

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 cordnoy - 07 Jun 2017 15:45

[Markz wrote on 07 Jun 2017 13:31:](#)

I fell and hit the restart count button.

Do I feel I lost my sobriety?

No because I never had it

I don't believe 'sobriety' applies to myself a non addict.

My Clean streak log

Began Wall of Honor journey: Aug 13, 2015 28 Av, 5775

Humpty Dumptied: 3am today

Began new journey: Jun 7, 2017 13 Sivan, 5777

At some point in the middle of the night I decided "it's time to Mast*". Now it ain't gonna work without Porn, and of course I won't go on a non filtered device, so I decided to see what i could find on this filtered iPhone.

I discovered a way to access many porn videos outside of any web browser despite all my much appreciated TAG restrictions

As mentioned previously, I do not like to share my loopholes with other gye's and drag other Trucks over the cliff, so pls wait till I do my due diligence and call Tag again... although I know TAG is not the solution

Can I pinpoint what caused my fall? Not really. And that's a hassle for me :-(

What could I have done better?

Needs some though...

I must mention however that compared to my bad old days, these past 664 days were highly productive thank Gd to you guys and gye as a whole!!

The Trucking continues!!!!!!!!!!!!!!

Love you too!

YouYou da man!

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Re: My Story - Thank Gd

Posted by Shivisi_Hashem - 07 Jun 2017 16:23

[Markz wrote on 07 Jun 2017 13:31:](#)

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im sorry to say it, if I may say it, and excuse me, but your fall gave me toons of support, I see

that I'm not alone, I was NOT clean for almost 30 years, then I became 7 weeks clean, which was a millstone for me, like your 664 days, and then have a fall, and continue trucking, it means a lot to me.

Thanks for listening

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Re: My Story - Thank Gd

Posted by Shivisi_Hashem - 07 Jun 2017 16:46

[Markz wrote on 07 Jun 2017 13:31:](#)

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Please explain of "myself a non addict"

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Re: My Story - Thank Gd

Posted by Markz - 07 Jun 2017 17:45

Me and Bards may be meeting soon figuratively

For details you have my email

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Re: My Story - Thank Gd

Posted by MayanHamisgaber - 07 Jun 2017 20:22

[Markz wrote on 07 Jun 2017 17:45:](#)

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First of all sorry bout the fall but thanks for the chizuk

Secondly If you are going to realsville please send me the gps coordinates so that one day I may also take that trip thanks

p.s. please send post cards

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Re: My Story - Thank Gd

Posted by cordnoy - 07 Jun 2017 20:32

[MayanHamisgaber wrote on 07 Jun 2017 20:22:](#)

[Markz wrote on 07 Jun 2017 17:45:](#)

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Me thought you already did.

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Re: My Story - Thank Gd

Posted by MayanHamisgaber - 07 Jun 2017 20:42

[cordnoy wrote on 07 Jun 2017 20:32:](#)

[MayanHamisgaber wrote on 07 Jun 2017 20:22:](#)

[Markz wrote on 07 Jun 2017 17:45:](#)

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Me thought you already did.

I wish I did

When is the next call?

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Re: My Story - Thank Gd

Posted by Hashem Help Me - 08 Jun 2017 04:10

Markz, it takes an honest courageous and humble man to post about a fall. For those of us who look at 664 as almost impossible your fall actually did us a favor. In the back of our minds we are thinking, those guys who make it so far are malochim. We just found out you are human, so we can do it too.

Your 664 is not erased. Just as someone who uses mesiras nefesh to control anger, lashon hora or whatever other yetzer hora he is battling, and succeeds for an extended time and then subsequently slips, does not "lose" those good days, the same goes for your incredible accomplishment.

If you could one day elaborate what it means "you had to m****" I would appreciate it. Its a thought I sometimes get also and would like to understand it. May Hashem help you continue (not start again) staying clean with strength and menuchas hanefesh.

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Re: My Story - Thank Gd

Posted by Moshiach5777 - 08 Jun 2017 05:08

What is aspergers?

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Re: My Story - Thank Gd

Posted by Shlomo24 - 08 Jun 2017 05:37

[Markz wrote on 07 Jun 2017 13:31:](#)

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The Trucking continues!!!!!!!!!!!!!!!!!!!!

Amazing honesty. While I wouldn't wish what happened to you to anyone else, its a real dose of reality.

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Re: My Story - Thank Gd

Posted by mikestruggling - 08 Jun 2017 05:37

[Markz wrote on 07 Jun 2017 13:31:](#)

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i can't really add to what everyone else said so i'll just hug you (((()))

you still inspire me

one thing i'll say is that you sound upbeat not beaten up like everyone else after a fall.way to go!!!

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Re: My Story - Thank Gd
Posted by bear - 08 Jun 2017 07:17

Hi Markz,

I am sorry to hear about your fall.

True your clean streak may have ended, but your success streak has not. Over 665 days, you were clean 664 of them. $664/665 = \text{over } 99.8\%$. A shooter who scores 99.8% of his shoots will probably be the best player to ever play the game. Even after a rare miss it is incontrovertible that he is still still on a successful streak.

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Re: My Story - Thank Gd
Posted by Markz - 08 Jun 2017 12:12

AS is something many in society have, men and women, although it's easier to notice by the

For more info pls start from [page 1](#)

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Re: My Story - Thank Gd
Posted by Markz - 08 Jun 2017 12:15

[Shivisi_Hashem wrote on 07 Jun 2017 16:46:](#)

[Markz wrote on 07 Jun 2017 13:31:](#)

I don't believe 'sobriety' applies to myself a non addict.

Please explain of "myself a non addict"

I diagnosed myself.

You can do too

Join the club

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