

My Story - Thank Gd

Posted by Markz - 17 Sep 2015 00:27

Hi guys!

(Please see my share lower down at end of page 1)

I've been wondering if people with weak communication skills as I have 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* addiction.

BH I have a great job, kids...

I also have a good 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 Singularity - 15 Jan 2018 14:17

BH.

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Re: My Story - Thank Gd

Posted by Workingguy - 15 Jan 2018 21:15

[Markz wrote on 14 Jan 2018 16:06:](#)

[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

You got it wrong. You're my Rebbi; I'm just the Talmid asking a question.

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Re: My Story - Thank Gd

Posted by Markz - 16 Jan 2018 00:31

[Workingguy wrote on 15 Jan 2018 21:15:](#)

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

You got it wrong. You're my Rebbi; I'm just the Talmid asking a question.

Ok listen my talmid - last night instead of KosherTubing, I finally started beH on a new work Project that may rake in multi-million dollar revenue (I wish...) which only happened with your notube encouragement. You should charge commission...

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Re: My Story - Thank Gd
Posted by ieeyc - 16 Jan 2018 04:24

behatzlacha!

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Re: My Story - Thank Gd

Posted by Markz - 22 Jan 2018 21:40

Until my wheels get upright which will take time, we have a new avatar

Thanks Cordnoy, Gevura & Working Guy for your email - and all you gyes!

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Re: My Story - Thank Gd

Posted by Markz - 23 Jan 2018 18:11

I'm looking out of the periscope of my Tank (Gev counted 18 wheels ;-), and its dark...
daaaaark. Dunno why

Im now working with workingguy speaking daily, and if I still remain stuck in the dark, it's gonna
have to be a serious chat with Cordnoy and Dov maybe to take to next level...

Signed

Formerly a non addict

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Re: My Story - Thank Gd

Posted by lionking - 23 Jan 2018 19:18

Markz,

You have inspired me (and I'm sure many others) on multiple occasions. Please don't let me
down now.

Perhaps it is just the lens of your periscope that is painted black?

I'm praying for you to successfully pull through.

Hatzlocha Rabba!

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Re: My Story - Thank Gd

Posted by cordnoy - 23 Jan 2018 19:44

[Markz wrote on 23 Jan 2018 18:11:](#)

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Formerly a non addict

I'll put you on the schedule.

letlet me know when.

And if you wanna do the one on one special, or the group thingy?

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Re: My Story - Thank Gd

Posted by i-man - 23 Jan 2018 23:41

could we get a name to keep in our tefilos

too many people here need you back on track (or tread)

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Re: My Story - Thank Gd

Posted by Singularity - 24 Jan 2018 14:17

Mark!

Fight the good fight! (--if you're a non-addict)

Surrender! Give it to God!!! (--if you're an addict)

Surrender the good fight! (-- if you're an addicted non-addict)

Fight the good god! (-- if you're a non-addicted addict)

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Re: My Story - Thank Gd

Posted by Gevura Shebyesod - 25 Jan 2018 16:55

Help is on the way...

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Warning: Spoiler!

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Re: My Story - Thank Gd
Posted by Markz - 26 Jan 2018 15:06

[Gevura Shebyesod wrote on 25 Jan 2018 16:55:](#)

Help is on the way...

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Warning: Spoiler!

Thank gevura/strong guy I always know I can count on you

This image is no longer available.

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Re: My Story - Thank Gd
Posted by Markz - 26 Jan 2018 19:43

[Gevura Shebyesod wrote on 25 Jan 2018 16:55:](#)

Help is on the way...

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Warning: Spoiler!

Thank gevura/strong guy I always know I can count on you

This image is no longer available.

LOOK CAREFULLY

There's yeshiva bachurim in the back

Couldn't find sobriety - no clue how to get out

Until you waved your hand to say hi

They were stuck in a...

Tosfos...

As Dov mentions about so many SA guys hes met who are roshei kollel that give shiurim etc...

But these boys would rather stay with their schedule with porn on the weekends and posting on the forum, which is why if you look even more carefully you'll see

the 16mm heading in your direction

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Re: My Story - Thank Gd
Posted by bear - 28 Jan 2018 01:54

Hey Markz,

Just wanted to say thank you for all the help that you have given all of us, and that we are all rooting for you. Lead us to the target, be our Markzman.

Hatzlacha!

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Re: My Story - Thank Gd

Posted by Markz - 28 Jan 2018 18:57

My Tank is still upside down - Last few months I've been watching Kosher rated videos, but it's an escape a step WG mentioned

Recently on 1 vid there was some innocuous content which took me on a spiral downhill and last week I hit the same low acting out point I was at just before joining GYE in Av 5775.

As per advise of my Therapist that it can take 7 days to break a habit - if the Device Calendar worked for starting my first 750 day streak why not try it again. But \$5 doesn't bother me - I need to feel it so I'm gonna raise the stakes

She says if this fails I should consider SA meetings as per cordnoys input on our private call last week

Thank you all for helping me to this point in my craz life

Karloss

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