Like the one we discussed and the idea of no filters (although I agree with your points there I have just found another approach that works. But thats for another time.) But either way, **we each have our own journey and my poison could be your medicine**. In any event, I respect your hard work and I am rooting for you and your success.

Mark: This is an early nominee for quote of the year. Beautiful! Very well put.

=====

Re:  
Posted by Aryeh821 - 03 Apr 2016 02:24

---

What's the prize

could it be a chance to be a gabai for one of the "gedolim" on the site EG you cordnoy dov ETC

=====

=====

Re:

Posted by realsimcha - 03 Apr 2016 02:45

---

[markz wrote on 03 Apr 2016 01:50:](#)

## **#2. My recovery vs yours**

[Shlomo24 wrote on 17 Mar 2016 21:14:](#)

[realsimcha wrote on 17 Mar 2016 19:01:](#)

I understand what you are saying. Parts of your approach would never work for me. Like the one we discussed and the idea of no filters (although I agree with your points there I have just found another approach that works. But thats for another time.) But either way, **we each have our own journey and my poison could be your medicine**. In any event, I respect your hard work and I am rooting for you and your success.

Mark: This is an early nominee for quote of the year. Beautiful! Very well put

Humbled and honored! sniff. where's that tissue?

=====

=====

"Post / Thread Of The Year" competition

Posted by markz - 03 Apr 2016 03:25

---

### **#3 Recovery Mistakes to avoid**

A nice thread [HERE](#) by WorkingGuy

=====

=====

Re: "Post / Thread Of The Year" competition

Posted by markz - 03 Apr 2016 03:26

---

### **#3 Recovery Mistakes to avoid**

A nice thread [HERE](#) by WorkingGuy

=====

=====

"Post / Thread Of The Year" competition

Posted by markz - 03 Apr 2016 14:31

---

### **#4 G's**

[cordnoy wrote:](#)

This tool for recovery has many different names, but i kinda figured that since i have dissed the letter "G" for so long now, it is fittin' that I devote an entire thread to it, so here goes:

Some call it "Veggies," other call it "the four G's," and I will let you search feter G.... to see more about it.

The theory behind it is a simple one. It creates connection to God. It lifts your spirits and keeps

you focused.

So, without further ado:

**Gratitude:**

1. for almost a year of sobriety
2. for my third daughter's success
3. for the progress on my primary project
4. for the completion of our 3rd cycle on the phone
5. for the health progress in the family

**Good stuff (victories) (this should be overcomin' specific challenges):**

1. wakin' on time for the early shiur
2. helpin' wife with the early mornin' dressin' (w/o her even askin')
3. supported wife with her work challenges in a pleasant manner
4. looked out for another family even though it meant showin' up late for an appointment
5. skipped over a 20 second part of a clip, knowin' that it was extremely triggerin' to me

**Glitch**

Watched several episodes too many last night

**Goals (usually specific tasks; items that we can look back on and see that we've actually made progress; something actionable):**

1. Avoid distractions and be productive at work (until 10:30) (avoid lofty unreachable goals)
2. Have kavanah by first and last brachah in S"E

### 3. Exercise

hatzlachah to all

[I thank all those who contributed to this idea and thread; tis one worth emulatin']

=====

=====

Re: "Post / Thread Of The Year" competition  
Posted by realsimcha - 03 Apr 2016 17:48

---

The g's are really great. Is there a g thread that we can input our g's?

=====

=====

Re: "Post / Thread Of The Year" competition  
Posted by markz - 03 Apr 2016 17:55

---

[guardyoureyes.com/forum/1-Break-Free/275789-Gs](http://guardyoureyes.com/forum/1-Break-Free/275789-Gs)

=====

=====

"Post / Thread Of The Year" competition  
Posted by thanks613 - 03 Apr 2016 22:32

---

Is there a limit to how many we can nominate? How 'bout this one

**#5 90 Day Count**

"cordnoy" wrote

Let's count to 90 like chutes and ladders (but with mature guidelines).

A fall is worse in the beginning....no?

If it's towards the end, when we have weeks of sobriety over our belt, it is not as bad.

So....a fall during the first week should wipe away the count, but if it's in the second week, it only wipes away that week, but we still have seven days counted. If we fall twice in the same week, we just deduct another day. Three times or more within a 24 hour period is like an "oneis," and we don't deduct at all. The rest of the first thirty days, we only deduct five days from the count. There is a separate rule sheet for the various type of falls. Ogling a woman in the street does not count, for who gave her the right to be in ???? ??????. Likewise, if either party was running or carrying a beam, there is no deduction, unless it was ??? ???. We deduct for four days if the fall happened in the second thirty days. Now, during the last thirty days, we can be awarded bonus days if we had less than three falls total, or if there were more, but spread out by three weeks or more. So day 61 can jump to 65 or 70. A fall in the last twenty days can be expected, and therefore no deduction is necessary, provided that you inform someone safe via anonymous email that you might have fallen, but you're not sure if it was the ??????.

So 90 days may take 125, or you might be able to do it in 80.

Good luck!

See ya @ the high honor table.

=====  
=====

Re:

Posted by Shlomo24 - 04 Apr 2016 20:44

---

## **#6 "Stop Yankin' The Cord!"**

[cordnoy wrote on 04 Apr 2016 17:43:](#)

Ouch!

Dammit!

Stop, that hurts!

No, don't keep yankin' the damn cord!

Let go and let God!

When you keep tryin' that cord, you think that you are in charge. You/I and others are not in control. We don't know the answers. We can't explain it, not our falls, not our sobriety. Why? Cause it's not us. When we fully accept that, we can move on. That is why step 1-3 is not as easy as it looks. People say that step 4 is the doozy, and that's true....it is tough to write all that happened to us and how it effected us and what we can do about it, but it pales in comparison to the mindset required in the first few steps. To fully give up, surrenderin' our willpower and strength and thinkin', and to finally realize (those of us who are addicted) that we will not beat this thin', we will not ride the truck down the highway, we will not beat it to submission, but rather, we will give up, look above, and say and feel that we are ready to let Him lead, let Him in, and then and only then can we start workin'.

B'hatzlachah

=====

Post / Thread Of The Year - award  
Posted by markz - 11 Apr 2016 18:10

---

## **#7 - Lust equals detachment**

[shmirashachaim wrote:](#)

Update on myself and whats been on my mind:

I get another mazal tov! I am considered an Ahavas Hashem on GYE standards. I reached 70 days on my journey. Ahava has been on my mind lately. Not only because of all those sheva bracha speeches I just went through just a couple of weeks ago, but also because of what it has to do with pornography and the whole adult industry in general. I have been thinking about the term love ever since I had a conversation about it with someone in this industry (who still sickens me today and I won't get into details about). The term "love" has been warped in these circles to the point that it basically replaced what in the past has been considered vulgar and empty. True relationships has been replaced with the desire to fulfill our lusts and fantasies, with sex being so amplified that its connotation of genuine love has been taken over with merely lustful pleasure.

But I feel it goes deeper than that. Love- Ahavah, is the essence of giving. Real love represents the sacrifice and attention one gives to another that brings them closer together. However, the progressive "love" that replaced that love is not only a fraud but it is the complete opposite of what that real love is about. Instead of caring for another, this "love" focuses on oneself and one's selfish desires, and how much one can take advantage of another to fulfill those desires. While real love makes a lasting unity that creates a new entity, attachment, and companionship, this "love" is superficial and if anything breaks relationships apart and brings detachment and loneliness.

I have seen this play out in my personal struggle with pornography. However, that instant sense of companionship I craved didn't only come from a lack of existing romance, but also from a lack of attachment with anyone in general. I felt detached from the world, and I used the ironic route of pornography to attain that so needed attachment. I used the accessible, unlimited and unconditional intimacy of pornography, where I was able to be in an enclosed world- where it was only me and my companions of complicity, to feel attachment, only to be more lonely and detached afterwards. I have been for a while attempting to focus on making real connections and strengthening the connections I already had (and also deal with why I was feeling disconnected in the first place, but that's a whole schmoose in itself). As a chasson, I am also working on internalizing what real love and real connection is all about as opposed to the fake love that I have been affected by for so long to make my marriage as beautiful as it is supposed to be.

I came to realize that this detachment wasn't only from others around me, but it was a detachment from Hashem. I have desperately been trying to come close to Hashem for years, and it's been so difficult. I have been so distant and these activities has obviously only have brought me only further. I think we as humans naturally yearn for an association with some bigger entity, whether it be a sports team, an organization, or a celebrity. I was thinking maybe some people have even a bigger yearning, a longing perhaps so big that it's more ethereal or otherworldly. This aspiration can lean towards spirituality and ahavas Hashem, and they can even lead someone to Hashem faster because of that special inner drive. However, in the same token it can lead them to pornography and its unnatural fantasy land of those intangible sensual pleasures. I have been trying to internalize my need for higher attachment and utilizing my

unique capacity for spirituality as opposed to wasting it away on stupidity.

Lastly, I feel that pornography had what to do with the lack of connecting with *myself*. I think that pornography crept in because I lost touch with myself. I was unable to accept myself of who I was by my inability to realize some of my strengths and to appreciate what I had. I couldn't come to terms with myself and I couldn't love myself. I found myself day dreaming about me as someone else, some celebrity or famous person, living a care free life. Pornography even furthered this detachment by warping my mind and sechel by digging myself further into my fantasies. Also, I feel that it didn't allow me to focus on who I was and what I had to work on in order to overcome this addiction because it inhibited my ability to think clearly about myself and my current situation, and continued to keep my focus on all the fantasy characters I made up that I can be instead. I have been attempting to appreciate what I have, and B'H my mind has been working more clearly, and not only have I been able to appreciate what I have, but I have been able to focus more on what I need to do to get better.

May Hashem help me to continue on this new road of mine that leads to genuine love and genuine connection, to my beloved wife, to others, to Hashem, and to myself.

Sorry if anything was too simple or just didn't make sense. Thanks for reading! I am looking forward to connecting with all of you on GYE!

=====

Re:

Posted by Shlomo24 - 13 Apr 2016 22:32

---

## **#8 - It's ok to feel down**

[realsimcha wrote on 13 Apr 2016 13:20:](#)

**Day 65:** Hard night. No, I was fine and I didn't think of acting out. Actually, it was because I wasn't going to act out that it was hard. I was frustrated and upset. The end of the day didn't go awesomely [is that a word?]. And in a former existence I would have lashed out [against who?] and acted out. It would have turned into a loooong night and by the end of the night [and it may well have been the end of the night] I would be so in pain about acting out that my original

frustration would be all but forgotten. [Which, btw, is the reason, I think, for why my psyche was "pushing" me to act out in the first place]. Last night there was no acting out. Only frustration. It was hard to go to sleep feeling down. But you know something? I think that its time to learn that sometimes you cant fix it and solve it. Sometimes I can be a little down. The world wont come to an end. And you know what? It didnt.

=====

=====

Re: Post / Thread Of The Year - 2016 award

Posted by shmulyz19 - 18 Apr 2016 20:25

---

Hi Mark, I have a good post.

"Watson" post=282991 date=1459369525

Please don't quit GYE. Start a new journal and write in it one post each day, keeping the content entirely limited to the only thing we really care about around here - sobriety. One day at a time.

Keep your writing entirely focussed on yourself. Your struggles with lust, your successes and setbacks and how these came about. Do this with all the honesty of an ill man in the doctor's office and watch how your karma will rise.

I would like to nominate Watson's post for helping me.

=====

=====