

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. Zemiroshabbos? You mentioned it some time back [HERE](#)

Thanks

Mark

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Re: My Story - Aspergers

Posted by serenity - 11 Aug 2016 21:05

Mazel tov Mar!! KOT

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Re: My Story - Aspergers

Posted by inastruggle - 14 Aug 2016 23:21

I'm a little late to the party but I want to congratulate you too.

In your honor I'm going to post my first gif

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Re: My Story - Aspergers

Posted by fresh start - 16 Aug 2016 00:10

Well done Markz, well done!!!!

Twin, let's do another year of this!!

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Re: My Story - Aspergers

Posted by Markz - 16 Aug 2016 01:03

Yeah - "**let's**" is the important word

There's no way I'd be here today without all youguys

But I was triggered today at work dealing with a female co-worker, so ill decline your Guardyouryears offer and stick to **ODAAT**

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Re: My Story - Aspergers

Posted by Yesod - 16 Aug 2016 01:56

That's like the 2nd time in the last year i recall Markz mentioning he was triggered

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Re: My Story - Aspergers
Posted by Workingguy - 16 Aug 2016 11:43

[Yesod wrote on 16 Aug 2016 01:56:](#)

That's like the 2nd time in the last year i recall Markz mentioning he was triggered

Yeah, he is somewhat normal also

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Re: My Story - Aspergers
Posted by fresh start - 16 Aug 2016 18:42

Point taken. It's one day at a time process...

Well then let's do it today

Hatzlacha rabba

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Re: My Story - Aspergers
Posted by gibbor120 - 16 Aug 2016 19:46

A very late Mazal Tov!

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Re: My Story - Aspergers
Posted by Markz - 16 Aug 2016 19:48

The latecomers are very busy living life, I have whom to learn from!!!

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Re: My Story - Aspergers
Posted by Markz - 17 Aug 2016 12:40

I find this message important for me. If helps someone else that's ok. The intent is definitely not to absolve a non addict from doing the right thing today, rather to choose which steps we need for recovery

[Dov wrote on 27 Jul 2016 23:24:](#)

All sinners are addicts??

Surely not. The majority of Americans watch soft-core porn in R Rated movies frequently. Does that mean the majority of Americans are sex addicts? Nutty. Are most Americans alcoholics and need AA because they get drunk every few Superbowls? Surely not. And how then about most Lubavitchers who get drunk at Fahrbrengens a few times a year and at Simchas Torah, etc...and they are all alcoholics who need to go to AA to save their lives? Doubtful. Actually, silly

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Re: My Story - Aspergers
Posted by Gevura Shebyesod - 18 Aug 2016 03:20

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Re: My Story / Asperger
Posted by Markz - 21 Aug 2016 03:23

[stillgoing wrote on 17 Oct 2432 05:25:](#)

[markz wrote on 08 Apr 2016 14:04:](#)

Mazel tov!!!

I actually think that GM makes a lot of sense. It Can be intimidating. Sure people are nice, but many of us feel so stupid and ashamed at ourselves after a fall, we don't know how we gave in Again, and we imagine that everyone else will judge us for it. Only someone else suffering from the same insane cravings can really understand. Now, it's true that many people with high clean counts still understand or feel those struggles, but when those high numbers are staring you in the face, you kindof feel that they are beyond all that garbage and are on to bigger and better things.

Fridays email was very compelling and makes me rethink whether I should show my count

"Rabbi Dr Abraham Twersky"

ou tell an alcoholic that he can never drink again, that is too formidable a challenge. Taking it "one day at time" is doable.

A friend who was sober 43 years recorded every day of his sobriety. The day before he died he entered 16,472 days in his diary.

Also I've received many congrats recently on my 90 day although I passed that a long time ago and this may be misleading

Shlomo24's Day 1 count also makes sense, so, many options are on the cards...

Thoughts?

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Re: My Story / Asperger

Posted by yiraishamaim - 21 Aug 2016 22:10

Markz anything posted on this site must have in mind the best for the individual and the best for the the group at large. Since you brought it up, I for one never liked the idea of leaving the number of days clean, set to a particular number or milestone and never changed thereafter. To me it is either confusing or misleading.

I believe it should be at the true number or left empty. Of course, one can expect that a person not necessarily update daily but it should generally reflect a true number.

Just my two cents

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Re: My Story - Aspergers

Posted by Watson - 21 Aug 2016 22:39

Personally I don't like the way it's put. To me 'current streak' implies that it's expected to be temporary. I prefer having a sobriety date rather than count days at all.

Don't count your days, make your days count.

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