

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 - Aspergers

Posted by yiraishamaim - 22 Aug 2016 03:08

"current Streak" - I hear what you mean. To me I always read it an expression of a change from the past. Meaning: Before I have fallen multiple times but now this is my current streak with the hope it will be permanent.

As for "make your days count" I understand that is most important. As we always say one day at a time. Focus on this very day and even this very moment.

Yet, once in a while I like to take a peek and see and contemplate my count. As it grows it is a motivation for me. I am sure there are all types of preferences. This seems to work for me.

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Re: My Story - Aspergers

Posted by Shlomo24 - 22 Aug 2016 03:36

I have my day set permanently at 1 day because my program is a ODAAT program. If I post a streak it becomes about my ego. I don't even know how many days I am sober right now, but I know that I'm in a good place in life. It's up to others to take it or leave it.

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Re: My Story - Aspergers

Posted by Birshusi - 22 Aug 2016 18:49

[Markz wrote on 22 Aug 2016 03:07:](#)

Yirai and Watson both of you are right down my street

Kedusha has 2500+ days

If I was a new user I wouldn't take his advice as seriously as someone with a low 100-200 day count

I wouldn't either take as seriously someone with no count displayed

I have a solution, and I think it needs a new group discussion, I hope to post it soon iyH

I seem to be the odd man out, but for me, the more days someone is clean, the more qualified he is to dispense advice.

Also, we know that these guys are only clean because they decided to change their lives after hitting some sort of rock bottom, so I have to assume that they know good and well what it means to be struggling to keep your head above water, and to fall hard.

I wish more of those guys were active on the forums.

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Re: My Story - Aspergers

Posted by Markz - 22 Aug 2016 19:07

Hey burshusi and all others, the topic has been moved

Check it out [here](#)

Warning: Spoiler!

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Re: My Story - Aspergers
Posted by Gevura Shebyesod - 24 Aug 2016 12:19

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Re: My Story
Posted by Markz - 02 Oct 2016 20:51

Dear brothers

Congratulations on 4 Kiloposts!
I would like to share with you a very inspirational prayer which I have all of you in mind for, often
- it goes like this

?????? ???????, ?????????? ??????????, ?????????? ??????????

Please with the strength of your right hand, release the bondage of our prayer

?????? ???????, ?????????? ??????????????, ?????????? ???????

Hear the cry of your nation,

Raise and purify us in an awesome way / O Awesome Gd

??? ??????????, ????????????? ?????????????, ?????????? ??????????

**Please Almighty, for those who seek your one-ness, Guard them like the pupil of the Eye
[Alternatively; Guard them in proportion to the measure that they Guard their eyes]**

????????, ???????, ??????? ???????????, ??????? ?????????

Give them blessing, Purify them,

Your merciful benevolence should constantly provide for them

?????? ???????, ??????? ???????, ??????? ?????????

?????? ???????, ?????????? ??????, ?????????? ?????????????

???????????????? ???????, ?????????? ?????????????,

????????? ????????????????? ????????

May you all have a serene year 5777 with only positive performance (no blowouts, or glitches on the way), and happiness and honey too!!

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Re: My Story / Asperger

Posted by Markz - 16 Nov 2016 05:10

[markz wrote on 30 Mar 2016 16:47:](#)

[**Guys - here's why I appreciate the.guard's forum and YOU!**](#)

When I started gye ????? more than half a year ago I asked the following question **"I've been wondering if people with mild aspergers are more vulnerable to the lure of pornography"**

I quoted from "Asperger Syndrome and Sexuality".

The gist of that article was that lust can be caused from the aspect of relationship, where aspie young adults are often immature (although they may be interested in sex and dating at the same time as their peers).

The guard sent me a great parenting handbook. Yesterday I found something interesting there (pg 20)

"Researchers describe four pre- existing conditions that put an individual at high risk for getting into trouble on the Internet.

- 1- They are lack of family bonds;*
- 2- low self-esteem;*
- 3- inability to express opinions and questions;*
- 4- inability to socialize"*

If this is true, it puts all Aspergers that often have all 4 conditions, in a very tough predicament - high risk for getting into trouble on the Internet

I want to focus on the last point and quote rabbi keleman from further in that Handbook

4. Inability to Socialize:

Data indicate that many who turn to the internet for pornography or social contact do so because they consistently fail to succeed socially in their own world. First, there are the socially inept. These are individuals who never mastered how to get along with others. When they were young, they often studied straight through recess or preferred playing computer games or doing other solitary activities. In some cases, they wanted to play with everyone else but were excluded. In their pre-teens or even earlier, these children were joining the ranks of the "at-risk" for later internet involvement."

OTR quoted yesterday the following that

"The opposite of addiction is not sobriety.

The opposite of addiction is connection.

And our whole society, the engine of our society, is geared towards making us connect with things not people"

'gettingcloser' said correctly on page 1 that "Aspergers do care about relationships". But they lack social skills and therefore are often without close friends, as I experienced. I have many relatives, but none close.

Today I feel a close friendship with many guys on guardyoureyes without mentioning all the countless ??????!

Even with you Dov, who can't believe that an anonymous relationship for someone on gye is considered a real relationship (as it is for me)

I feel that this could be a Major part of my sobriety - **the.guard** took my "inability to socialize" and created a socializing forum, which it alone could be why my lust overdrive has crashed.

It's still spluttering - relax, ok?

When I wrote this post 6 months ago, I was searching in futility for the "[Rat Park](#)" video, which nicely depicts what I was trying to convey

I found it today, and because I'm so relieved to have found it, and also I feel it's so profound, it's gonna be in my signature for the next short while, so please enjoy it while it's there!

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Re: My Story / Asperger

Posted by Shlomo24 - 16 Nov 2016 13:36

I watched the video. Very interesting. The kicker for me was the last line, which I've heard many times in the rooms: "The opposite of addiction is not sobriety, it's connection."

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Re: My Story

Posted by Markz - 01 Dec 2016 13:54

[Yesod wrote on 01 Dec 2016 04:41:](#)

Man, how do you pull up these old posts.

do you chazer or what?!

I don't chazer

Often I used to go onto Utube in the late evenings for Parev entertainment and would result with some Treife results. Do I need to kasher my computers???

Is it enough if I immerse the mouse in boiling water for a few seconds?

But that stopped since joining guardyourtubes and I restrained from regular websites with the 'good night device calendar' (click on the word 'restrictions' below)

So I need alternative entertainment and Guardyourguys forum is what keeps me busy. I don't chazer but there's SO much good stuff here to read...

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Re: My Story

Posted by cordnoy - 01 Dec 2016 14:02

[Markz wrote on 01 Dec 2016 13:54:](#)

[Yesod wrote on 01 Dec 2016 04:41:](#)

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Related to tieyourtubes.com?

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Re: My Story

Posted by Gevura Shebyesod - 01 Dec 2016 14:54

Mice are treif.

It might need Libun, or even Libu Chamur. It depends how hot...

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Re: My Story

Posted by Markz - 01 Dec 2016 18:17

[Gevura Shebyesod wrote on 01 Dec 2016 14:54:](#)

Mice are treif.

It might need Libun, or even Libu Chamur. It depends how hot...

This you guys all saw the "Rat park" video (hidden in the spoiler below)

What about my mouse?

The opposite of addiction is not sobriety

The opposite of addiction is dis-connection

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Re: My Story

Posted by cordnoy - 01 Dec 2016 23:33

[Markz wrote on 01 Dec 2016 13:54:](#)

[Yesod wrote on 01 Dec 2016 04:41:](#)

Man, how do you pull up these old posts.

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So I need alternative entertainment and Guardyourguys forum is what keeps me busy. I don't chazer but there's SO much good stuff here to read...

So, in my quest to help markz, I did a g)!#&\$@ search for "alternative entertainment," and
Ummm.... It wasn't pretty. So, in conclusion Mark, just stay put....you're safer and we're safer.

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Re: My Story

Posted by Markz - 14 Dec 2016 05:12

I went to my local Tag office to get iTunes restricted

So a sweet guy there tries to install a program for me on his computer but gets stuck because
his program is locked with parental controls and he didn't know the password (until he reached
a supervisor)

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