

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 - Thank Gd

Posted by Shlomo24 - 27 Jul 2017 18:25

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The "Thank You" was a mistake. I have found a smart phone to be an incredible aid to my recovery. Is it necessary? No. But it has been really helpful in my experience.

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Re: My Story - Thank Gd

Posted by serenity - 28 Jul 2017 02:10

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Mark, It takes a lot of humility to reset your 90 day chart. By your standards I should definitely reset mine. KOT brotha.

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Re: My Story - Thank Gd

Posted by yiraishamaim - 28 Jul 2017 03:08

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[Markz wrote on 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...

I relate only too well.

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Re: My Story - Thank Gd

Posted by Markz - 31 Jul 2017 02:01

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[New Person wrote on 27 Jul 2017 16:08:](#)

Markz! You are really inspiring.

It will not be an extreme move to give up the so-called smartphone completely.

There is no need to have a smartphone for recovery...

Not a practical solution

My wife's not anywhere near discarding her smartphone which has 0 filtering, and is available to me if I wish  
I saw a bumper sticker reading: I am Smart, not my Phone.

Is it gonna help me to get rid of my own 100% (+-) filtered phone?

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Re: My Story - Thank Gd

Posted by Markz - 31 Jul 2017 03:17

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TEST

???? An open letter to all the guys - including you!!

Here's my belated introduction and follow up

BH I have made many many friends on the forum - some via PMs and on occasion even with

my real name (I almost forgot it)

Made it to 90 Days!!!

It would be unfair for me single out some names, when my appreciation for SO MANY OF YOU GUYS is just... I don't know how to express it - YOU GUYS ARE THE GREATEST!!

I'm not the greatest communicator - sometimes too sharp or too vague, and often say the wrong thing on the forum. I want to ask forgiveness to anyone I may have offended (and I know I have).

Once Upon A Time - Lust:

I had been fighting / struggling with Porn and M\* from my teen years age 14 or 15. First with magazines, then more recently with web accessible devices. I was never addicted to chase after this, but my struggle was unbearable. I could never defeat the temptation when it arose

Who cares?

After falls I would feel terrible, or something bad would happen to me / my kid... (Like someone else on this forum experiences too). For a struggler like me the best thing is that bad feeling and the fear of repercussion. Its THE only thing that got me onto gye.com, and I read other people's posts that have mentioned the same. It's what pushes us to try the next tool of the many offered (Pls click on my signature)

Prophecy to fools:

14 months ago October 2014 - The end of Aseres Yemei Tshuva 5775, I was walking to shul and passed a snake on the road that had been driven over by a car (no of course a truck!).

What went through my mind? 10 days is possibly a reflection for the coming year, and this dead snake was signifying that the YH is gonna be dead at the end of the year. I had this premonition, but I didn't have a clue what it was about.

Zoom forward to August 2015 - the end of the year 5775, Three months ago - and it happened. Screeeeeeeeccccchhhh YH DEAD!!

I found GYE!!!

No, don't worry, I'm not dead, my YH is alive and kicking, but the struggle is totally under control with the following tools.

Gd knows what's truly going on, but these are the tools I noticed on my ride

## My Tools

### 1) The Forum

I put this one first because I feel that has been the greatest game changer for me.

My mindset has totally morphed, to view women as people - it's incredible.

Today I heard a cute girl at work laugh. That would have been a turn on previously. Now I heard someone laugh, and I'm happy for them that they don't need to stress the whole day...

And I believe it's because of

1- Reading and thanking Many Many terrific poster's ramblings

2- My posting too much...

Posting 7 or 8 posts a day

I feel a sense of responsibility to share my advice / experience to other posts, and also to keep the humor section fresh (it really pains me that almost no one regularly posts there besides for myself and the ???? peloni almoni. Is everyone in the bar-ditch-ev?)

## 2) Restrictions

a- Time: Good nite device calendar

b- YouTube: Only access for work purposes

c- Devices

PC: Web Monitoring program or whitelist, (filtering is irrelevant, as I have overridden every regular filter and perhaps you too).

Mobile Devices: Mobile phone Locked AppStore, and active legitimate apps only (eg no skype and wattsapp. If you ask me to explain why, you'll be risking having to remove them too)[/spoiler]

## 3) Get a Life

a- Exercise twice weekly

b- Keep busy. Being productive in my work, learning a few Jewish words when possible. Spend time with the wife. Posting on the forum. Breathe...

My time management sucks - That's one of my traits. I don't learn, daven at all like I should. I always feel pressured to put overtime into my work... Yeah I hope to discuss this with my therapist (A great one - a woman - not Jewish)

#### 4) Communication Therapy

I have regular sessions with a therapist, primarily to help me ASP Communicate

with 'objects' - other people at work in shul... primarily my 'object' from Venus (my great wife).

I think this may have helped me too, to see 'objects' as people = social awareness etiquette and all the silly neurotypical stuff

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

I want to repeat again to each and every one of you. First the Gevaldigge administrators, the unassuming Moderators, and all the boarders



Thank you for allowing me in, so I can grow, and for giving me the opportunity to also save at least one other Jewish brother once for one minute.

Hatzlacha to you on your journey

Mark

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Re: My Story - Thank Gd  
Posted by mystory - 26 Sep 2017 07:24

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Thank you for sharing.

I can relateto much of what you are saying.

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Re: My Story - Thank Gd  
Posted by gibbor120 - 26 Sep 2017 15:36

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Would she put monitoring software on her phone so she could see if anything was amiss? Or just put a password on the phone so you cannot get in?

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Re: My Story - Thank Gd

Posted by Markz - 27 Sep 2017 03:34

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I'll try answer in a soon to come BB post

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Re: My Story - Thank Gd

Posted by Markz - 27 Sep 2017 04:22

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So I went to the user page and put a heartfelt prayer for the members on the first page (sorted by Points)

I didn't know what mothers name to use, Cordnoy Ben theoldme (she's the one swerving wildly on the highway), Singularity Ben 7up? Watson Ben Watdaughter? Gibbor Ben Gevura??? But that's a mans name... Is serenity a Mom??

This is all WAAAAAY too confusing

But I still had each of you in mind

I love you all - Let's keep trucking together beH thru 5778

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Re: My Story - Thank Gd

Posted by Markz - 02 Oct 2017 04:02

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So I'm frustrated with the wife that she's not available - sometimes on Mikva night, and sometimes for a long stretch

Now I want to explain to all the singles out there how "Pas b'Salo" works

Fellow has hormones. It's natural to assume the wife will be available once a week. That one day arrives and without getting hyped up the man assumes it's happening tonight. He may ask wife if she's interested and she may. Comes the evening and "it's not a good time today" so man sweetly turns over and goes to sleep.

The next few days are all repeat - the man is lust free during daylight hours and sex free in the eve

So I need you all to know

Pas Besalo works

Having bread in the basket can actually be a harder challenge than not.

Having to assume the once a week that tonight the wife wants, add to that her partial agreement to consider, and then her nonchalant 'not tonight' - is a VERY stale pas besalo

Knowing that there's no sex on the cards for the next weeks or month is a easier sal of pas to carry

Disclaimer: I'm writing as a sober non addict ([60+ days clean with prior streak of 650 days](#)) If you don't follow this post you are either;

1. Not sober
2. An addict
3. Don't understand my frustration
4. Other

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Re: My Story - Thank Gd

Posted by doingtshuva - 02 Oct 2017 10:34

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for my understanding - pas bisalo means that you have a piece of bread in your pocket to eat, just in case you'll be hungry.

But if someone can stop you from eating that bread, would it be considered pas bisalo?

you wrote

That one day arrives ..... (for some it's a very scary day.)

some don't even have a day, never mind a night.

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Re: My Story - Thank Gd

Posted by Markz - 02 Oct 2017 11:38

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some don't even have a day, never mind a night.

Sorry to hear you still in that boat as you last shared - I really hope things get better for both of you

I hope you're back trucking with us ;-)

btw I edited my last post and you should re-read it

Hatzlacha brother

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Re: My Story - Thank Gd

Posted by cordnoy - 02 Oct 2017 11:54

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[Markz wrote on 02 Oct 2017 04:02:](#)

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Should be with hatzlachah.

In true sobriety, it wouldn't make a difference.

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Re: My Story - Thank Gd  
Posted by Markz - 02 Oct 2017 12:18

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[cordnoy wrote on 02 Oct 2017 11:54:](#)

[Markz wrote on 02 Oct 2017 04:02:](#)

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Thanks for the bracha

I don't believe I was **truly** deep in addiction. Is there no **true** sobriety hope for me?

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