

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 Tzvi5 - 20 Feb 2019 21:30

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I was like you guys, then all changed when I started getting a stronger mind, which caused me,  
A. To stop always being uncomfortable. B. To be able to ignore lust. (Ie: stop lusting).

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Re: My Story - Thank Gd

Posted by Workingguy - 20 Feb 2019 22:34

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[Tzvi5 wrote on 20 Feb 2019 21:30:](#)

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Tzvi,

Can you share what it means to get a stronger mind, and how you did that?

Also, when you say you were like "you guys", to whom are you referring? Lots of guys here,  
many are very different from each other.

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Re: My Story - Thank Gd

Posted by Tzvi5 - 21 Feb 2019 13:26

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Comprehending what i learned or studied. Which I accomplished by summarizing in my own words the subject on hand. This allowed me to control my emotions/feelings/resentments/fears...

I had resentments, fears, and couldn't handle life. Which made me turn towards lust... as my medicine.

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Re: My Story - Thank Gd  
Posted by Shteeble - 21 Feb 2019 14:11

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[Tzvi5 wrote on 21 Feb 2019 13:26:](#)

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And how does that help you ignore lust, i.e. stop lusting?

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Re: My Story - Thank Gd

Posted by Shteeble - 21 Feb 2019 14:12

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Posted by Tzvi5 - 21 Feb 2019 16:30

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I am comfortable without lust, and don't feel the need to lust.

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Re: My Story - Thank Gd  
Posted by Markz - 14 Apr 2019 19:04

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There's an app on my iPhone that I had for looong time and like to use, but I discovered last  
week that I can access videos with objectionable content, despite the fact that Videos aren't  
allowed in the basic settings...

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Re: My Story - Thank Gd

Posted by Gevura Shebyesod - 14 Apr 2019 20:04

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Ooomain!!!

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Re: My Story - Thank Gd

Posted by Markz - 21 May 2019 17:02

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[On Apr 19, Sidewayz wrote:](#)

I heard from a huge Rav that if there are 2 people, one who's cool, outgoing and very good with people, and the other is more cold and closed off from people then the 2 type person is much more prone to sex addiction. His reasoning is that the whole addiction is we are looking for relationship/ connection and a cool outgoing person is "less" likely to need sex to fill this void. So yea this rav holds that the solution is a persons gotta develops relationships with others and deepen family relationships (A MUST) and that's the key to recovery.

Fwi I struggle with social anxiety and feel uncomfortable around people, the more I pushed outside my comfort zone with family and friends the more I feel happier and fulfilled and i don't need to act out to fill this void.

Maybe we should meet somewhere, if we share some similarities:-)

And what your rebbi said?

It's mefurash in the video - in my sig below

Hatzlacha



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Re: My Story - Thank Gd

Posted by Markz - 01 Jun 2020 18:51

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Re: I'm an Aspie (neurotypicals are invited too)

Posted by YeshivaGuy - 18 Dec 2020 04:30

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[markz wrote on 11 Nov 2015 21:29:](#)

???? 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!!

As an Aspie 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. Screeeeeeeecccchhhh 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 watsapp. If you ask me to explain why, you'll be risking having to remove them too)

### 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 - like a regular aspie. 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) Aspie Therapy

I have regular sessions with an Asperger therapist, primarily to help me 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

For those asking what is Aspergers? Go to this link [HERE](#)

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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

Amazing. I have no words.

Thank you

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Re: I'm an Aspie (neurotypicals are invited too)

Posted by YeshivaGuy - 12 Feb 2021 06:16

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Is R' Markz almost at day 200?! Wow such a Simcha! Why not let us know how you've done been matzliach lately? Whatever ur comfortable with.

Im truly impressed by you and appreciate your presence here

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