

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. ZemirosShabbos? You mentioned it some time back [HERE](#)

Thanks

Mark

=====

Re: My Story - Thank Gd

Posted by yiraishamaim - 08 Jun 2017 20:03

[Markz wrote on 07 Jun 2017 13:31:](#)

I fell and hit the restart count button.

Do I feel I lost my sobriety?

No because I never had it

I don't believe 'sobriety' applies to myself a non addict.

My Clean streak log

Began Wall of Honor journey: Aug 13, 2015 28 Av, 5775

Humpty Dumptied: 3am today

Began new journey: Jun 7, 2017 13 Sivan, 5777

At some point in the middle of the night I decided "it's time to Mast*". Now it ain't gonna work without Porn, and of course I won't go on a non filtered device, so I decided to see what i could find on this filtered iPhone.

I discovered a way to access many porn videos outside of any web browser despite all my much appreciated TAG restrictions

As mentioned previously, I do not like to share my loopholes with other gye's and drag other Trucks over the cliff, so pls wait till I do my due diligence and call Tag again... although I know TAG is not the solution

Can I pinpoint what caused my fall? Not really. And that's a hassle for me :-)

What could I have done better?

Needs some though...

I must mention however that compared to my bad old days, these past 664 days were highly productive thank Gd to you guys and gye as a whole!!

The Trucking continues!!!!!!!!!!!!!!

Markz you mean so much to so many. You have your 664 and a tons more in your truck by having a chelek of other people's days.

My dear friend, you now have a different kind of challenge.

How to deal after a fall? A much different task. As you have now pressed all sorts of psychological buttons.

You are already batting a thousand by honestly posting that for all to see. Now continue on...

Oh by the way - there is one button you didn't push.

That's the loser button.

That's reserved for only those that throw in the towel.

=====

Re: My Story - Thank Gd

Posted by Markz - 09 Jun 2017 05:10

Loser button?

Now that sounds like a cool feature

Cord should we ask the dev to add this?

I have a longer follow up post pending, but the reason I'm posting now is that I'm sort of in the same struggle mindset of 2 days ago and I know that posting has proven to kill some brain cells which must be a good thing because as I'm typing I feel my hormones calming down

Hormones are in what part of the brain? Please remind me. Right now it feels like my little brain is inside my hormones

Im actually doing laughter therapy now which is a serious form of therapy - that has proven to kill a couple other brain cells cv

On a serious note

Before posting now, I decided to give the emergency panic button a try, and I got an email of some guy lying in his grave - clearly not dead - and my sex drive didn't die either, so my verdict is out that the panic button should change to

If you're under an attack of lust, click the green button which will post on the forum that "Im Slipping". Then watch the forum for prompt replies from other gye's"

=====

Re: My Story - Thank Gd

Posted by Markz - 09 Jun 2017 13:18

I got more support from you guys after a fall than at any other time

I plan to treasure this love and support, as I don't plan to do that again

THANK YOU TO EACH ONE OF YOU!!!!

What I did last night posting here is what I should've done 3 nights ago, and not loopoled my phone, cos posting on the forum works!

I had found a way to access videos on 1 app thru a backdoor in a 2nd "app"

TAG says there's no way to filter / block what I discovered, so... I thought ...time to get rid of my phone...

I called back and he kindly informed me that I can choose and keep only one of the 2 "apps" unblocked, but not both open as it's impossible to restrict to access the 1 from the other

So that's what I did - I deleted 1 of the iPhone "apps" - good thing I didn't need it too much, and after a recent software update I was BH able to delete this internal 'app'

If you need to know about the apps, at risk of having to delete 1, feel free to ask me for details

Getting my Truck back on track, I self diagnosed myself (as usual) and identified a 0.01% point of selfishness that led to my fall. My scale may be out by anywhere between 1 to 99%.

Calibration required every 650 days ;-)

We are a work in progress, aren't we?

=====

=====

Re: My Story - Thank Gd

Posted by Gevura Shebyesod - 09 Jun 2017 13:29



=====

=====

Re: My Story - Thank Gd

Posted by Shivisi_Hashem - 09 Jun 2017 14:58

[Markz wrote on 09 Jun 2017 13:18:](#)

I got more support from you guys after a fall than at any other time

I plan to treasure this love and support, as I don't plan to do that again

THANK YOU TO EACH ONE OF YOU!!!!

What I did last night posting here is what I should've done 3 nights ago, and not loopholed my phone, cos posting on the forum works!

I had found a way to access videos on 1 app thru a backdoor in a 2nd "app"

TAG says there's no way to filter / block what I discovered, so... I thought ...time to get rid of my phone...

I called back and he kindly informed me that I can choose and keep only one of the 2 "apps" unblocked, but not both open as it's impossible to restrict to access the 1 from the other

So that's what I did - I deleted 1 of the iPhone "apps" - good thing I didn't need it too much, and after a recent software update I was BH able to delete this internal 'app'

If you need to know about the apps, at risk of having to delete 1, feel free to ask me for details

Getting my Truck back on track, I self diagnosed myself (as usual) and identified a 0.01% point of selfishness that led to my fall. My scale may be out by anywhere between 1 to 99%.

Calibration required every 650 days ;-)

We are a work in progress, aren't we?

what a brave trucker!!! you are a role model!!! a sample of a GYE member.

Get your self those huge horns for your truck, and start blowing!! you get it!!

you are the biggest chizik for all of us, keep it up.

Stay Strong! Stay Clean, you can do it!!!

=====

=====

Re: My Story - Thank Gd

Posted by Markz - 13 Jun 2017 03:48

Officially when one reaches 90 days they get permissions to an exclusive Wall of Honor thread

Not for me

After a lot more than 90, I went to the chart last week and clicked "I fell".

Right away I got this email

was I supposed to laugh or cry?

=====

=====

Re: My Story - Thank Gd

Posted by Ihavestrength - 16 Jun 2017 16:51

Usually better off laughing than crying me thinks.

P.S You are an inspiration. One day of living at a time. It's the best way to live, whether you have these struggles or not.

=====

=====

Re: My Story - Thank Gd

Posted by Markz - 18 Jun 2017 02:12

[mikestruggling wrote on 17 Jun 2017 19:57:](#)

maybe try what my sponsor told me when you see (even out of the corner of your eye) someone who is triggering say "Hashem I am surrendering this lust to you please help me" then Daven for that woman for example "that woman should have a great day (should have enough money to afford more clothing)"

Good luck!!

I used to curse them in my good old lusting days before gye because it was all their fault

I now bless them

=====
=====

Re: My Story - Thank Gd

Posted by Shivisi_Hashem - 28 Jun 2017 10:39

[Markz wrote on 18 Jun 2017 02:12:](#)

[mikestruggling wrote on 17 Jun 2017 19:57:](#)

maybe try what my sponsor told me when you see (even out of the corner of your eye) someone who is triggering say "Hashem I am surrendering this lust to you please help me" then Daven for that woman for example "that woman should have a great day (should have enough money to afford more clothing)"

Good luck!!

I used to curse them in my good old lusting days before gye because it was all their fault

I now bless them

Wow! Please share the blessing! I still see them as part of the fault!

=====
=====

Re: My Story - Thank Gd

Posted by cordnoy - 28 Jun 2017 12:20

[Shivisi Hashem wrote on 28 Jun 2017 10:39:](#)

[Markz wrote on 18 Jun 2017 02:12:](#)

[mikestruggling wrote on 17 Jun 2017 19:57:](#)

maybe try what my sponsor told me when you see (even out of the corner of your eye) someone who is triggering say "Hashem I am surrendering this lust to you please help me" then Daven for that woman for example "that woman should have a great day (should have enough money to afford more clothing)"

Good luck!!

I used to curse them in my good old lusting days before gye because it was all their fault

I now bless them

Wow! Please share the blessing! I still see them as part of the fault!

I see them as normal.

I don't bless 'em.

I don't curse 'em.

I look, I look again (usually), then, I move the Hell on.

=====

====

Re: My Story - Thank Gd

Posted by Markz - 29 Jun 2017 00:01

[cordnoy wrote on 28 Jun 2017 12:20:](#)

[Shivisi Hashem wrote on 28 Jun 2017 10:39:](#)

[Markz wrote on 18 Jun 2017 02:12:](#)

[mikestruggling wrote on 17 Jun 2017 19:57:](#)

maybe try what my sponsor told me when you see (even out of the corner of your eye) someone who is triggering say "Hashem I am surrendering this lust to you please help me" then Daven for that woman for example "that woman should have a great day (should have enough money to afford more clothing)"

Good luck!!

I used to curse them in my good old lusting days before gye because it was all their fault

I now bless them

Wow! Please share the blessing! I still see them as part of the fault!

I see them as normal.

I don't bless 'em.

I don't curse 'em.

I look, I look again (usually), then, I move the Hell on.

I love how Cordnoy brings out or helps us bring out a point

So here's a breakdown

I used to curse the inappropriately dressed woman

I used to look at the well dressed

I stopped cursing group 1 but don't bless them

I started blessing group 2, because I began to respect them as people

Now I dont look (unless to determine if she's appropriately dressed or not)

and I move on ;-)

=====

Re: My Story - Thank Gd

Posted by Singularity - 17 Jul 2017 07:29

Sorry to hear Markzy..

But your brutal honesty has given me the push to push the fall button myself..

I love you man

=====

Re: My Story - Thank Gd

Posted by Markz - 26 Jul 2017 23:24

I deleted another app (I don't have access to install apps) because it has some pictures that a nice Jewish boy should only look at twice, which I did last night and consider it a fall - enough to hit reset on the Wall of Shame.

These things never happen when I'm fully awake and well rested. I don't know if any of you have prophecy at 2am, but that's when I sometimes get a Loophole spirit, to seek erotica on a smartphone that's ostensibly sensibly protected

I have removed the Music App and even something as simple as ~~DIRTY APP REMOVED~~

Another system built app has been laid to rest. Soon the only app that will remain on my phone is my lock screen - if that...

=====

Re: My Story - Thank Gd

Posted by mikestruggling - 27 Jul 2017 14:41

you can leave the GYE app unless it's too triggering

or it takes up too much of your time (don't you leave us i was just kiddin')

for giving something up for Hashem and Kedusha and bringing closer the geula

=====

~~take~~ another one