

My Story - Thank Gd

Posted by Markz - 17 Sep 2015 00:27

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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 - 27 Sep 2015 12:49

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What Parents Need to Know

by Dr. Jaime Fleckner Black

*"Adolescents and teens with Asperger Syndrome can be more naive than their peers about*

*sexuality and dating. Aspergers syndrome is associated with a number of social challenges, including difficulty developing peer relationships and a limited ability to understand what others are thinking and feeling. By the time most non-Asperger individuals begin navigating the road to a romantic relationship, they have had many experiences interacting with different people in a variety of ways. Though young adults with Aspergers are often immature, they reach puberty and tend to become interested in sex and dating at the same time as their peers. This immaturity places these particular teens at risk for a variety of dangerous outcomes. Parents need to be aware of these risks to prevent their children from engaging in behaviors that could have unfortunate and occasionally devastating consequences.*

*Individuals with Asperger Syndrome tend to have special interests that are unusual in intensity or focus. It is not uncommon for a child to know as much as a paleontologist about fossils, for example. For teens, sometimes the special interest is a love interest, and the teen may be accused of stalking or harassing. These teens are left feeling hurt and rejected, and they don't understand why their desire to know everything about another person is seen as creepy. Often they don't have close friends with whom they can discuss their confused feelings, so they rely on the media to teach them about relationships. Some males turn to pornography for sex education which poses numerous risks. Teens who watch pornography develop unrealistic expectations about relationship progression. When they are with women, they expect them to behave like the women in films. In addition, due to their emotional immaturity, many males with Asperger Syndrome relate more to a younger age group and therefore can be more likely to view websites featuring underage girls. This is particularly troublesome for older teens because viewing such images constitutes child pornography and is a felony. In the past few years, an increasing number of individuals with autism spectrum disorders have been incarcerated for downloading images of underage girls or for chatting with them online.*

*Girls with Asperger Syndrome have their own challenges as they enter their teen years. Having received little attention from other girls during childhood, they are often flattered to receive male attention as a teen. They may fail to recognize the sexual nature of a boy's interest. A common characteristic of Asperger Syndrome is difficulty understanding nonverbal communication. Because flirting is so heavily reliant on body language, it is often not recognized by the teen with Asperger Syndrome. Lacking experience and sex education, these females can be susceptible to sexual abuse.*

*Parents, teachers, and clinicians have critical roles to play in helping boys and girls with Asperger Syndrome learn appropriate sex and dating behaviors. Effective tactics include communicating the factual benefits of appropriate behaviors along with the risks of inappropriate behaviors, monitoring and giving feedback on computer use, and offering realistic relationship models. It is imperative for the safety of children with Asperger Syndrome that they receive sound instruction and structured support rather than learning informally (and inaccurately) from friends and media"*

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Re: SA for AS - Aspergers

Posted by AlexEliezer - 27 Sep 2015 14:58

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It would seem to me that The Steps would be especially helpful for someone with AS. I say this because The Steps are there to guide the addict back into healthy relationships with himself, his family and social circle, his Creator, and the real world in general.

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Re: My Story - Thank Gd

Posted by Markz - 01 Oct 2015 23:50

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Re: SA for AS - Aspergers

Posted by serenity - 02 Oct 2015 01:09

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If you think you have other options, then SA isn't for you whether you are Aspergers or not.

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Re: SA for AS - Aspergers

Posted by Gettingcloser - 02 Oct 2015 03:10

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[markz wrote:](#)

Hmm

AE, Aspergers would often not care about relationships, so that's not an incentive.

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My friend markz.

Aspergers do care about relationships, they are not aware of their feelings so they might think they are not interested in relationships,

Any desire or lust could drive an aspergers crazy because they are not aware about how they are being turned up or down, & then they just shoot off in despair

They have poor understanding to themselves which makes their challenges a lot more challenging,

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Re: SA for AS - Aspergers

Posted by Gettingcloser - 02 Oct 2015 03:30

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[AlexEliezer wrote:](#)

It would seem to me that The Steps would be especially helpful for someone with AS. I say this because The Steps are there to guide the addict back into healthy relationships with himself, his family and social circle, his Creator, and the real world in general.

In my opinion aspergers should not use the 12 steps program as a tool to be more self understanding & create healthy relationships, it can make them really confused, & cause them to run into their cave,

They need someone who understands the mind & brain of an aspergers,

and someone who understands sensory integration disorders,

Sensory integration problems might be a big trigger for addicted aspie,

their sensory seeking behaviors are so overwhelming for them, because they are almost unable to understand their sensory urges or needs

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Re: SA for AS

Posted by Markz - 02 Oct 2015 12:04

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Hi GC. I really appreciate your 2 points as they make a lot of sense to someone like me that has researched tons on the topic. I'm still waiting to hear about other solutions to the 12 steps.

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Re: SA for AS - Aspergers

Posted by Gettingcloser - 02 Oct 2015 13:33

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[markz wrote:](#)

Hi GC. I really appreciate your 2 points as they make a lot of sense to someone like me that is both an Aspie and has also researched tons on the topic. I'm still waiting to hear about other solutions to the 12 steps.

I'm not negating them, as I have started them already.

GC forgive me for asking a highly personal question, but it's for the good of both of us to succeed on this forum. Are you aware of yourself having some Asperger traits?

Don't feel sorry to ask personal questions I'm perfectly fine with that,

Anyway I don't think I would be diagnosed as aspergers, but kibalty meraboisey that every person has some aspergers traits,

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Re: SA for AS - Aspergers

Posted by Gettingcloser - 02 Oct 2015 16:13

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[markz wrote:](#)

Hi GC. I really appreciate your 2 points as they make a lot of sense to someone like me that is both an Aspie and has also researched tons on the topic. I'm still waiting to hear about other solutions to the 12 steps.

I'm not negating them, as I have started them already.

So if you started the 12 step program how does it work for you?

I would love to hear that my opinion was totally wrong,

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Re: My Story - Thank Gd

Posted by Markz - 09 Oct 2015 01:38

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Gettin closer I Hope to get back to you about this soon





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Re: SA for AS - Aspergers

Posted by markz - 09 Oct 2015 01:41

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Today's email image



I think we should have it changed to

***"Everything's gonna be alright today, sure hope eventually too"***

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Re: My Story - Thank Gd

Posted by Markz - 22 Oct 2015 12:52

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Being in touch with my feelings is often difficult, and therefore knowing what's the best solution can be impossible some times. Eg SSA I thought was perhaps relevant to me, but it actually may not be, after a great guy 24 on this forum helped me try get in touch with the feelings.

Apparently I'm a non addict. So yes I started reading on the first step, but am currently not continuing, rather taking protective measures eg the '[good night device](#)' calendar, and posting too much on the forum

All the best

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Re: SA for AS - Aspergers

Posted by Gettingcloser - 22 Oct 2015 22:15

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Markz can you please explain what do you mean you are not a SA,

Why did you think before getting the help from 1 of the members here that you were addicted?

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Re: My Story - Thank Gd

Posted by Markz - 23 Oct 2015 02:06

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[Gettingcloser wrote:](#)

Markz can you please explain what do you mean you are not a SA,

Why did you think before getting the help from 1 of the members here that you were addicted?

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All I can say is ?????? ?????.

Listen guys - You know why I chose this blue smiley face truck?



'cos it's a great way to hide my identity.

This looks like an outgoing fellow, and Im not (sorry everyone)

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Re: My Story - Thank Gd

Posted by Markz - 11 Nov 2015 06:08

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[newaction wrote:](#)

[markz wrote:](#)

This was coined by "Sci1977" on this page [HERE](#) last spotted on the forums on June 2 2011, though he racked up almost 900 post before the smartphone day

If you need more info give him a call

1- As an aspie writing my feelings can be a challenge

2- My signature is not for me, but for the visitor / friend / gabai, to encourage posting as much as possible

3- Perhaps you're the first guy to read my signature? I'm happy someone did

Thanks Markz for your reply i thought you might have been referring to journaling.

Some hold it is a powerful tool to just write down all your feelings.

keep up the good work !

By the way , signatures can tell about the person and his main struggles ; i do read them once in a while.Thanks again.

NA

That was interesting what you wrote - appreciate it

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Re: My Story

Posted by Markz - 11 Nov 2015 21:29

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???? 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. Screeeeeeeeccccchhhh 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)

## 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

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Congratulations Mark!

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

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Dear Mark,

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

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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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[???? ??](#)

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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

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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

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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: My Story - Thank Gd

Posted by Markz - 15 Nov 2015 20:16

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I just want to note - one 'tool' I left out

I have regular sessions with a therapist, primarily to help me communicate with 'objects', primarily 'objects' 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

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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

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[markz wrote:](#)

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).

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



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

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Re: My Story - Thank Gd

Posted by Markz - 25 Nov 2015 11:48

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