

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

Posted by Singularity - 09 Jan 2017 07:32

Keep going, Markz! We're all here for you! Well, never possibly as much as you are for us, but

I'm sure the GYE definition of a fall is fully conscious?

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Re: My Story Thank Gd

Posted by Markz - 16 Jan 2017 05:10

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Re: My Story Thank Gd

Posted by Shlomo24 - 17 Jan 2017 16:57

This is exactly why I'm in AA. I may not be an actual alcoholic, but I'd rather not take my chances.

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Re: My Story Thank Gd

Posted by Markz - 23 Feb 2017 22:01

I saw this recently and definitely relate to parts of this, i think.

The psychotherapy and scientific world is now using a popular theory called "Attachment Theory" that was actually developed over 60 years ago by John Bowlby.

The basic idea is that if we feel safe and securely attached to things or people that will help/comfort/protect us when things are difficult or scary for us, THAT is what helps us to become independent later on and take risks in life.

We know we can take risks and do scary things BECAUSE we feel that we have an emotional safety-net ingrained in our subconscious mind.

According to this we can understand why some people use drugs, lust, have poor interpersonal

interactions, etc.-we can say that SINCE they don't feel safe when confronted with scary or risky situations, they go into a fight-flight mode and cope with their fear by fighting back with their wife, numbing out the pain with lust, taking a drink when see sees a high electric bill, etc

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Re: My Story - Thank Gd

Posted by silentbattle - 24 Feb 2017 04:45

I can definitely relate to that, and I think there's a lot of truth there. We're not people who respond in a healthy way to stress and difficult situations.

What does Dov say? "when the going gets tough, the addict gets...acting out?"

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Re: My Story Thank Gd

Posted by Singularity - 24 Feb 2017 08:25

[Markz wrote on 23 Feb 2017 22:01:](#)

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I totally agree. The whole theory of sleep training for kids I think is so cruel. The child will be much better off knowing it can rely on its mother whenever. And that self esteem will grow and be ingrained.

Now my question is: I didn't get much growing up. Divorce, fighting parents, bad father. So how do I give over that security to my kids? If I myself am not secure?

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Re: My Story Thank Gd
Posted by Singularity - 24 Feb 2017 08:26

Sorry for the potential hijack. I am South African, after all

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Re: My Story Thank Gd
Posted by MayanHamisgaber - 24 Feb 2017 09:03

I cannot answer for the security thing but

My personal feelings on sleep training is that while now it may seem cruel the child learns things from these type of things for example is it cruel to not let a child have to many sweets , nope.....

And from a selfish perspective I want to sleep too (and maybe then be able to have enough patience to be a good father) ;-)

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Re: My Story - Thank Gd

Posted by GrowStrong - 24 Feb 2017 10:29

If the baby is getting a healthy dose of life then they should be getting more than enough hugs and nurturing during feeds and awake time.

Some babies have a hard time relaxing just like us adults.. and there is no harm in training them how to fall asleep by themselves even if it means they cry a bit beforehand.

There is a time for sleep and a time for hugs.

This is not to be confused with adults who lacked nurturing in their youth to the point that they had to self-medicate as they grew older.

Sleep training is a very good example of learning how to deal with life.

A similar example would be the parents who take turns rocking and shaking the baby because that's the only way they will calm down.

If they wouldn't have started to rock them every time then they wouldn't have conditioned the baby to needing it.

Babies are not like us old people...

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Re: My Story - Thank Gd

Posted by stillgoing - 24 Feb 2017 14:48

I find it funny how we can get so far off topic sometimes,..

I used to agree with the one who said that 'rocking parents' caused their children to need it, then I had another child and saw that what worked for one does not work for the next, so I then agreed that it was curl to let them cry, then I had another child and saw that what worked for the next didn't work for another, so I had to change again.... melatonin, bottles, no bottles, only water, no water, night light, no light, stay in room, stay out of sight..... My current opinion is that anyone who has a strong opinion on what will or will not work has not personally tried it on multiple children. But, that's that's not a strong opinion of mine either...

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Re: My Story - Thank Gd

Posted by mirror - 24 Feb 2017 14:57

To bring the topic back to addiction, the same theory that Still Going presented applies here too. It seemed from the many people on Guard Your Eyes, that there is no one method that will work for everyone. Just like children, we too need to try the different ways until we find the one that will let us sleep through the night without masturbating.

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Re: My Story - Thank Gd

Posted by GrowStrong - 24 Feb 2017 15:31

We tried it on multiple babies and we were successful.

Where it got tricky was when they stopped being babies.

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Re: My Story - Thank Gd

Posted by Dov - 26 Feb 2017 18:47

I recently bought a book on cd about attachment theory. Great stuff, very helpful regarding my insecurities and doing a proper 4th step.

But nothing to do with sobriety, to me. Explaining why I am motivated to do things means little, until I am freed from them. This is what i keep discovering. Once I am free, then logic can start to seep in and help me grow even further and and become a healthier person through my step work and other work, be"H.

Until I am sober and free of it, I cannot grow.

I am not referring to you, but the topic reminds me again of what i used to see on GYE years ago and keep seeing every now and then: People want to figure it out in order to let it go and get clean. But as the AA's taught me, "I can't think myself into right living. I can only live myself into right thinking." And right thinking is what recovery is **all** about.

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Re: My Story - Thank Gd

Posted by Markz - 26 Feb 2017 19:54

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My point was that communication / attachment and lust are sometimes intertwined. Therefore if we would try instead to fix the attachment issues, the lust could *mimela* be resolved somewhat.

Im taking about real action and new living on a plane of healthy attachments, thanks to my crazy shrink. Which I have a hunch has helped me reduce lusting. Farshtei?

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