

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 ieeyc - 27 Mar 2018 00:46

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

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...

S*x is optional

S*x is optional

S*x is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional?

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional??

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional??

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional??

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Sex is optional

Sex is optional

?Sex is optional

Living Life is not optional??

i heard it works better if you say it verbally and bang your head on a wall after each time, not tried

=====

Re: My Story - Thank Gd

Posted by Markz - 27 Mar 2018 02:33

Thanks mr moderator

=====

Re: My Story - Thank Gd

Posted by Markz - 27 Mar 2018 02:49

I was driving on the highways and byways my usual speed today, dodging traffic and hitting the max speed (A few miles above the limit but below cop-siren ticketing - there is a formula that Truckers use), and I know Rabbi Twersky talks about speeding...

And then it struck me... (No not the guardrail)

Why do I speed? Because I want/need to get to a destination and do something constructive there.

In other words, there's no real fulfillment in the present situation (sitting in traffic... or behind another car crawling at 75mph... beep beep move over).

I believe someone that's living what Rabbi Twersky calls a 'spiritual' life, could be more present, and therefore more relaxed too, especially if I have a nice Torah Class playing to pass my time...

It's a pipe dream.

Here's a secret... I got home and I'm still running around (Not at 95mph - I'm not a teenager anymore ;-).

So I guess, "Living life starts at home" b4 we hit the road / start trucking!

Gnite bothers

=====
=====

Re: My Story - Thank Gd
Posted by ieeyc - 27 Mar 2018 08:44

sorry i started astreking and stopped,wrote my comment on the bottom and forgot to replace the astrik with an" e",honest mistake .

=====
=====

Re: My Story - Thank Gd

Posted by shmirashachaim - 04 May 2018 12:10

[Markz wrote on 14 Mar 2018 01:40:](#)

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!

This is something that I realized a while ago, and it is something that I realized needs more than just realization.

Often unhealthy compulsive behaviors come from something that is hurting in one's life or something empty in one's life. But, often people focus more on the reverse: how these behaviors are hurting or emptying their life. So, they try to stop doing those behaviors. But the thing is that life is still hurting even after stopping these behaviors for some time. An easy way to attempt to make their lives hurt less and fuller is to focus on the fact that they aren't doing those behaviors. The problem is that this never changes the original reason why life was hurting in the first place. In other words, 'not acting out' is an easy excuse for not addressing sufficiently what needs to be addressed.

I would add that people try different things to stop these behaviors, and those things themselves might be coming from the same unhealthy sources to the behaviors themselves. Are these things addressing those sources, or are they just attempting to gratify them in the similarly unhealthy way the unhealthy behaviors tried to do? They might not seem unhealthy, and they might be deemed "good" or "necessary" because they are helping prevent doing the unhealthy behaviors. But little is being done if the sources of the unhealthy behaviors are just expressing themselves in a different way.

Take my logic for example:

1. Acting out sexually is not good for me.
2. So, I try to find ways to stop acting out sexually.
3. Something like GYE seems to be "a good way to stop acting out".
4. So, GYE is good for me.

Yes. Thank you. I know. My logic seems brilliant. But, I realized that it isn't so simple. Not only is there the possibility that I became too dependent on GYE, GYE became in a way the continuance of the unhealthy tendencies that I believe were related to my acting out in the first place. Not that I intended for this to happen, but it did (and is something that I'm still nervous about) because I'm human.

Btw, where's your source of inspiration from R Twersky coming from? One of his books?

Hope all is well

=====

Re: My Story - Thank Gd
Posted by Hashem Help Me - 04 May 2018 16:44

Of course there is an ultimate goal for one to identify the source of acting out, be it pain or something else, and then deal with the issues, retrain the thought process, and heal one's self from from the need to act out in the first place. However, many are not up to that amount of self work, or do not see the need for it. If they replace the compulsion to do issurim like viewing pornography and masturbating with compulsive posting on GYE or with escaping life by watching kosher videos, they should be blessed. Besides the ruchniyus gain in their cheshbon of mitzvos vs. aveiros, and besides the segula that tahara brings a person, they will have removed a major cause of pain anguish and guilt from their lives.

=====

====

Re: My Story - Thank Gd

Posted by Markz - 06 May 2018 01:47

A few of his.

Shemira - Great post that was

KOPAT!!

=====

====

Re: My Story - Thank Gd

Posted by shmiraashachaim - 10 May 2018 16:33

[Hashem Help Me wrote on 04 May 2018 16:44:](#)

Of course there is an ultimate goal for one to identify the source of acting out, be it pain or something else, and then deal with the issues, retrain the thought process, and heal one's self from from the need to act out in the first place. However, many are not up to that amount of self work, or do not see the need for it. If they replace the compulsion to do issurim like viewing pornography and masturbating with compulsive posting on GYE or with escaping life by watching kosher videos, they should be blessed. Besides the ruchniyus gain in their cheshbon of mitzvos vs. aveiros, and besides the segula that tahara brings a person, they will have removed a major cause of pain anguish and guilt from their lives.

Hey. Didn't get a chance until now to write something. Too busy with life.

Thanks HHM.

I just wasn't to clarify that although my post sounded like it was laying things out for all (I guess because I used words like, "people" and "they"), it was really coming from very personal experience, which I saw at least somewhat related to Mark's experience. It wasn't intended to claim that I know the extent that this experience should relate to others. But I did say "often" because this is what I heard from people who I believe have the license to say so. However, I don't know where you stand on this, as on one hand you said that "there is an ultimate goal for one to identify the source of acting out", but on the other hand that "many do not see the need for it". Did you mean that it is an ultimate goal for all? It would be nice if you can clarify that for me.

(I will add that my point might have been a little broader than the nicely laid out formula that you presented).

Again, I can't say what's good for others. I'm still at the stage of what is good for myself. But I must say that my gut feeling is that no form of escape is healthy for anyone. Perhaps I am understanding the concept of 'escape' differently then you. What I mean by escape is the inability to accept life. Substitutes for inappropriate behavior aren't pointless. Distractions from 'the daily grind' may be healthy. But my personal opinion is that they should always fall under the rubric, the umbrella of life; not running away from it.

While I'm at it, I'll add that I heard that a siman for if a behavior is 'escaping' is if it is done compulsively. K. I'm maskim that this isn't so simple. People can buy a bag of chips compulsively, and if they don't see any reason to watch their sodium or fat intake, then it probably won't be too detrimental to their lives (at least for the time being that is). But I don't think that *any* activity done on impulse should be *blessed*. Compulsion can be very dangerous. Especially if it is to shove deep-seated whatever under the rug.

Hope I am not coming across as some shmo bursting in on things, presenting sweeping statements about life and how everyone should do things. I am a shmo. But let's just leave it at that.

All the best

=====
=====

Re: My Story - Thank Gd

Posted by shmirashachaim - 10 May 2018 16:44

[Markz wrote on 06 May 2018 01:47:](#)

A few of his.

Shemira - Great post that was

KOPAT!!

Nice. I saw a book from R Twerski called "Seek Sobriety, Find Serenity", that had a short thing for every day of the year. Looked like good stuff. Perhaps one day you can be his shliach and start a "Inspiration From R Twerski" thread and post what he writes for that day.

Thanks. I think I'm finally actually starting to figure out your KO's.

=====

Re: My Story - Thank Gd

Posted by shmirashachaim - 10 May 2018 16:56

[Markz wrote on 27 Mar 2018 02:49:](#)

I was driving on the highways and byways my usual speed today, dodging traffic and hitting the max speed (A few miles above the limit but below cop-siren ticketing - there is a formula that Truckers use), and I know Rabbi Twersky talks about speeding...

And then it struck me... (No not the guardrail)

Of course that would entail posting much more

Why do I speed? Because I want/need to get to a destination and do something constructive there.

In other words, there's no real fulfillment in the present situation (sitting in traffic... or behind another car crawling at 75mph... beep beep move over).

I believe someone that's living what Rabbi Twersky calls a 'spiritual' life, could be more present, and therefore more relaxed too, especially if I have a nice Torah Class playing to pass my time...

It's a pipe dream.

Here's a secret... I got home and I'm still running around (Not at 95mph - I'm not a teenager anymore ;-).

So I guess, "Living life starts at home" b4 we hit the road / start trucking!

Gnite bothers

Nice.

What about trying to do it with out *anything* to pass the time, *even* a nice Torah class?

I know. It sounds really crazy and strange. But i think there is a chance that R Twerski might agree that it's worth a try...

=====

====

Re: My Story - Thank Gd

Posted by Markz - 10 May 2018 17:39

[shmirashachaim wrote on 10 May 2018 16:44:](#)

[Markz wrote on 06 May 2018 01:47:](#)

A few of his.

Shemira - Great post that was

KOPAT!!

Nice. I saw a book from R Twerski called "Seek Sobriety, Find Serenity", that had a short thing for every day of the year. Looked like good stuff. Perhaps one day you can be his shliach and start a "Inspiration From R Twerski" thread and post what he writes for that day.

Thanks. I think I'm finally actually starting to figure out your KO's.

Shoot. He cancelled his call

I was looking forward to a hot KOKO!

=====

Re: My Story - Thank Gd
Posted by Hashem Help Me - 10 May 2018 22:54

[shmirashachaim wrote on 10 May 2018 16:33:](#)

[Hashem Help Me wrote on 04 May 2018 16:44:](#)
Of course that would entail posting much more

Of course there is an ultimate goal for one to identify the source of acting out, be it pain or

something else, and then deal with the issues, retrain the thought process, and heal one's self from from the need to act out in the first place. However, many are not up to that amount of self work, or do not see the need for it. If they replace the compulsion to do issurim like viewing pornography and masturbating with compulsive posting on GYE or with escaping life by watching kosher videos, they should be blessed. Besides the ruchniyus gain in their cheshbon of mitzvos vs. aveiros, and besides the segula that tahara brings a person, they will have removed a major cause of pain anguish and guilt from their lives.

Hey. Didn't get a chance until now to write something. Too busy with life.

Thanks HHM.

I just wasn't to clarify that although my post sounded like it was laying things out for all (I guess because I used words like, "people" and "they"), it was really coming from very personal experience, which I saw at least somewhat related to Mark's experience. It wasn't intended to claim that I know the extent that this experience should relate to others. But I did say "often" because this is what I heard from people who I believe have the license to say so. However, I don't know where you stand on this, as on one hand you said that "there is an ultimate goal for one to identify the source of acting out", but on the other hand that "many do not see the need for it". Did you mean that it is an ultimate goal for all? It would be nice if you can clarify that for me.

(I will add that my point might have been a little broader than the nicely laid out formula that you presented).

Again, I can't say what's good for others. I'm still at the stage of what is good for myself. But I must say that my gut feeling is that no form of escape is healthy for anyone. Perhaps I am understanding the concept of 'escape' differently then you. What I mean by escape is the inability to accept life. Substitutes for inappropriate behavior aren't pointless. Distractions from 'the daily grind' may be healthy. But my personal opinion is that they should always fall under the rubric, the umbrella of life; not running away from it.

While I'm at it, I'll add that I heard that a siman for if a behavior is 'escaping' is if it is done compulsively. K. I'm maskim that this isn't so simple. People can buy a bag of chips compulsively, and if they don't see any reason to watch their sodium or fat intake, then it probably won't be too detrimental to their lives (at least for the time being that is). But I don't think that *any* activity done on impulse should be *blessed*. Compulsion can be very dangerous.

Especially if it is to shove deep-seated whatever under the rug.

Hope I am not coming across as some shmo bursting in on things, presenting sweeping statements about life and how everyone should do things. I am a shmo. But let's just leave it at that.

All the best

There was nothing wrong with your original post and you are not any more of a shmo than I am....

To answer your question - Idealistically we all should find true serenity in life. Many don't have the stamina, or think they don't have the inborn kochos to do so. If they live a generally happy life and avoid issurim, yes they should be blessed even if they avoid getting to that most desired matzav. If they are acting compulsively to the extent where it negatively affects their quality of life or the quality of life of those around them, then obviously they should seek help. And of course, all of this is only my own personal opinion and it may very well be 100% wrong.

=====
=====

Re: My Story - Thank Gd
Posted by Markz - 11 May 2018 00:10

Wow wow!

I asked my Rav advice last night for personal and marriage stuff... with interesting responses.

I can't share it all lest some of you think it's applicable to you and it is person specific.

About SA which im seriously considering he basically said the same as my therapist.

They both know of many people in SA, my Rav knows Magidei shiur etc that go. But both know

me quite well and don't feel it's what I need. Not that they're totally against it.

And cordnoy said to me yesterday "if you feel your life is spiralin' do it", and I don't feel that it is

So this is where I stand. And yes I should be more in contact with my partner WG. I'm gonna try that...

Maybe I'll add more later

Love you all!!

=====
=====

Re: My Story - Thank Gd

Posted by Workingguy - 13 May 2018 05:02

[Markz wrote on 11 May 2018 00:10:](#)

Wow wow!

I asked my Rav advice last night for personal and marriage stuff... with interesting responses.

I can't share it all lest some of you think it's applicable to you and it is person specific.

About SA which im seriously considering he basically said the same as my therapist.

They both know of many people in SA, my Rav knows Magidei shiur etc that go. But both know me quite well and don't feel it's what I need. Not that they're totally against it.

And cordnoy said to me yesterday "if you feel your life is spiralin' do it", and I don't feel that it is

So this is where I stand. And yes I should be more in contact with my partner WG. I'm gonna try that...

Maybe I'll add more later

Love you all!!

Yeah- your partner WG is eagerly awaiting!

=====

=====