

Introducing Myself - "Nerdy"

Posted by nerdy - 09 May 2017 19:10

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Hello readers.

I am new and not sure how "vivid" is vivid. That is, I am not sure what may trigger in others. Feel free to edit.

I was born in 1963 making me 53 years old. My upbringing was rather stiff as my father was very controlling. In the late 70's , when I reached puberty, I started masturbating. Unfortunately, my struggle has been ongoing. TV in those days would be super clean compared to what children see today but shows like Charlies Angels and Wonder Woman gave me material to feed the masturbating habit.

My first marriage started when I was in my early twenties and lasted 27 years. My marriage starting going downhill after only a few years. there was sex 2 or 3 times a month and much masturbatng throughout. With the introduction of the internet, words are not needed to mention the material that fed my habit.

My second marriage started a little after a year of separation. During our dating she was bold enough to ask if I see inappropriate material on the net and I was honest to say yes, although masturbating was never brought up and even now we never spoke about masturbating during our marriage. She asked to me to speak to my Rav and therapist and I did and she was convinced the issue was under control. In our current marriage we do not have a TV or internet at home, but still I see things at the library. I told my wife i have a strong sex drive and would like like sex almost every night. She is reluctant to engage that often, but we do have sex 7 or 8 times a month.

My Rav used to take an active interest in helping me but has gotten so busy , he doesn't have time to reach out. My therapist is a "generalist" and not giving solid enough advice to help my problem.

I am hopeful GYE may help.

Thanks for reading

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Re: Introducing Myself - "Nerdy"

Posted by cordnoy - 25 Jan 2018 08:38

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Onward!

God speed!

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Re: Introducing Myself - "Nerdy"

Posted by tzomah - 25 Jan 2018 12:05

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thank you markz for keeping this place safe and happy

thank you cordnoy for many of us owe lots of our recovery to you myself incl.

many of us wait with bated breath for your posts sometimes i can't stop myself from chuckling

your honesty is mechayev us all

and thankyou ieeyc for coming clean midas yehudah we all understand (it may be related to computer addictions)

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 25 Jan 2018 13:09

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one thing i take out of this is what chazal say,whoever sins in private,his sins will be made public ):

Re: Introducing Myself - "Nerdy"

Posted by Hashem Help Me - 25 Jan 2018 14:47

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And what i take out of it is even the people who were "attacked" are welcoming you with open arms and making themselves available to assist you in breaking free. I think that is incredible. My advice - take advantage of their offer to put the past behind you and pick up the phone and call the chevra here - iyh you will join them in recovery.

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Re: Introducing Myself - "Nerdy"

Posted by Hashem Help Me - 25 Jan 2018 14:49

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And we must all agree that your courage in so quickly posting the truth says you are a man of great spirit too. Iyh the day will come that you will be helpful to many others.

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Re: Introducing Myself - "Nerdy"

Posted by Workingguy - 25 Jan 2018 23:51

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I think Markz's genius comes out again- how the heck does he know all the user names, karmas, etc?

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Re: Introducing Myself - "Nerdy"

Posted by Markz - 25 Jan 2018 23:58

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[Workingguy wrote on 25 Jan 2018 23:51:](#)

I think Markz's genius comes out again- how the heck does he know all the user names, karmas, etc?

Last night he was using his genius to act out. You were supposed to stay up till 2am!!!

I had a great call with the real recovery genius Cordnoy how to really break free and now gonna speak with my Therapist and hear what she has to say...

Keep in touch brother!!

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Re: Introducing Myself - "Nerdy"

Posted by ieeyc - 26 Jan 2018 02:20

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hi everybody ,i just want to say thank you to all the pms that i got that was mechazek me to get back to things as normal and to continue after my mistake, today i got a taste of my own medicine, for some reason my karma went up to 11 eventhough i dont deserve it and then went down to 0 (i didnt do it )i appreciate the 11 karmas, but i apreciate even more the taking away of the karmas, i dont feel so great ,and i can imagine how cordnoy mustve felt,i would like the olam to continue taking away karmas that it should show at least a 3 digit negative karma amount in order i shouldnt forget what i did ,i would do it myself but i asked gye to delete my other usernames ,and it would take me hundereds of hours to get to at least negative 100.. again thanks for the chizuk to this very embarrassing point of my life. kol tuv.

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Re: Introducing Myself - "Nerdy"

Posted by cordnoy - 26 Jan 2018 03:43

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[ieeyc wrote on 26 Jan 2018 02:20:](#)

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Please don't feel bad for Cordnoy. He's ok (at least regardin' the stuff that goes on here; B"H, my life is in complete turmoil). Really, don't worry, I'm fine; let's move on.

If you ever have any issues, please email me. Those who know me here (and there are many) say that I'm not Darth Vader (perhaps Voldemort - strange, I tried swypin' Voldemort, and guess what came up - Cordnoy!).

God speed to all!

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Re: Introducing Myself - "Nerdy"  
Posted by ayidel - 01 Jun 2018 08:56

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[tzomah wrote on 25 Jan 2018 12:05:](#)

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Thanks markz for being on top of all this it's certainly more comforting using this site knowing there are patrols around taking care to keep it safe

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