

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 - Thank Gd

Posted by RaabosMachshovos - 10 Mar 2017 11:34

[cordnoy wrote on 09 Mar 2017 20:06:](#)

I'm very proud of myself.

I didn't Google Narudo or Hokedage yet.

Besides, they don't seem my type.

HOORAY me too ... but i assumed it was that Japanese Pokemon type comic stuff.... :-)

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Re: My Story - Thank Gd

Posted by Markz - 22 Mar 2017 01:19

Reading the last 15 posts I'm not sure if I landed on my thread...

you guys can continue your gatecrash, i just wanted to post a simple share which may help me

I recently been feeling 0.01% less in control.

Lusting after the wife only a little.

Last night when too tired, masturbating was a disturbing consideration although had no lustful thoughts in the day

May Gd keep all our tired tires on the Trucking Road

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Re: My Story - Thank Gd

Posted by Workingguy - 22 Mar 2017 02:53

[Markz wrote on 22 Mar 2017 01:19:](#)

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Stay shtark, I mean it when I say my heart is completely with you and I'm thinking about you and wishing for your continued hatzlacha.

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Re: My Story - Thank Gd
Posted by Singularity - 22 Mar 2017 07:55

Hatzlocha, Markz.

I see it a problem if a fleeting thought in my mind says, "Well, let's masturbate, why not?" As an impulse, or something. I hate that feeling. But I feel your wheels are where they need to be.

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Re: My Story - Thank Gd
Posted by GrowStrong - 22 Mar 2017 09:30

[Markz wrote on 22 Mar 2017 01:19:](#)

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Please make sure all your tires are at the correct pressure.

You may consider adding a bit of extra air since yours is a monstah truck.

And don't forget to take the snow tires off now that spring is here.

Also i know its obvious to some but check brake fluid and steering alignment...

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Re: My Story - Thank Gd

Posted by MayanHamisgaber - 23 Mar 2017 12:18

[GrowStrong wrote on 22 Mar 2017 09:30:](#)

[Markz wrote on 22 Mar 2017 01:19:](#)

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Also i know its obvious to some but check brake fluid and steering alignment...

Might I also add (especially after purim) to make sure that your' woodford reserves are also stocked :-P

But on a serious note sorry to hear that you are having a hard time it sucks to be reminded that we are human...

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Re: My Story - Thank Gd

Posted by Shlomo24 - 23 Mar 2017 12:54

[MayanHamisgaber wrote on 23 Mar 2017 12:18:](#)

[GrowStrong wrote on 22 Mar 2017 09:30:](#)

[Markz wrote on 22 Mar 2017 01:19:](#)

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But on a serious note sorry to hear that you are having a hard time it sucks to be reminded that we are human...

Or you can choose to look at it positively and realize that it's beautiful to be reminded that you're a human.

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Re: My Story - Thank Gd
Posted by MayanHamisgaber - 23 Mar 2017 13:17

[Shlomo24 wrote on 23 Mar 2017 12:54:](#)

[MayanHamisgaber wrote on 23 Mar 2017 12:18:](#)

[GrowStrong wrote on 22 Mar 2017 09:30:](#)

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Might I also add (especially after purim) to make sure that your' woodford reserves are also stocked :-P

But on a serious note sorry to hear that you are having a hard time it sucks to be reminded that we are human...

Or you can choose to look at it positively and realize that it's beautiful to be reminded that you're a human.

Maybe one day I will be holding by your' madriaga but for now honestly I do not enjoy being reminded that I still have a long way to go in tikun hamiddos

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Re: My Story - Thank Gd
Posted by cordnoy - 23 Mar 2017 13:21

Honesty is great, but know that honestly knowin' that (that our middos need rectifyin') is more than half the struggle (even if you may not like it).

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Re: My Story - Thank Gd
Posted by MayanHamisgaber - 23 Mar 2017 19:28

[cordnoy wrote on 23 Mar 2017 13:21:](#)

Honesty is great, but know that honestly knowin' that (that our middos need rectifyin') is more than half the struggle (even if you may not like it).

Thanks for the chizuk I personally need to be reminded that constantly

Warning: Spoiler!

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Re: My Story - Thank Gd

Posted by Markz - 17 May 2017 01:45

For the sake of not scaring off newcomers, if anyone has any issues with my posts to others I kindly ask of you to please share them with me as others have done, via PM (durin' Mincha?), email, text etc...

Im open to criticism, so go ahead, but try to be clear since my truck only takes concrete input

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Re: My Story - Thank Gd

Posted by cordnoy - 17 May 2017 02:04

[Markz wrote on 17 May 2017 01:45:](#)

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I'm only gonna comment on your askin' for clarity. Some of your posts (like some of mine) can be cryptic. Is it fair to ask people to respond only if they are clear?

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Re: My Story - Thank Gd

Posted by Markz - 23 May 2017 17:09

This is how I was feeling as I was slipping last night

Actually I found the picture last night as I was loopholing trying to find something triggering on my phone which is filtered better than the Mexico fence, but didn't find anything that would pass my [dis]approval, until another truck overtook me and his name is sleep

I could easily have gone on my PC and found porn in 2 seconds flat. But I have standards, so I wouldn't do THAT. Am I crazed? Probaby

Why am I sharing this?

Because even if no-one replies, it can help

And perhaps Lionking will let out another roar

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Re: My Story - Thank Gd

Posted by bear - 23 May 2017 17:40

Hang in there Markz.

Stay strong. we are all behind you.

You have given all of us so much Chizuk, hopefully that will be a Zchus for you.

Hatzlacha

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