

My Story - Thank Gd

Posted by Markz - 17 Sep 2015 00:27

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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 - Thank Gd

Posted by MayanHamisgaber - 11 Jan 2018 06:10

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[Markz wrote on 10 Jan 2018 23:56:](#)

I resign myself to the esteemed title of Mr Relapse.

I'm 'addicted' to tubing clean videos even in the thick of the winter - "deep snow youtubing"

There's certain types of clean action videos that i enjoy watching and I do 2x weekly, but not every week. I try not to, but it happens... I think lionking, eslaasos and others do too

But outa the corner of my eye I noticed a triggering image a few days ago. Last night I was like let's find another clean video with that image. No porn, just a borderline 'kosher' video. When I start fishing I sometimes land a killer whale which ate me alive.

It's likely that if I'd have posted at 12am that I'm on a Fall Roll it may have caught me in time

What happened yesterday I'm upset about but can forget about -I can't believe it was me acting out last night... it wasn't Markz - it must have been an im-poster.

Forgetfulness is sometimes a good thing...

If it was upto me, I'd separate sobriety counts for daytime lusting and for midnight online offenses, as I believe they need different solutions

One of the solutions was the midnight calendar which I rebooted now

Not sure this post is so thought out, yet I am posting today and now because otherwise I'm sure to repeat this mornings escapade in the next 10 minutes to 5 hrs

Thanks for reading, because if today I'm clean it's because of you my chaver

Markz

Thank you for your honesty. I got a lot of chizuk from this post ( in a very selfish way ) especially from the fact that you can be "open" with us about a fall which is something I still have hard time recuperating from. You are from the wonderful people here that i regularly learn from and get a

constant chizuk from albeit not always what I want to here but what I NEED to here.

Thank you

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Re: My Story - Thank Gd  
Posted by Hashem Help Me - 11 Jan 2018 12:24

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Mayan, you and Markz both need to be applauded for your honesty. It is an inspiration for everyone that you are transparent and courageous in sharing being human. Secondly, you both keep on trucking - a lesson to us all.

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Re: My Story - Thank Gd  
Posted by MayanHamisgaber - 11 Jan 2018 12:41

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Thank you for the compliment  
**Warning: Spoiler!**

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Re: My Story - Thank Gd  
Posted by ieeyc - 11 Jan 2018 15:46

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Re: My Story - Thank Gd  
Posted by Workingguy - 11 Jan 2018 22:30

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I'd like to add one thing- don't want to make pressure but Markz, you were the guy who showed me that if need be, you can just stay away from troublesome stuff and you won't have issues. I saw your story and said "I can do it too."

When you slip a little voice says, "See, it's not really possible."

So keep in mind all those who were and are inspired by you.

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Re: My Story - Thank Gd  
Posted by youcan - 11 Jan 2018 23:05

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Markz, I think hashem throws you in a fall every few hundred days just to make sure that you remain active on the forum...

I can't think how the forum would be without you.

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Re: My Story - Thank Gd

Posted by Markz - 11 Jan 2018 23:36

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[youcan wrote on 11 Jan 2018 23:05:](#)

Markz, I think hashem throws you in a fall every few hundred days just to make sure that you remain active on the forum...

I can't think how the forum would be without you.

I was looking for the "Thank you but No Thank you" button....

We're in the same boat - I just don't want to be sinking!

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Re: My Story - Thank Gd

Posted by cordnoy - 12 Jan 2018 01:00

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Continued hatzlachah.

You da man!

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Re: My Story - Thank Gd

Posted by Markz - 12 Jan 2018 03:00

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[MayanHamisgaber wrote on 11 Jan 2018 12:41:](#)

Thank you for the compliment

**Warning: Spoiler!**

HHM Thank You for the compliment

**Warning: Spoiler!**

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Re: My Story - Thank Gd

Posted by Markz - 12 Jan 2018 05:07

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My brain is still wired to my escapades and is pulling me in that direction, and even if I'm somewhat tech smart, I have no clue how to rewire. Nevertheless I'll try just a little not to slip on this black ice...

I wanted to thank each and every one of you dear brothers that responded here - it keeps me sane tonight too - seriously ;-)

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Re: My Story - Thank Gd

Posted by ayidel - 12 Jan 2018 10:10

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I wanted to tell you how much you meant to me when i joined this site just recently you can understand in which mood it was one of the greatest hopelifters was this guy in his truck who seemed to just be everywhere when i needed a winddown i found him in the humor spot when

anyone entered he was on the welcoming comitee and any help sought technical or uplifting of spirits he was there my resolve was so much strengthened as i saw this perfectly normal guy just trucking ahead with such a solid streak than there is hope for us all your post caught me so hard that i just cried for you MARKZ we all need you you ceartinly are the spirit here we are all rooting for you and can't wait to hear that truck engine reving up

waitng for you with love just honk me when you pass

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Re: My Story - Thank Gd  
Posted by Workingguy - 14 Jan 2018 12:42

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[Markz wrote on 12 Jan 2018 05:07:](#)

My brain is still wired to my escapades and is pulling me in that direction, and even if I'm somewhat tech smart, I have no clue how to rewire. Nevertheless I'll try just a little not to slip on this black ice...

I wanted to thank each and every one of you dear brothers that responded here - it keeps me sane tonight too - seriously ;-)

Markz,

Would you think of displaying your new count? Do you think that would help at all?

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Re: My Story - Thank Gd  
Posted by Markz - 14 Jan 2018 16:06

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[Workingguy wrote on 14 Jan 2018 12:42:](#)

[Markz wrote on 12 Jan 2018 05:07:](#)

My brain is still wired to my escapades and is pulling me in that direction, and even if I'm somewhat tech smart, I have no clue how to rewire. Nevertheless I'll try just a little not to slip on this black ice...

I wanted to thank each and every one of you dear brothers that responded here - it keeps me sane tonight too - seriously ;-)

Markz,

Would you think of displaying your new count? Do you think that would help at all?

As I mentioned sometime back, it's not on the "what works for me" list.

Its not what got me my first 600 days...

I do it - more so others see it can be done... but in that case... I can also be indicating that relapse can be done. So maybe I shouldn't display it?

As far as I recall dov and others would prefer a sobriety date - so would I, and I think it's a lot more productive

I don't want to make a big issue of counting days on this thread, and think it has been discussed enough here on gye...

But ????? ?????? ????? ??????, so I am displaying it

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Re: My Story - Thank Gd  
Posted by Singularity - 15 Jan 2018 12:40

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MarkZ!

Miss you buddy. Sorry to hear. Hope all goes well today.

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Re: My Story - Thank Gd  
Posted by Hashem Help Me - 15 Jan 2018 13:50

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Welcome back Sing. Where have you been? Everything ok?

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