

My Story - Thank Gd

Posted by Markz - 17 Sep 2015 00:27

Hi guys!

Im a typical guy with weak communication skills. BH I have a great job, kids...

(Please see my share at end of page 1)

I've been wondering if people with weak communication skills are more vulnerable to the lure of pornography (See [this link](#) for example), and if unique non-standard steps would be suggested for us to get out of S* Addicion.

I also have a great therapist, but have been hesitant to ask about this yet.

I'd love to hear feedback from anyone familiar with the topic. ZemirosShabbos? You mentioned it some time back [HERE](#)

Thanks

Mark

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Re: My Story (Mild Asperger)

Posted by cordnoy - 28 Apr 2016 12:43

Hear ye, hear ye!

Wdf does yaakov know?

Gye has over 10,000 members (so they say) and I know of at least 7 of them that tried the taphsic method, and it didn't work!

So, as soon as I find the time to read the book, I will blog about the silliness of that recovery tool.

And just wait till I get started with that colorful book and all that church meeting surrender gibberish....who the Hell are they kidding? My posts are written already; I just need to read a page or two before it goes to print.

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Re: My Story (Mild Asperger)
Posted by Shlomo24 - 28 Apr 2016 12:53

I agree with Cord, although I wouldn't have said it that strong. GYE has been around for much longer than you have been sober and also there are many guys, (and girls), who are trying the GYE program and aren't on the forums. If I look at the 90 day wall I barely recognize any of the names.

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Re: My Story (Mild Asperger)
Posted by markz - 28 Apr 2016 15:44

I don't really follow the last 2 posts if they were being sarcastic

What do you guys want

Im planning to read and comment on the Handbook and White book for myself and anyone that wants to follow

Someone else has a Mesilas Yesharim thead... Each to his own

My comment regarding Taphsic has nothing to do with reading the handbook

I know where you both stand regarding recommending it for other members, it's never encouraged

Theorising where the other 9,500 other users is cool

They probably all use the "good night calendar" ROTFL

I made a fair comment, which has not sensibly been answered.

"Why is Taphsic featured in the dropdown"

What about "Exercise"

If there are other broadly practiced proven tools that can show there?

Simple question

Admin for sure knows more than I do

Does anyone have what to comment on what I wrote? Is it a fabrication that there are those who think the following "*If gye recommended it, it must be a viable tool, so i'll try it, and try it, and try it again*"

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Re: My Story (Mild Asperger)
Posted by cordnoy - 28 Apr 2016 16:33

Here is what you wrote:

The new thread will have critical notes of the 2 books. Primarily listing what pages we feel are beneficial, and critiquing ones that we feel are, how shall we say nicely - 'dumb'

It'll be open to the public, but you get a personal invite. Your posts today have given me a greater drive to get on with this, and I have a hunch may be beneficial to you

Let me know if youre interested joining me in this venture.

I am sorry, but a song by Elle comes to mind.

"Critical notes"!? And as an intro, you unequivocally state that you'll critique those pages that you feel are dumb. That is mighty haughty of you. And I apologize again, and this is being written here out of respect and because you invest so much time into your recovery and helping others and you are a great resource for those who are attempting to recover. It's like the 12th grader heading into the rosh yeshiva's shiur, posting a sign on the luach that he will be giving a nightly chaburah pointing out all the flaws in the rosh yeshiva's logic and mehalech in the sugya.

I only went thru the white book 8, 9 or 10 times, so I am no expert. Some things I don't like and I am not shy about it, but I don't give an intro to the call that I will be critiquing the book and demonstrating where their vision or direction is stupid and dumb.

My apologies again. Please write what you feel. That is what a forum is about. We all have our recovery and sobriety in mind, and of course the recovery and sobriety of all of klal yisroel.

Yasherkoach for all that you do.

You help many, and may that be a zechus for you and your family.

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Re: My Story (Mild Asperger)
Posted by markz - 28 Apr 2016 16:59

Thanks Gut YT to you too

Warning: Spoiler!

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Re: My Story (Mild Asperger)
Posted by cordnoy - 28 Apr 2016 17:04

I'll promote you anytime!

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Re: My Story - Aspergers
Posted by Gevura Shebyesod - 28 Apr 2016 17:13

I'm going to keep my little head out from between the mountains here, but I just wanted to point out that in the context in which it was used, "critical" and "criticizing" do not mean the same thing.

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Re: My Story - Aspergers
Posted by Shlomo24 - 30 Apr 2016 20:49

My personal feelings about the books are that the white book is a peirush from a controversial acharon and the big book is (I DO NOT MEAN THIS LITERALLY) torah min hashamayim. I do not relate to a significant portion of the white book, as do many others. Hence SAA which has their own literature. My sponsor runs a big book program anyways, which I feel very much connected to.

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Re: My Story - Aspergers
Posted by abie - 02 May 2016 21:54

Regarding the White book, I don't remember any details from the book, but it was an eye-opener and very helpful for me vis-a-vis lusting for my wife.

Regarding the Taphsic, I believe is a '????' ???

You wrote "????":

This is a stress free knas based prevention idea (unlike Taphsic which only serves for emergency lust attacks)

A Taphsic by any other name seems to be a Taphsic,
and I don't know why you say it's for emergencies.

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What's there not to work about a Taphsic? (Of course, without an attitude change and other tools you may go crazy, just like white knuckling.., but if i may add ??? ?????? ??????" that after I made a taphsic, psychologically, for many months, those behaviors were totally off limits for me.)

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Re: My Story (Mild Asperger)
Posted by cordnoy - 03 May 2016 15:34

[cordnoy wrote on 28 Apr 2016 16:33:](#)

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others and you are a great resource for those who are attempting to recover. It's like the 12th grader heading into the rosh yeshiva's shiur, posting a sign on the luach that he will be giving a nightly chaburah pointing out all the flaws in the rosh yeshiva's logic and mehalech in the sugya.

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wrong singer.

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Re: My Story (Mild Asperger)
Posted by peloni almoni - 09 May 2016 18:12

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Re: My Story (Mild Asperger)
Posted by markz - 09 May 2016 18:31

I'm missing something

Warning: Spoiler!

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Re: My Story (Mild Asperger)

Posted by markz - 10 May 2016 20:04

Thank Gd the forums are quiet today

We are all working on recovery in groups / emails / etc..

Keep on Trucking



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Re: My Story (Mild Asperger)

Posted by stillgoing - 10 May 2016 22:54

[markz wrote on 10 May 2016 20:04:](#)

Thank Gd the forums are quiet today

We are all working on recovery in groups / emails / etc..

Keep on Trucking



Really? How come i didn't see anything!

Btw, that clip is awesome. Who ever said that trucking was easy.

Warning: Spoiler!

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Re: My Story - Aspergers
Posted by markz - 13 May 2016 03:38

[abie wrote on 02 May 2016 21:54:](#)

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You wrote ?????":

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What's there not to work about a Taphsic? (Of course, without an attitude change and other tools you may go crazy, just like white knuckling.., but if i may add ??? ?????? ?????"? that after I made a taphsic, psychologically, for many months, those behaviors were totally off limits for me.)

I'm surprised other's didn't see the difference

The "Good night device" calendar is for me a "Heker" as the handbook calls a filter

I wasn't lusting / fantasizing when I shut my computer 30 min ago. It's a simple fence that keeps me far far away from illicit situations

Whereas Taphsic is designed for lust attacks. It is a g'oinishe chap for such a situation, but I don't believe it's a viable long term "single standing solution" for someone with a low level addiction like myself, or a stronger addiction

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