

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 lionking - 28 Jan 2018 19:18

[Markz wrote on 28 Jan 2018 18:57:](#)

My Tank is still upside down - Last few months I've been watching Kosher rated videos, but it's an escape a step WG mentioned

Recently on 1 vid there was some innocuous content which took me on a spiral downhill and last week I hit the same low acting out point I was at just before joining GYE in Av 5775.

As per advise of my Therapist that it can take 7 days to break a habit - if the Device Calendar worked for starting my first 750 day streak why not try it again. But \$5 doesn't bother me - I need to feel it so I'm gonna raise the stakes

She says if this fails I should consider SA meetings as per cordnoys input on our private call last week

Thank you all for helping me to this point in my craz life

Karloss

Karloss = Car Lost, get a tank!

I'm B"H a few weeks without any videos, movies, clips, etc... It really made a difference in my life. BTW, GYE once promoted a Google Drive of offically kosher clips and videos, Not sure the name. Someone Steve something set it up. One of the movies there is definitely PG-13 or higher. If someone remembers the contact person, I can reach out to him to remove it.

Thanks!

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Re: My Story - Thank Gd
Posted by Markz - 28 Jan 2018 19:30

[lionking wrote on 28 Jan 2018 19:18:](#)

[Markz wrote on 28 Jan 2018 18:57:](#)

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Thanks!

I had checked out those Kosher clips. Maybe it's Kosher for the women's section of gye...

False news alert:

This is the real reason I checkout videos on 613tube, because they have a "report video" button and if no one else is gonna weed them out, someone has to, so I'm going in there like Pinchas, just coming out with a black nose instead of Kehuna - no clue why, if I'm holier than thou

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Re: My Story - Thank Gd
Posted by lionking - 28 Jan 2018 20:29

[Markz wrote on 28 Jan 2018 19:30:](#)

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I never heard of 613tube, it seems to be just a wrapper for youtube. I was talking about something else which ieeyc gladly sent me the info.

Thanks!

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Re: My Story - Thank Gd
Posted by bear - 29 Jan 2018 20:37

[Markz wrote on 28 Jan 2018 18:57:](#)

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Karloss

Hey Markz,

You mentioned the device calendar, what is that? Would you recommend it?

Thanks

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Re: My Story - Thank Gd
Posted by MayanHamisgaber - 30 Jan 2018 02:15

[bear wrote on 29 Jan 2018 20:37:](#)

[Markz wrote on 28 Jan 2018 18:57:](#)

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Check it out [here](#)

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Re: My Story - Thank Gd
Posted by lionking - 30 Jan 2018 04:27

[bear wrote on 29 Jan 2018 20:37:](#)

I totally recommend it. Excellent idea.

Hatzlocha Rabba!

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Re: My Story - Thank Gd
Posted by Markz - 06 Feb 2018 01:29

My Story - Tank

pg 97 "Many of us also, before going to sleep, surrender our lust again and ask to be kept free of it throughout the night. We discovered we had to surrender the entire self-subconscious included, for lust had permeated our entire being"

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Re: My Story - Thank Gd
Posted by ayidel - 07 Feb 2018 14:05

its nice to see the truck back

is karls AWOL or banished forever

i miss you on the chill spot it seems ieeyc has taken over and is doing a great job

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Re: My Story - Thank Gd
Pushing this surrender till 3am doesn't seem to work for some odd reason
Posted by Markz - 12 Feb 2018 01:19

Rabbi A Twersky who should live and be well writes as follows - hits the nail over my head :ouch:

"We are all quite adept at diversion, at amusing ourselves one way or another, but many of us are unable to truly relax.

We entertain ourselves by reading, watching television, playing golf or cards, **chatting with someone, listening to the radio or stereo, or in any of many other ways.**

But to be entertained is to be diverted for that is what all these activities are: diversions.

*By focusing our attention on these activities we divert our attention from other things, from **everything, including ourselves.***

When all those diversions are eliminated, we are left alone with ourselves, in direct contact with our human condition or conditions that trouble us and this is where the difficulty lies"...

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Re: My Story - Thank Gd

Posted by shmiraShachaim - 12 Feb 2018 13:12

I believe that I read that as well. It made a big impact on me. R Twersky says that he got his "self-esteem enlightenment" (and followed by a million books on it) from his inability to sit in a spa bathtub for 10 (or 5? don't remember) minutes. He says that his consent directing of a mental hospital and a bunch of other things was really just a distraction from himself. For him, it was easier to run a big hospital than it was to sit in a spa bathtub for 10 minutes.

I found it interesting that I would have no problem sitting in a bathtub for much more 10 minutes and not be busy at all... except with my thoughts of course.

I don't think I was an ounce healthier than Dr. Twersky.

My hunch is that this concept is much deeper than merely not watching YT videos or running a Mental hospital. Perhaps there are diversions that aren't physical.

Haven't seen your thread for a while until now Mark. I felt my stomach lurch when I read your posts. Just going to second the many other fans in the bleachers over here and say that you're the man and that I owe a lot of gratitude to you. I hope you got yourself back on your two feet (or four wheels?), and I hope you keep in mind that if I can change your avatar I would put a picture of a nice big pick-up truck there (was that blue one a pick-up truck? Trying to remember).

KOPUT

Shmira

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Re: My Story - Thank Gd
Posted by shmiraashachaim - 12 Feb 2018 13:32

Ha.. wrong truck. meant tow truck...

in that case

KOTT

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Re: My Story - Thank Gd
Posted by Markz - 13 Feb 2018 04:44

"It is possible that, once relieved of the compulsion to act out our habit, we may feel cured and start coasting along with our TANK on EMPTY. But **the same personality defects that energized our addiction are still with us and, unattended, will take their toll again, sooner or later.**

Why are they still with us? Because they are us

Progressive victory over these defects, not their eradication, is the power of God at work in us.

What we really do battle against is not other people but our old natures, the negative force within us we can obey anytime we wish, the force that is always willing and able to wrong another. This is why our program must come to fruition in our daily living or there is no recovery"

That was from Pg 131 and is the story of my tank...

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Re: My Story - Thank Gd

Posted by yiraishamaim - 13 Feb 2018 05:15

[Markz wrote on 13 Feb 2018 04:44:](#)

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That was from Pg 131 and is the story of my tank...

I have found that after a significant period of clean living the pull of the temptation has subdued considerably. It can raise its ugly head with a fury **ONLY WHEN** I don't nip the urges as they begin to reappear - if I ignore instead of dealing with them, they then linger and ultimately fester into a dynamic sinful filthy vacuum.

Yikes!

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Re: My Story - Thank Gd

Posted by lionking - 13 Feb 2018 14:19

I think you are saying the same thing. Mark quoted the word "unattended" which seems like the same as your "ONLY WHEN, I don't nip the urges..."

Hatzlucha

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