

Post / Thread Of The Year - 5776 award

Posted by markz - 03 Apr 2016 01:42

Every post deserves an award, there's no loser.

The judges will cast their vote on the Jewish New Year 1-Tishrei 5767

Who is the judge? You!!!

Posts need to be submitted at on a different thread first, and had recieved a thank you, to be considered for this re'Mark'able thread, so...

KEEP ON POSTING!

This is a public thread

If you find a post that you feel deserves to join this thread please paste it right here

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Re: Post / Thread Of The Year - 5776 award

Posted by Markz - 09 Oct 2016 02:21

Sorry guys I couldn't not add those spoilers

[skeptical wrote on 11 Jan 2016 16:07:](#)

A is for Awareness/Acceptance

Warning: Spoiler!

B is for Bottom/Big Book

Warning: Spoiler!

C is for Cliches

Warning: Spoiler!

D is for Dry Drunk/Do the next right thing

Warning: Spoiler!

E is for Easy does it

Warning: Spoiler!

F is for Fellowship/First things first

G is for Groups/Gratitude

Warning: Spoiler!

H is for Higher Power/Honesty/Humility

I is for Inventory/It works if you work it, and you're worth it

J is for Just for today

K is for Keep it simple(, Stupid)

Warning: Spoiler!

L is for Living Life/Let go, and let G-d

M is for Meetings

N is for Nothing is so bad, lust won't make it worse

Warning: Spoiler!

O is for One Day At A Time/Opening up

Warning: Spoiler!

P is for Powerless/Program/Progress, not perfection

Q is for (Don't) Quit before the miracle happens

R is for Real people, real life

S is for Surrender/Serenity Prayer/Sharing/Steps/Sick and tired of being sick and tired

Warning: Spoiler!

T is for Time takes time

Warning: Spoiler!

U is for Understanding, God of our
Warning: Spoiler!

V is for Ve are not Victims

W is for White Book/Work the Steps
Warning: Spoiler!

X is for Xperience, Strength and Hope

Y is for Don't ask Y, ask how
Warning: Spoiler!

Zzzz is for Get plenty of sleep

Warning: Spoiler!

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Re: Post / Thread Of The Year - 5776 award
Posted by Gevura Shebyesod - 09 Oct 2016 04:21

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Re: Post / Thread Of The Year - 5776 award
Posted by Markz - 09 Oct 2016 04:46

[Gevura Shebyesod wrote on Unknown:](#)

Hey you left out our favorite "M"!

You and your M&M's and your [Jellybeans](#)

Its about time someone told you the truth

Its stranger than fiction

Warning: Spoiler!

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Re: Post / Thread Of The Year - 5776 award
Posted by thanks613 - 23 Oct 2016 04:04

This may have already been nominated, but I vote "Daily Quote-Be Inspired" for thread of the year

<https://guardyoureyes.com/forum/23-Just-Having-Fun/286428-Daily-Quote---Be-Inspired>

Unfortunately, this forum can sometimes be triggering for me, for a few reasons. But daily quote is pure inspiration.

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Re: Post / Thread Of The Year - 5776 award
Posted by Markz - 23 Oct 2016 04:24

First off thanks for that vote

Secondly, you're not the first one that has noted being triggered by the forum. There's others too that benefit from the forum but encounter the same problem you do. I have an idea how we can make the forum better, and therefore would appreciate if you could detail a little what you mean when you say things trigger you, and if you can, an example or 2

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Re: Post / Thread Of the Year - 5776 award
Posted by Markz - 17 Sep 2017 03:08

[Gevura Shebyesod wrote on 03 May 2016 18:33:](#)

[Shlomo24 wrote on 03 May 2016 17:02:](#)

[stillgoing wrote on 03 May 2016 16:15:](#)

[Workingguy wrote on 03 May 2016 13:40:](#)

[Shlomo24 wrote on 03 May 2016 04:12:](#)

Yeah, bh, for a variety of reasons SSA is not my problem.

It's not? Now I'm confused. I thought it was. I'm not prying, but did I miss something?

Honestly, I could read this over and over again. (I'm entering it in post of the year...)

I'm not answering for King Shlomo (i like yesods name for you. can i use it?) because i'm not him, but in a general way ssa can cause challenges in life, but if one is also attracted (a least somewhat) to girls, he can marry and lead a farly typical life. Addiction on the other hand, can totally take over our entire lives.

As sg isn't answering for me, I am not answering for him, but I have an opinion on what was said: Even if I had zero sexual attraction for women, I could live a productive and happy life and be married. I know people who think that they aren't attracted to women, (hint: they are), but they have happy marriages. In terms of attraction, if a guy can tell the fundamental difference between a cute dog and a cute girl, then he is sufficiently attracted to women. This is what my therapists told me and it was one of the most vital things anyone has ever told me. But even so, let's say that I had zero attraction to women, I could still live productively.

I don't remember that nickname actually. But I must say, it's quite fitting.

Here are the "variety" of reasons why SSA isn't my problem:

1) SSA isn't my problem because I'm an addict. I have a disease that includes lust for men. God gave me it. Do pancreatic cancer patients and lung cancer patients have the same disease? Yes. So too do me and every other sex addict have the same disease. It's just expressed in different areas. There may be psychological reasons why I am sexually attracted to men, but there are reasons for everything. So addiction is the source, not SSA. (I am refraining from calling my addiction a problem, it is not a problem, rather the way I deal with it can be problematic). Some people have SSA as their source, but not me. As I'm in middle of writing a history paper, here is a quote from another member who shared this sentiment:

"cordnoy" post=240681 date=1412218115

Ultimately, the way I see it as a general rule (and I'm no expert) is that this type of addiction or lust desire is the same as others. There was somethin' that triggered our brains and rest of our body at some point in time, and many of us get stuch with that for the duration of our life. It is not the object or person of our desire that makes the difference; it is not the particular fetish that we may have. The common denominator is that it is defined as lust, and we need to learn how to live with it in a healthy fashion.

Honestly, I could read that over and over again. (I'm entering it in post of the year after this, even though it wasn't this year).

2) SSA isn't my problem because it doesn't run my life. I don't have to deal with it. I don't identify myself as SSA, I am Shlomo. I am not a living, breathing, SSA. I know people like this and I don't find that they have serene lives. The best thing for my SSA was to disregard it as an identity. I am not different than you, we both belong together as humans. While some may find comfort and love in the SSA community, my personal experience was that the more I made SSA my life, the less of a life I had. I was constantly thinking about guys when I was in the community, that was the majority of conversations. And it wasn't healthy for me.

3) SSA isn't my problem because God has decided that I should gain attraction for women. My attraction is steadily growing and believe me I am not trying to facilitate that. I may even be actively NOT letting it facilitate. I'm quite comfortable with my attractions, we are old buddies. I am used to this and I like it, it's a homey place for me. I do find that the more I distance from SSA the stronger my sexual attractions to women are. I was in a point where I didn't lust after women at all, I just had the attraction, but now I need to be a little bit more careful. I am still grossed out by the prospect of watching heterosexual porn, I don't think women should be portrayed that way and I don't believe that any woman REALLY want to be a pornstar, as much as the liberal media will say otherwise. I am not, however, grossed out about sex with a woman, which I used to be. (And that is also for a slew of reasons). A woman in a gorgeous dress may be triggering, although for the most part they are not. I do objectify woman a lot though, probably the same I do with everybody. I don't think that someone even needs to be attracted at all sexually to be able to "perform."

Bump

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Re: Post / Thread Of the Year - 5776 award
Posted by Markz - 19 Oct 2017 05:18

[Shlomo24 wrote on 27 Sep 2016 03:40:](#)

[Markz wrote on 27 Sep 2016 00:08:](#)

It's around the corner...

[Nachshon wrote on 11 Sep 2016 17:01:](#)

Its been a while.....allow me to share with you the last 2 weeks. The realization hit me I needed to take real action...come out of the shadows...If not now when????

Here is my story!

24 hours prior to my first meeting:

Like an alcoholic knowing he is heading into rehab....grabbing hold of my "last" lust fix. Typing frantically on my Kik and WhatsApp accounts sexting with 2 and at times 3 different woman. Sending pics woman 1 sent to me to woman 2 as if they came from me....brain has completely shut off...it is all about the lust...feed me more...my appetite knows no limits.

8 hours prior

After some careful planning and manipulating/arranging all family members out of the house (a lot tougher to do in the summer)....called my go to FWB....make sure to bring the boots I like....and the new outfit we picked out together online....

Editors note....I have done some "bad" things...but never had Intercourse with a woman that was not my wife. Perhaps this last of the red lines allowed me to look at myself in the mirror....without complete revulsion....today I am ready to cross that line....

Dutifully she appears just on time...like a thief in the night slips in a side door....she can sense the hunger in my eyes....will spare the details....but by a miracle...my last remaining red line survives the morning....it was also the closest I had ever come to getting caught.

5 hours before

Inform my loving wife....who is the most kind giving person I know...that I have decided to go to an SA meeting....she can sense the shame/discomfort I feel....begs me not to go...says you don't need it...Oh if she only knew.....

2 hours before...

Watching the clock digitally inch closer and closer to 8 PM....feels like the noose is tightening around me..

I can just bag out of this...who will know? I promise my self for the 1000th time I will stop.....the lust/ intensity of the past 24 hours even scared me....

45 min before.....

The final hour....know I have to leave by 730 to get there on time...plus I want to scope it out....feel like crying...I am not a crier....a tear wells up in the corner of my eye as my wife feels pity on me...one last time telling me don't go. Oh I need to....I am in the middle of an ocean flailing my arms....there is no saving me with a life-boat others (Dov) have talked about.

Is this life-boat just a mirage....could these people Dov discusses be a figment of his imagination????

7:50....Waze dutifully put me 10 minutes early....WAIT it's in a church....I am way too Jewish to step foot in a Church...they lead then inquisitions..I realize just another feeble attempt to flee....as every cell in my body is screaming run.....

7:52...more cars pull up....look like normal people....no signs of rapist, monsters, or child molesters I am sure to meet....

7:55....it's go or not go time....I came this far...and if I leave where do I go to?

7:57....2 more minutes of stalling have gotten me nowhere....brain....just pull the handle and walk the 40 steps....just do it...think of all the dark places we've walked together....this should be like a walk in the park.

8:00....Follow a woman into building....wow churches are not like shuls....at least not this one....where to go....downstairs? A large room with chairs placed in a circle....a man comes over to me and asks....is this your first meeting with I reply yes. Sit next to me...

8:04....meeting comes to order...We have a first timer with us and I am going to ask him to read the opening prayer....There was a small smattering of welcomes and saw the same excitement lubavitchers get when they put Tifflin on someone for the first time..I am in this strange alternative universe

8:05 The meeting begins with the moderator discussing everything that is said in this AA meeting must not be shared with others...wait did I hear that right....I am in an AA meeting...not an SA meeting....I wait for the man to finish and whisper into his ear....I am afraid I am in the wrong meeting....I awkwardly apologized to the group and wish them a successful meeting.

8:07....back upstairs to the first floor....my car is so close...perhaps my wife was right...and now God showing me the way out...I tried to get help....didnt I learn somewhere you get some credit for that?

8:08. Paralyzed by indecision...I decide I will ask the next person if they know where the SA meeting is...if he/she says yes I go...if not sign I shouldn't be there.

8:09: Middle aged man...looks like a plumber or a barber...friendly face....I meekly ask do you know where the SA meeting is? Sure follow me.....

8:10 Sitting around a table are a group of very normal looking people. Two Kippahs, a Asian man, 2 men older than me. 2 younger, a woman in a wheelchair...and my barber friend.

What happens stays within the walls of SA meeting.

Let me just share with you this was the greatest step forward taken in my 20+ years of my battle with lust. I was in a warm welcoming environment, sharing my deepest flaws to a group of people that truly understood my struggle. My heart broke for some sitting around the table...one man was caught by his wife and was in essence homeless, another fired from his job, another was arrested for his activities, another with a sadness that can only be witnessed for all the harm he brought to his family.....But there was also a sense of hope and brotherhood as strangers and friends shared their darkest troubles and were lifted by the man to their right and left. This group welcomed me with open arms...encouraged me to return, gave me their cell numbers if I needed someone to talk to.

My only regret of the evening was I didnt take this step 20 years ago...was it my ego, pride, fear of being recognized...probably a combination of the three.

When I left my first meeting I saw one of the participants of the meeting (a woman in a wheelchair) being picked up by an access a ride. I thought to myself this woman is a parapalegic and I can only imagine the struggles it took her to get to the meeting. Right there all my excuses of being too busy with patients, family, community flew out the window. I need to get on this lifeboat. NOW!

One week after first meeting:

Watching the clock in my office...trying to finish my clinical notes. Tell my assistant we need to hurry I have an important meeting i have to get to.

8:05....welcoming the new new guy and sharing with the group my best week I can remember.

If you have struggled with lust and feel helpless in an endless cycle of starting and stopping...whatever manifestation the lust presents itself....you can not win this battle alone...join me on this Life Boat...it is no mirage....I am happy to walk in with you to your first meeting. Feel a sense of comfort this Elul....standing there I can tell God...I took a huge step forward....heal me and help me overcome this sickness!

Thank you Dov for all of the encouragement...I would not have made this step without you! I have taken the first few steps of what will be a long journey. There is a fulfillment knowing I am heading in the right direction with a brotherhood of people traveling together to overcome/battle this flaw/sickness.

Gmar Tov To All

Nachshon (Aaron)

I love this post.

Me2

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Re: Post / Thread Of the Year - 5776 award
Posted by Yitz1010 - 19 Oct 2017 05:51

is it just me or whenever long time fighters mention they have been fighting for 20+ yrs i, its gets me down and depressed. how am i going to do this for that long...

90 days is hard but i can imagine it... 2 cyceles, 3 cycles, even a yr or 2 or 3...

BUT 20 YRS ?!?!? OMG !!!

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Re: Post / Thread Of The Year - 5776 award
Posted by dms1234 - 19 Oct 2017 15:42

Whenever i am fighting lust, i am in a bad place. I cant beat lust. Lust always wins.

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Re: Post / Thread Of The Year - 5776 award
Posted by Nachshon - 04 Jul 2018 23:35

Wow its been so long since I last was on GYE...I hope you all are well...and fighting the good fight!

Not sure what the Thread of the Year headline is...assume someone nominated this one?

Where to pick up?

SA meetings are the only way to get healthy. I feared them with a passion before actually going to my first one. Thanks to Dov's gentle prodding...I went and am convinced its the only way to get healthy.

I wish I could report that after my first meeting in September of 2016 like the superhero in the movies its been a straight path to overcomming/fighting/winning (none of these terms are correct)....I had a great run and then stopped going (too busy with work).

Had another fall...(long story old GF reached out...hadnt seen her in years...bad streak...but kept my one red line intact). Was in the throws of passion....multiple texts a day..pictures...etc (she is a model...not sure why I threw that in...just is)....was making plans to see her again...and thought again how crazy is this?

Told her I couldnt do this anymore...broke my hidden bottles (deleted Kik...and ignored my other "friends")

Got back on track going to meetings (found a new one that meets on the day I dont see patients) and am about to get my first 30 day chip. I have never felt more alive....and for the first time in a long time believe I can beat this.

Without going to meetings/reading the white book....having people in the program you can talk to...You have ZERO chance of beating this.

I still have desires and can feel them creep up on me at times...I go back to what will I feel like 30 seconds after ejaculation?

My next steps include finding a sponsor so i can really work the steps

Sorry for the rambling.....

Best

Nachshon (Aaron)

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