GYE - Guard Your Eyes

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Generated: 30 July, 2025, 17:46 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 Shlomo24 - 27 Jul 2017 18:25 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.

I relate only too well.

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Re: My Story - Thank Gd

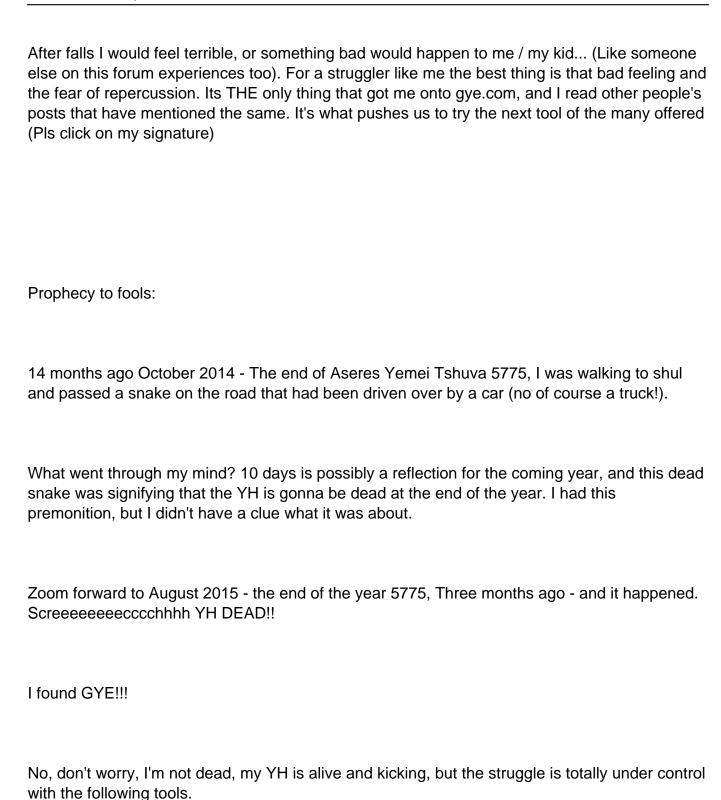
Posted by Markz - 31 Jul 2017 02:01

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 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
Re: My Story - Thank Gd
Re: My Story - Thank Gd Posted by Markz - 31 Jul 2017 03:17
Re: My Story - Thank Gd Posted by Markz - 31 Jul 2017 03:17 TEST
Re: My Story - Thank Gd Posted by Markz - 31 Jul 2017 03:17 TEST ???? An open letter to all the guys - including you!!

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

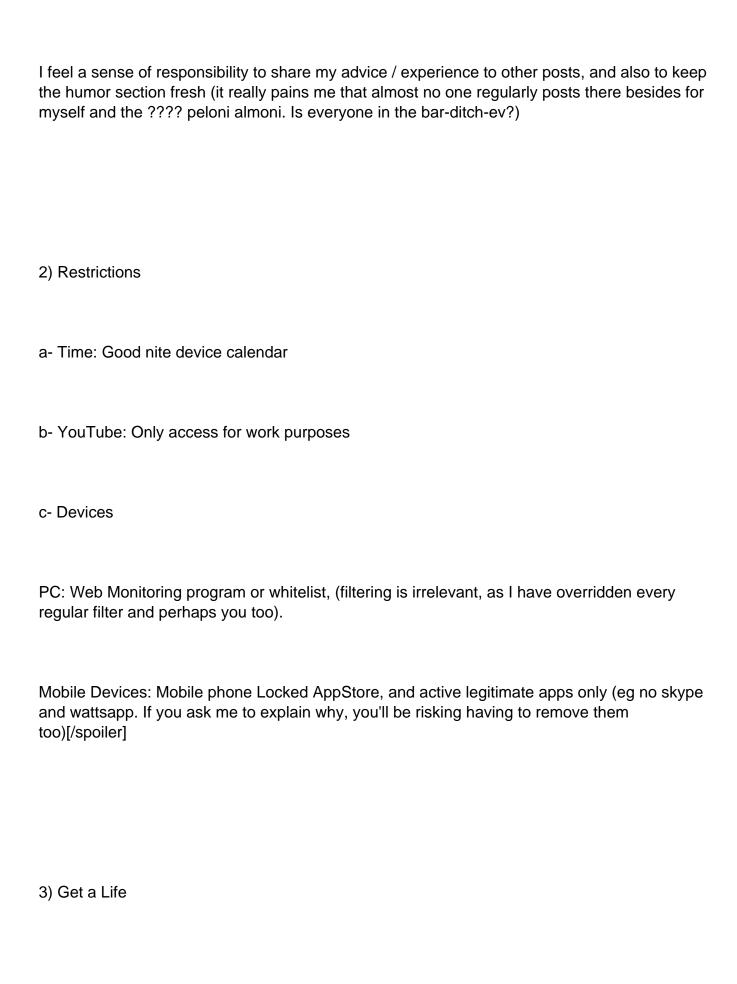
Who cares?

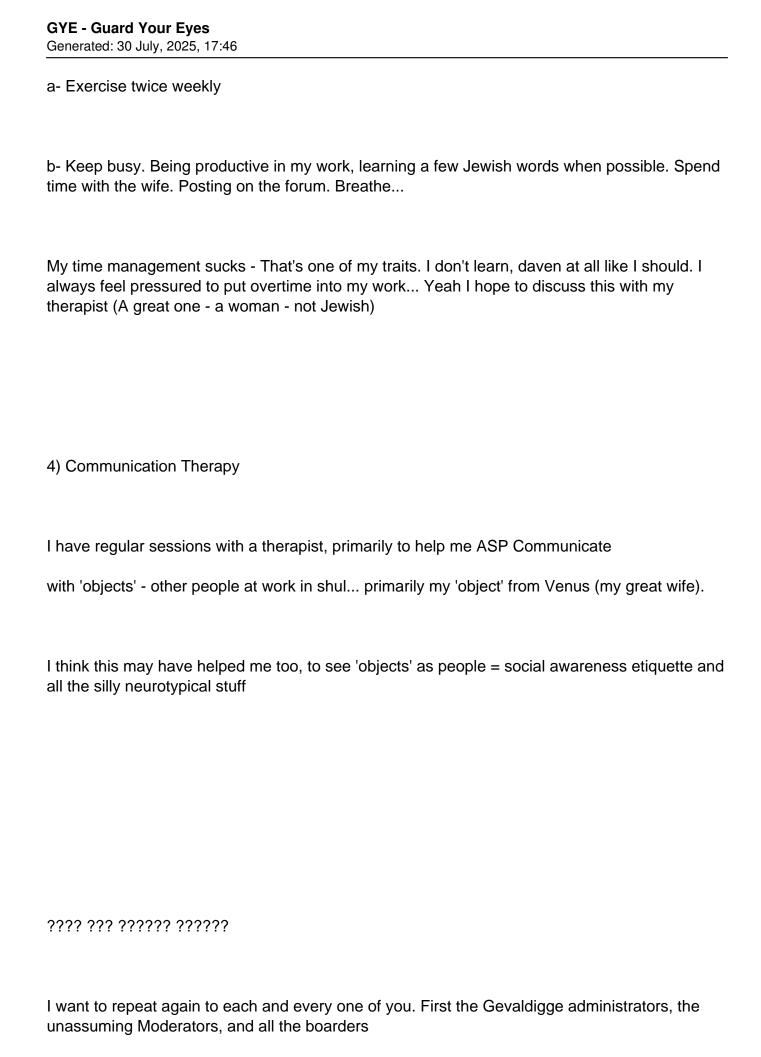


Gd knows what's truly going on, but these are the tools I noticed on my ride

Posting 7 or 8 posts a day

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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?
Re: My Story - Thank Gd Posted by gibbor120 - 26 Sep 2017 15:36
======================================
can relateto much of what you are saying.
Thank you for sharing.
Re: My Story - Thank Gd Posted by mystory - 26 Sep 2017 07:24
======================================
Mark
Hatzlacha to you on your journey
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.

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Re: My Story - Thank Gd Posted by Markz - 27 Sep 2017 03:34
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
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
======================================
Re: My Story - Thank Gd Posted by Markz - 02 Oct 2017 04:02
So I'm frustrated with the wife that she's not available - sometimes on Mikva night, and

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

Fellow has hormones. It's natural to assumes 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
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.
=======================================
Re: My Story - Thank Gd Posted by Markz - 02 Oct 2017 11:38
doingtshuva wrote on 02 Oct 2017 10:34:
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you wrote

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

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

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I hope you're back trucking with us ;-)
btw I edited my last post and you should re-read it
Hatzlacha brother
=======================================
Re: My Story - Thank Gd Posted by cordnoy - 02 Oct 2017 11:54
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

cordnoy wrote on 02 Oct 2017 11:54:

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.
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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