

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 Markz - 06 Jun 2018 03:30

I got a personal request from the great cord for step 4. It looks great - but not for me - id have to do any of this with my therapist. I'm happy he is clearly in touch with his feelin's.

A different thing he's mentioned is to write out my acting out story.

I don't see myself as an addict, but have started to write a draft, and it's not pretty, at all... :-(

I noted the acting out and my approx age next to each line. It's amazing how much we try forget and stuff away...

Even what happened last week...

Thanks for letting me share :-(

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Re: My Story - Thank Gd

Posted by byebye - 06 Jun 2018 13:41

hello markz, sorry about what happened last week, **if it was a masturbating** fall ,i have a challenge for you if youre man enough to take it up and want an incentive for working on recovery, it might not be a one day at a time outlook ,but more like 30 daat.be well and thanks for the banana.

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Re: My Story - Thank Gd

Posted by eslaasos - 06 Jun 2018 14:34

Hi Mark,

Just want to share that working the step 4 worksheets with Cordnoy a few years ago helped me in a completely different way that years of therapy did not accomplish. While I would like to be arrogant enough to assume that just because that was true for me makes it true for anyone else, the reality is not that way and there are very good reasons why it was that way for me that I don't think apply to you. However, I would at least suggest the option of working this step as an add-on, not replacement, to therapy.

I'm happy to shmooze if you're up for it.

Hatzlacha!

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Re: My Story - Thank Gd
Posted by Markz - 17 Jun 2018 21:52

WorkingGuy my PC took a turn from the "Smart World" - with your encouragement - I added a Filter a for certain images, which saved me at least for today, OFAAT!

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Re: My Story - Thank Gd
Posted by Markz - 18 Jun 2018 01:29

No, i don't rely on my filters

Fences work to keep my life in focus

They don't help at all when I'm slipping

Same reason I use "block-sites" chrome extension to block some famous news sites...

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Re: My Story - Thank Gd
Posted by Markz - 23 Aug 2018 18:46

Me fell 2am (forgot to update the calendar yesterday, made a month...)

I'm up and running again!

Actually the 'Me' and the 'I' are 2 different guys

Till 11:59pm I'm Captain Kirk (read the 1st Dov Quote below)

After 12am I'm Captain Quirk.

I hope we both get to meet sometime soon, preferably in a pleasant setting...

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Re: My Story - Thank Gd

Posted by Gevura Shebyesod - 24 Aug 2018 02:22

Three quarks for Muster Mark

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Re: My Story - Thank Gd

Posted by Markz - 04 Sep 2018 03:08

Guys, i know for myself that my problem is lack of focus on living life, and life incorporates many details

I'm looking for a monthly program for fulfilling 'life', with daily incremental tools. Maybe it's free on the back of the cereal box?

Lion is King, that sent me a "Living" workshop by dr "R" a well known psychologist. I started listening. The ideas are great and looks like there's tools provided too. Yet, it does sound a little 'clinical' (I don't mean to sound 'cynical'). I hope to get thru a good part of it and if it helps me,

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Re: My Story - Thank Gd

Posted by lionking - 04 Sep 2018 03:35

I know what you mean. Was very dry. I didn't listen to all of them. Found a new guy. He really seems to be living life, but I lose focus too quickly.

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Re: My Story - Thank Gd

Posted by lionking - 04 Sep 2018 03:55

Just a reminder.

[Markz wrote on 14 May 2018 14:39:](#)

I was talking to WG last night and one of the things mentioned is that I prefer to play



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Re: My Story - Thank Gd

Posted by Markz - 04 Sep 2018 03:59

[lionking wrote on 04 Sep 2018 03:35:](#)

I know what you mean. **Was very dry**. I didn't listen to all of them. Found a new guy. He really seems to be living life, but I lose focus too quickly.

Currently im a dry drunk, so it's a good shidduch

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Re: My Story - Thank Gd

Posted by lionking - 04 Sep 2018 04:12

[Markz wrote on 04 Sep 2018 03:08:](#)

Guys, i know for myself that my problem is lack of focus on living life, and life incorporates many details

I'm looking for a monthly program for fulfilling 'life', with daily incremental tools. Maybe it's free on the back of the cereal box?

Lion is King, that sent me a "Living" workshop by dr "R" a well known psychologist. I started listening. The ideas are great and looks like there's tools provided too. Yet, it does sound a little 'clinical' (I don't mean to sound 'cynical'). I hope to get thru a good part of it and if it helps me, maybe share it with my brothers here

What is called living life?

How does a fulfilling life look like?

How does someone obtain a fulfilling life?

I'm not into philosophy, however I've got a theory of an idea. Got to go now back to work. (No, working at this late hour, is not called living life at all...)

Please remind me to share with you at a different time.

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Re: My Story - Thank Gd

Posted by Markz - 04 Dec 2018 17:26

Thank G-D for GYE where I found this guy who calls me his chavrusa even though we don't learn together even stories about the donkey of R' Pinkas ben Jair...

We keep in touch often and it keeps us sane in this Third World War.

There was WW1

then came WW2

and now WWW.

I am currently in situation which is an excuse for any addict to act out, where I commute alone with a female co-worker.

Yes my Rav said it's 100% ok, but it's a struggle for me.

It definitely helps me when I remind myself and practice the de-objectify concept (found somewhere in the Trucking Guide).

I was considering to change my vote on the other poll to 'Fantasy'. But now BH things are under control.

And thank G-D for Torah anytime where I listen in to some great speakers who keep me grounded in the late night hours which are usually the killer hours for me

Thank you all for being there for me / us, and may you all have a happy & enlightening Hannuka!

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Re: My Story - Thank Gd
Posted by i-man - 20 Feb 2019 05:00

I'm a few weeks late ...

Congrats on 7000 posts! and not just stupid posts - they are full of brilliant great content .

keep on inspiring and entertaining (and towing of course)

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Re: My Story - Thank Gd

Posted by stillgoing - 20 Feb 2019 20:57

[i-man wrote on 20 Feb 2019 05:00:](#)

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Congrats on 7000 posts! and not just stupid posts - they are full of brilliant great content .

keep on inspiring and entertaining (and towing of course)

ON YOUR MARKZ

GET SET(TLED)

LETS GO - POST!

COME ON MARKZ, WE MISS YOU.

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