

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 - Aspergers

Posted by Markz - 28 Jul 2016 12:02

[cordnoy wrote:](#)

Just curious.....Who says the two are related?

I stated a fact which seemingly can be corroborated

Id say to consider sobriety with the forum alone - posting once a week is a minimum, perhaps it should actually be once daily

Now, out of the almost 6000 members, how many do that?

To your question.

I can't totally explain why they're related, but seemingly what I said is true. Understood?

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Re: My Story - Aspergers

Posted by cordnoy - 28 Jul 2016 12:17

Not

NotNot at all.

How do you know that you need to do that?

And I'm sick of deleting the first few duplicate words every time I post.

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Re: My Story - Aspergers

Posted by Markz - 28 Jul 2016 12:36

[cordnoy wrote:](#)

Not

NotNot at all.

How do you know that you need to do that?

And I'm sick of deleting the first few duplicate words every time I post.

What is "that"?

"sobriety"?

"forum"?

something else?

Do I absolutely need the forum and can't use other tools? That wasn't my point at all

I was pointing out that for most members - and Cordnoy you have seen this often - the forum alone hasn't been the key, and has actually been a hinderance for some in my unprofessional opinion

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Re: My Story - Aspergers

Posted by Gevura Shebyesod - 10 Aug 2016 11:52

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Re: My Story - Aspergers

Posted by Markz - 10 Aug 2016 15:07

H'hey thanks Gevura!

A ray of hope in the darkness of the 9 days!

The darkness ;-(

1) I still own a cap I used to wear to 'hide' when I on 2-3 rare occasions I went to purchase a porn magazine (when internet access was limited)

2) Just before I joined gye last year I accessed porn on a system standard app on my wife's phone that cannot be removed at all (I didn't get to TAG yet to ask if they know of a miracle...). Without revealing the app so I don't cause more darkness, that app so to speak keeps a history of last sites visited. It does not have a regular history page where the history can be deleted. If I ever open that app and scroll down, my history is there to haunt me forever

I joined gye 25 Av 5775, but I prefer to celebrate today (as I joined gye Aug 10 2015) so we can arrange a GYE BBQ party with music, real meat, and real wine (not that ladies stuff that you can drink and drive with)

I can say thanks to GYE I had a highly productive year, since I put Porn and Mast* out of my weekly schedule

For me it wasn't an out of control struggle, rather a filthy habit to fill my empty time with. Most of what has worked for me I mentioned at end of page 1 of this thread. Also a little on [page 3](#), and on pg 6 - "[it's all about connection](#)"

Personal mention must be made to higher ranking guys that have helped and continuously assist me virtually in my long haul

Cordnoy (hit 1500 profile views today -congrats!!), Dov, Gev, Watson...

I have learnt a lot from too many of you to mention...

Much appreciation to the.guard for hosting each of us! For example the "filtered device calendar" was a crazy but helpful idea for me, and thanks to the.guard I was given a place to implement it

To celebrate, I'm planning to pick up the phone and call Dov (for the first time!)

I think the forum should have the following message:

Posting regularly on the forum has proven to drive many people out of anonymity.

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Re: My Story - Aspergers
Posted by Markz - 11 Aug 2016 00:41

Time to retire?

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Re: My Story - Aspergers
Posted by Yesod - 11 Aug 2016 00:51

Markz, a huge mazal tov on your 1 year.

Proceed with caution

May gd (with your help) grant you only continued sobriety and joy.

It's been s pleasure interacting with you.

Your reaching out to others has really been a tremendous thing for all of us.

Keep it up and kot.

(Call sometime)

Sholom

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Re: My Story - Aspergers
Posted by cordnoy - 11 Aug 2016 03:23

And you have and continue to help many.

Continued hatzlachah

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Re: My Story - Aspergers
Posted by Gevura Shebyesod - 11 Aug 2016 03:25

You can CHECK out any time you want,

But you can never leave...

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Re: My Story - Aspergers
Posted by Birshusi - 11 Aug 2016 03:35

Mazel tov!

I like the new truck. Did it come with a big red bow on it?

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Re: My Story - Aspergers
Posted by Yym - 11 Aug 2016 11:19

Wow! Mazel Tov.

keep up the good work.

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Re: My Story - Aspergers
Posted by Shlomo24 - 11 Aug 2016 17:55

Mazel Tov!!! You are an integral part of GYE and recovery for many. You definitely have grown a lot since you first came to the forums. You are also a living example of leading a happy life in recovery. You have a great sense of spirit and a jovial attitude to go along with it. I also have seen how your intensity has decreased and sensitivity has increased, two things that are very hard for "aspies."

Hatzlacha Rabah.

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Re: My Story - Aspergers
Posted by doingtshuva - 11 Aug 2016 18:51

Mazel Tov!!!!

Markz, you were the guy of the year.

4000 posts in one year is a record.

keep it up, we all wish you to be matzliach in all areas of life.

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Re: My Story - Aspergers

Posted by Gevura Shebyesod - 11 Aug 2016 18:59

Hey Mark, you're looking a bit pale. Is everything OK?

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