

My Story - Thank Gd

Posted by Markz - 17 Sep 2015 00:27

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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 - Aspergers

Posted by Yesod - 13 May 2016 04:24

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I have not done taphsic, and i don't wanna

(Maybe when i get rich)

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Re: My Story - Aspergers

Posted by markz - 29 May 2016 02:42

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So...

I slipped but didn't fall according to the 90 day rules

I personally would restart my count, but since counting isn't a big tool for me I'm not gonna hit restart if it's not a fall

This happened last Tuesday in the middle of the night when my mind wasn't fully at its prime. I believe a Taphsic may help me for such a infrequent situation, but I'm afraid of Taphsic's...

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Re: My Story - Aspergers

Posted by Yesod - 29 May 2016 03:23

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Move on markz

(M.o.m)

Just curious, why did you wait until now to mention the slip

Konseiywtsykwimp

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Re: My Story - Aspergers

Posted by inastruggle - 29 May 2016 03:57

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I know how hard it is to talk about slipping and falling when you're such an active poster. It's great that you were able to say it. Don't let it get to you and of course...

KOT!

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Re: My Story - Aspergers

Posted by markz - 29 May 2016 03:58

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I'll answer your question if you can explain that synonym

i didn't know if it was a fall or a Mast\* slip. To me it was closer to a fall than a slip

came Shabbos I had a clearer mind I decided "tonight I'll check the rules and see what it says"

Im still unsure if I should restart...

The main thing is - I restarted my engine right away

but I'm still suffering from the outfall - I see repercussions when I slip...

Re: My Story - Aspergers

Posted by inastruggle - 29 May 2016 04:07

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Imho you shouldn't decide whether to consider it a fall or slip until said reprecussions fade away. Falls goreres falls and being clean goreres being clean. So even if L'mafreya it's a fall, you were already clean for a week or two and in the being clean goreres being clean cycle.

Pardon my french.

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Re: My Story - Aspergers

Posted by Yesod - 29 May 2016 04:25

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I forget what that scrubbing acronym stood for ill try to remember

I think it was

Keep on not slipping even if you want to slip you know what i mean pal

Anyways lemaase, go vaiteer, every road has bumps, vus vilstu shoin

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Re: My Story - Aspergers

Posted by markz - 29 May 2016 04:36

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Thanks guys

Ina - Repercussions i meant as retributions

I see instant 'hand of Satan' when I slip like that. My 2 kids got hurt the next day

but I didn't feel repercussion of my 'acting out' as in spiraling outa control. No. I was back on track right away...

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Re: My Story - Aspergers  
Posted by shmirashachaim - 29 May 2016 04:37

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Not exactly sure what happened, and as I am qualified to suggest anything on this particular thread, I'll let you guys talk it out. Jut one thing would like to say that I appreciate everything you do on this forum Markz and have been taking advantage of the free lust towing for the last few days. Thanks for being there for me and everyone else here for seems like a very very long time. hatzlacha.

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Re: My Story - Aspergers  
Posted by shmirashachaim - 29 May 2016 04:39

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Sorry... Meant to say *not* qualified

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Re: My Story - Aspergers  
Posted by markz - 29 May 2016 04:40

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[shmirashachaim wrote:](#)

Sorry... Meant to say *not* qualified

Me too

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Re: My Story - Aspergers

Posted by Gevura Shebyesod - 29 May 2016 04:47

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Fell Shmell Slip Shmip... KOTTTT!!!

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Re: My Story - Aspergers

Posted by inastruggle - 29 May 2016 05:16

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[inastruggle wrote on 15 Apr 2016 17:48:](#)

A long time ago I was in a similar situation. I asked some people what to do. The advice I took was from Skeptical. He told me that the count is only a tool. If I think that it'll hurt me to start over then I should not count it as a fall. Maybe as a big slip.

After that I was clean for close to a year. I think if I would've counted it as a fall I would've fell again.

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Re: My Story - Aspergers

Posted by Workingguy - 29 May 2016 14:17

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[markz wrote on 29 May 2016 04:36:](#)

Thanks guys

Ina - Repercussions i meant as retributions

I see instant 'hand of Satan' when I slip like that. My 2 kids got hurt the next day

but I didn't feel repercussion of my 'acting out' as in spiraling outa control. No. I was back on track right away...

Markz,

Move on. Don't get caught up in the- my kids got hurt, I need a taphsic- just continue doing what you were doing unless you see it's not working.

I'll tell you something crazy- I had some frustration and struggle last week and almost had a slip and I was thinking to myself- you know, Cordnoy slipped a few times before he got his current long term sobriety and he always kept on going, so maybe I can too. And then I thought- but I don't remember seeing Markz have any issues since he's on this streak.

How crazy that I'm pretty sure I was thinking this all this past Wednesday night..... It's he GYE wireless connection.

Hope that doesn't make too much pressure to see how much I and others are looking up to you...but regardless, we are!

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