

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 / Asperger

Posted by Shlomo24 - 31 Dec 2015 03:01

[markz wrote:](#)

[eslaasos wrote:](#)

And in a week or two you're going to overtake him in number of posts. OK, maybe a month or

two.

Some guys just don't have a clue what forum they are in

Warning: Spoiler!

i hope you aren't joking. the "just having fun" section is dedicated to humor but it doesn't mean that levity isn't allowed everywhere else. but it's your own thread so to each their own i guess. if you weren't serious then i apologize for being choished you.

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Re: My Story / Asperger

Posted by markz - 05 Jan 2016 20:56

Sorry Shlomo I wasn't being serious

[getting married wrote:](#)

Markz by the way I like your attitude I hope your are not always in life like this (so strong)

Unfortunately I am like this in life, often

Too blunt or sharp - however you prefer ;-)

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Re: My Story / Asperger

Posted by markz - 20 Jan 2016 18:33

[doingtshuva wrote:](#)

[pischoshelmachat wrote:](#)

Mazel Tov MarkZ on reaching the Wall of Honour

Markz it's time to update your chart?

isn't it red by now?

Thank you guys...

I actually wasn't very interested in the 90 day thing in the first place, at least it wasn't my priority and not a tool

I believe in ODAAT, but if it's a help to anyone that I display some sorta count then I'm honored to do so

Warning: Spoiler!

I've been dealing with lots of stress recently which may be the cause of fleeting split second lustful moments

My trucking tools on page one are BH well in check and recently passed the 150 mile / day "Mark"er

Hatzlacha!!

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Re: My Story / Asperger

Posted by markz - 24 Jan 2016 20:54

[the.guard wrote:](#)

[hopeful wrote:](#)

I don't know how much more times I can try to bounce back from a fall

If what we're doing until now isn't working, maybe it's time to try something new.

Have you considered joining our 12-Step phone groups? The TaPHSiC method? Therapy? Live Groups? There's no excuse... there is always more we can try. This is what we came down to the world. There's no giving up in this game!

I think the reason why the.one.and.only.guard says that there is no excuse is because in my extensive reading the forums, **there hasn't been one instance of failure** for anyone that had a little determination

All the guys that are still acting out, is due to lack of owning their part, and DOING SOMETHING to better their life, if it means posting on the forums, **or** SA meetings, **or** a partner, **or** Therapy, **or** lots more...

(For some of us, replace "or", with "and")

My personal tools are not the most powerful, and although I'm very shy, nevertheless if what I am doing wasnt helping me and I had to open up to a real person, I'd do it today, rather than living a dishonest religious life

All it takes is 'naaseh' and you'll 'hear' your engines fire away on the Heilige Trucking highway

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Re: My Story / Asperger

Posted by Workingguy - 24 Jan 2016 21:20

[markz wrote:](#)

[the.guard wrote:](#)

[hopeful wrote:](#)

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Markz, if I may embarrass you with a compliment or two, first, I've personally found your tools and your whole approach very helpful.

Second, you say you're shy and not a communicator, but I find that you are one of the most upbeat and helpful people on the forums.

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Re: My Story / Asperger
Posted by Yesod - 25 Jan 2016 01:15

[Workingguy wrote:](#)

[markz wrote:](#)

[the.guard wrote:](#)

[hopeful wrote:](#)

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Second, you say you're shy and not a communicator, but I find that you are one of the most upbeat and helpful people on the forums.

You have my vote as well

Im still cracking up on the roach spray post

(What the heck IS in there)

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Re: My Story / Asperger

Posted by markz - 27 Jan 2016 19:23

This week we got a new computer at home

How things have changed!!!

I rely on CovenantEyes reporting system

Previously when I'd get a new device I would first inaugurate it with all filth possible, and then, a day later when I had enough "fun", I'd delete the history, install CE and it was back kosher. And my partner thinks I'm kosher, and so do I! hah!

But on my gye truck I learnt things are different!

I stopped objectifying things (See "The Women Object" in "Free Towing" below)

Today, I see my computer just as a regular human being. It has moods, can get sick, viruses... It can be slow, or crash like we all do... I don't sexualize it anymore ;-)

So right away without much ado I installed CE, although as mentioned previously my other tools are what are keeping me in check, and only have CE as a backup

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Re: My Story / Asperger

Posted by Bigmoish - 27 Jan 2016 20:04

[markz wrote:](#)

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Re: My Story / Asperger

Posted by cordnoy - 27 Jan 2016 20:08

[markz wrote:](#)

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Very nice.

I view humans as computers. I turn them on, they turn me on. I view them through a window. I have favorites. I use tools. When they are tired and slow, I need to refresh them. Sometimes I think an add-on would be beneficial. They may get heated up when used a lot. There is a choice to run, however. But like husband and wife, they cannot function alone.

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Re: My Story / Asperger

Posted by Shlomo24 - 28 Jan 2016 01:13

Yasher Koach on your milestone

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Re: My Story / Asperger

Posted by Yesod - 28 Jan 2016 01:20

Good stuff,

With gs help this new machine should be nichnas bshalom vyotze bshalom, of course only when it is zakein usva yamim.

And if it does lo aleinu go early, it should be al kiddush hashem, or at least in service of country.

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Re: My Story / Asperger

Posted by markz - 22 Feb 2016 02:52

With Gd by my side Im still sober, and NOT dry drunk either

Guys - Things haven't changed much since page 1, and nor has your support, which I appreciate to no end!

2000 posts!

Wow!

Maybe it would be advisable to retire now peacefully

Warning: Spoiler!

On this auspicious occassion, I am accepting on myself bln to upgrade my eye 'guard' for the next month - not to google search images, even though I keep the 1 second rule, and even though my good YH says I should continue for the sake of GYE, the wise sage that he is...

We gotta just

Keep On Trucking

TOGETHER

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Re: My Story / Asperger

Posted by pischoshelmachat - 02 Mar 2016 14:46

Mazel Tov on reaching 90. You are a true inspiration.

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Re: My Story / Asperger

Posted by markz - 09 Mar 2016 16:02

[Workingguy wrote:](#)

[markz wrote:](#)

I take offense that you consider me not a real person, you're seriously compelling me to dispel any notions and come onto your call tomorrow

Warning: Spoiler!

I still need another few days / weeks, and I'm concerned the most that I'm not ready for the group conversation even if I feel like some of you guys are like my brother. I'm almost ready to pickup the phone and call you or Yesod personally...

Hey! Cordnoy is one of the Roshei Yeshiva, but how did Yesod get the zechus for a possible phone call from one of the gedolei haforum? (Yesod, I'm jealous but it's ????? ??????)

I am having a very hard time because I am being tempted more and more to pick up the phone and call a couple of you guys but since I'm a ~~mild~~ aspie, and concerned I'll say the wrong thing in a group setting - I have decided not to come onto the group call

Speaking OGAAT?

1guyatime I'm gonna seriously consider - but someone needs to give me compelling reason to

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