

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: I'm an Aspie (neurotypicals are invited too)

Posted by markz - 11 Nov 2015 21:29

???? An open letter to all the guys - including you!!

Here's my belated introduction and follow up

BH I have made many many friends on the forum - some via PMs and on occasion even with

my real name (I almost forgot it)

Made it to 90 Days!!!

It would be unfair for me single out some names, when my appreciation for SO MANY OF YOU GUYS is just... I don't know how to express it - YOU GUYS ARE THE GREATEST!!

As an Aspie I'm not the greatest communicator - sometimes too sharp or too vague, and often say the wrong thing on the forum. I want to ask forgiveness to anyone I may have offended (and I know I have).

Once Upon A Time - Lust:

I had been fighting / struggling with Porn and M* from my teen years age 14 or 15. First with magazines, then more recently with web accessible devices. I was never addicted to chase after this, but my struggle was unbearable. I could never defeat the temptation when it arose

Who cares?

After falls I would feel terrible, or something bad would happen to me / my kid... (Like someone else on this forum experiences too). For a struggler like me the best thing is that bad feeling and the fear of repercussion. Its THE only thing that got me onto gye.com, and I read other people's posts that have mentioned the same. It's what pushes us to try the next tool of the many offered (Pls click on my signature)

Prophecy to fools:

14 months ago October 2014 - The end of Aseres Yemei Tshuva 5775, I was walking to shul and passed a snake on the road that had been driven over by a car (no of course a truck!).

What went through my mind? 10 days is possibly a reflection for the coming year, and this dead snake was signifying that the YH is gonna be dead at the end of the year. I had this premonition, but I didn't have a clue what it was about.

Zoom forward to August 2015 - the end of the year 5775, Three months ago - and it happened. Screeeeeeeecccchhhh YH DEAD!!

I found GYE!!!

No, don't worry, I'm not dead, my YH is alive and kicking, but the struggle is totally under control with the following tools.

Gd knows what's truly going on, but these are the tools I noticed on my ride

My Tools

1) The Forum

I put this one first because I feel that has been the greatest game changer for me.

My mindset has totally morphed, to view women as people - it's incredible.

Today I heard a cute girl at work laugh. That would have been a turn on previously. Now I heard someone laugh, and I'm happy for them that they don't need to stress the whole day...

And I believe it's because of

1- Reading and thanking Many Many terrific poster's ramblings

2- My posting too much...

Posting 7 or 8 posts a day

I feel a sense of responsibility to share my advice / experience to other posts, and also to keep the humor section fresh (**it really pains me that almost no one regularly posts there besides for myself and the ???? peloni almoni. Is everyone in the bar-ditch-ev?**)

2) Restrictions

a- Time: [Good nite device calendar](#)

b- YouTube: Only access for work purposes

c- Devices

PC: Web Monitoring program or whitelist, (filtering is irrelevant, as I have overridden every regular filter and perhaps you too).

Mobile Devices: Mobile phone Locked AppStore, and active legitimate apps only (eg no skype and whatsapp. If you ask me to explain why, you'll be risking having to remove them too)[/spoiler]

3) Get a Life

a- Exercise twice weekly

b- Keep busy. Being productive in my work, learning a few Jewish words when possible. Spend time with the wife. Posting on the forum. Breathe...

My time management sucks - like a regular aspie. I don't learn, daven at all like I should. I always feel pressured to put overtime into my work... Yeah I hope to discuss this with my therapist (A great one - a woman - not Jewish)

4) Aspie Therapy

I have regular sessions with an Asperger therapist, primarily to help me communicate with 'objects' - other people at work in shul... primarily my 'object' from Venus (my great wife).

I think this may have helped me too, to see 'objects' as people = social awareness etiquette and all the silly neurotypical stuff

For those asking what is Aspergers? Go to this link [HERE](#)

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I want to repeat again to each and every one of you. First the Gevaldigge administrators, the unassuming Moderators, and all the boarders

Thank you for allowing me in, so I can grow, and for giving me the opportunity to also save at least one other Jewish brother once for one minute.

Hatzlacha to you on your journey

Mark

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Re: I'm an Aspie (neurotypicals are invited too)
Posted by Gevura Shebyesod - 11 Nov 2015 22:05

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Re: I'm an Aspie (neurotypicals are invited too)
Posted by serenity - 11 Nov 2015 23:07

Congratulations Mark!

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Mazel Tov!!!! Kein Yirbu!!!

Re: I'm an Aspie (neurotypicals are invited too)
Posted by Yesod - 12 Nov 2015 03:32

Dear Mark,
You've definitely made your MARK here!

A huge congratulations on 90, kein yirbeh vchein yosif.

You have been a great friend and a great support to me and many others.

Thanx again, and KOT!

Yesod

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Re: I'm an Aspie (neurotypicals are invited too)
Posted by cordnoy - 12 Nov 2015 03:52

Great job!

Continued hatzlachah.

If I would not have been cryin' anyway, I would cry for joy for you.

Keep usin' dem kochos of yours for the sake of your brethren.

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Re: I'm an Aspie (neurotypicals are invited too)
Posted by peloni almoni - 12 Nov 2015 04:10

[???? ??](#)

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Re: Aspie - pls read my Nov 11 share at end of page 1
Posted by Yesod - 12 Nov 2015 19:08

Mark have you been karming me?

I get these karmas and i have no clue from who and i suspect ive been marked.

am i going to be recieving a bill from you?

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Re: Aspie - pls read my Nov 11 share at end of page 1
Posted by eslaasos - 12 Nov 2015 21:48

Mark!

I am so happy for you that your life has improved so much. Mazel Tov on hitting 90, and thank you for your entertaining and thought-provoking posts.

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Re: Aspie - pls read my Nov 11 share at end of page 1
Posted by markz - 15 Nov 2015 20:16

On occasion of my 90th birth DAY mom got me a yummy tzummy - actually was GS's idea last nite. Although I didn't have time to send him a new diaper back.

I just wanted to note - especially as another Aspie asked me to note my journey - one 'tool' I left out

I have regular sessions with an Asperger therapist, primarily to help me communicate with 'objects', primarily 'objects' from Venus (my great wife).

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Re: Aspie - pls read my Nov 11 share at end of page 1
Posted by peloni almoni - 15 Nov 2015 20:24

[markz wrote:](#)

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seriously? mom got it for you? doesn't seem like something he would do.

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I'm an Aspie - Neurotypicals are invited too
Posted by markz - 25 Nov 2015 11:48
