

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

Thanks

Mark

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Re: My Story - Thank Gd

Posted by Markz - 15 Feb 2018 05:12

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I guess you can call it a work business meeting because this Sunday Karl is scheduled to meet Workingguy for the first time since joining gye

[Although we met once prior to gye at some party but I'm not good at remembering faces so it will be like a first time, although now with all our texts and calls he's not a random fake name

guy either]

Oh and yes, on the agenda we'll be discussing about joining SA and the path to sobriety in general cos distractions and games aren't working for me. I don't think he's a therapist, but a friend in arms and has some common sense too

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Re: My Story - Thank Gd

Posted by ieeyc - 16 Feb 2018 08:50

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hi, it looks like youre doing great ,keep it up!

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Re: My Story - Thank Gd

Posted by shmiraashachaim - 16 Feb 2018 13:50

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Sounds good. I hope things go well.

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Re: My Story - Thank Gd

Posted by Markz - 14 Mar 2018 01:40

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I'm putting a bigger focus on life with inspiration from Rabbi Twersky who should be well, and it's a lifetime's work

One of the old time 12 steppers here shared what he's doing to get out of lusting and he listed for example

1. Helping the wife

2. Compiling his Gemara Shiur...

Im like "what has that to do with 12 steps? He must be drunk"

None of what he mentioned was anywhere in the white book

The answer is that our/my problem is not lust, but how to be "Living life to the MArX"

Any form of escape from life is escape, and ?? ???? ??? ?????? ???? ????????, escaping to post 30 posts a day with just-havin-fun was for me another form of escape from life.

Q: "Oh but you're a Tzadik, b/c you're posting and not masturbating now"

A: If life doesn't mean much and the only concern is if you masturbated today, please disregard this post

KOL!

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Re: My Story - Thank Gd

Posted by yiraishamaim - 14 Mar 2018 16:50

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**Warning: Spoiler!**

Mark, I have felt that approach for years and PMed you on that.

You are an extremely capable person. Don't sell yourself short.

I am very excited for you!

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Re: My Story - Thank Gd

Posted by i-man - 15 Mar 2018 03:13

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so does this mean you are going to post less or just post with a differant frame of mind ?

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Re: My Story - Thank Gd

Posted by Markz - 15 Mar 2018 17:22

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[i-man wrote on 15 Mar 2018 03:13:](#)

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I guess just less.

No stress - I don't have a daily post max, but gotta live life 2dMax ;-)

KOL eye-man!

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Re: My Story - Thank Gd

Posted by i-man - 16 Mar 2018 03:00

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[Markz wrote on 15 Mar 2018 17:22:](#)

[i-man wrote on 15 Mar 2018 03:13:](#)

so does this mean you are going to post less or just post with a differant frame of mind ?

I guess just less.

No stress - I don't have a daily post max, but gotta live life 2dMax ;-)

KOL eye-man!

ok if that helps you good.. we are good with quality over quantity.

KOL - is that keep on living or laughing ?

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Re: My Story - Thank Gd

Posted by Markz - 25 Mar 2018 23:38

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1 of my teachers taught me the beautiful concept of writing lines. It's supposed to be an educational tool suggested for well behaved kids

It's a few years later. Let's try it again - right now - 100 lines...

Sex is optional

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Living Life is not optional??

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Re: My Story - Thank Gd

Posted by MayanHamisgaber - 25 Mar 2018 23:43

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refuah shelaima

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Re: My Story - Thank Gd

Posted by cordnoy - 25 Mar 2018 23:49

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[Markz wrote on 25 Mar 2018 23:38:](#)

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Living Life is not optional??

Sex is indeed optional....today or tomorrow; this way or that way; other options deleted by moderator.

MayMay the men folk realize it's optional just as the women have mastered it!

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Re: My Story - Thank Gd

Posted by lionking - 26 Mar 2018 02:41

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For (i=0, i

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Re: My Story - Thank Gd

Posted by Markz - 26 Mar 2018 03:36

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[quote="lionking" post=328938 date=1522032067 catid=19]For (i=0, i

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Re: My Story - Thank Gd

Posted by lionking - 26 Mar 2018 05:28

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[quote="Markz" post=328941 date=1522035404 catid=19]

[quote="lionking" post=328938 date=1522032067 catid=19]For (i=0, i

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