

**MY PATH TO SANITY**

Posted by lionking - 23 Apr 2017 17:35

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Hi Everyone,

I have just registered as a new user since I wanted to really start a new leaf. I have been in and out of GYE for the past 5 years. For the most part I've been a lurker with approximately 70-80 posts in that timeframe. I feel like I can use a new identity which hopefully can inspire a real change within me.

I really don't need any standard introduction packages which are usually sent to newcomers, since I've been here browsing through the forums for years. Before I share my story, I would like to thank a bunch of members for their inspiration and especially cordnoy for his honest down to earth posts which are a great inspiration to all of us.

First a little background about me, I aspire to be a Chassidishe Yingerman in actions and spirit not only in affiliation. I'm currently happily married with kids for close to a decade. I have been introduced to sex and porn when I was a small child of about 10-11 by some classmates. Being that I never had a close personal relationship with anyone, I never shared this with anyone. I was too scared to open up to my Parents about it. I became accustomed (addicted?) to masturbating and occasionally looking at porn. I must end this post now, this is too much sharing for one sitting. I'm afraid if I keep going I'll press the cancel button instead of submit. I will try to keep posting and truckin'.

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**Re: MY PATH TO SANITY**

Posted by i-man - 14 May 2018 04:16

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I had a similar scenario a few weeks ago, I deliberated and determined as follows : The 90 day chart is a tool ( not necessarily effective for some but very effective for others, as well as in differant ways) to help me stay clean - it really can only work with self honesty , in fact any path on this road requires self honesty, with that being said even if I am leaning more toward it being considered a fall , knowing myself I know that I strongly risk going all the way down if I have to restart the count, that would kind of be me using this tool against myself !

Hatzlacha keep ROARING

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**Re: MY PATH TO SANITY**

Posted by lionking - 14 May 2018 11:19

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I fell last night. I'm so embarrassed to report this, however I committed to being honest and report everything.

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Re: MY PATH TO SANITY

Posted by Markz - 14 May 2018 12:12

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[lionking wrote on 14 May 2018 11:19:](#)

I fell last night. I'm so embarrassed to report this, however I committed to being honest and report everything.

Thanks for the post. It must have been hard.

But I assure you, you didn't report everything.

What's going on with you brother?

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Re: MY PATH TO SANITY

Posted by lionking - 14 May 2018 13:09

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Markz, I didn't mean "everything" as in every aspect of my life, I meant to write "everytime".

I don't understand myself, Just as a person who is sensitive to a certain allergen knows he must avoid it at all costs, and if he does get exposed to it, he must take his medication to prevent an attack.

Why is it so hard for me to understand that my bad moods are bad for me, If I do have them, I need to take necessary measures so that they don't flare up as a fall?

I didn't sleep well Motzie Shabbos, (not like I ever sleep well, I mean worse than normal...) Was extremely tired and grumpy all Sunday. Had a ton of projects to complete and barely got anything done. I was feeling like a failure. I got nervous with my wife and kids. My Chavrusa canceled on me. I was too tired to even notice all these feelings. Last night I just got this urge to look at porn. My phone was blocked so I couldn't access any sites. I remembered last weeks slip and decided to see if I access more. That app officially blocks adult content, however there is always something slipping through the cracks. I ended up finding some photography magazines and masturbated to that.

I need to disable access to this app.

I feel so bad about it. I think this is the first time in a while where I felt real regret after acting out.

I know I can't wallow in despair, that will only cause me to act out more. I am moving forward.

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Re: MY PATH TO SANITY

Posted by Markz - 14 May 2018 14:39

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[lionking wrote on 14 May 2018 13:09:](#)

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So, you are playing the 'kill-the-app' game. I hear.

I was talking to WG last night and one of the things mentioned is that I prefer to play



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Re: MY PATH TO SANITY

Posted by cordnoy - 14 May 2018 16:19

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[Markz wrote on 14 May 2018 14:39:](#)

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The game of life can include the occasional killin' of a sneaky intruder.

One who leaves his front door wide open will attract many undesirables.

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Re: MY PATH TO SANITY

Posted by Ihavestrength - 15 May 2018 02:52

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[cordnoy wrote on 14 May 2018 16:19:](#)

[Markz wrote on 14 May 2018 14:39:](#)

[lionking wrote on 14 May 2018 13:09:](#)

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The game of life can include the occasional killin' of a sneaky intruder.

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Each person needs to figure out what's right for them at the current time. In the past, app-killing was helpful for me. Then it just wasn't.

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Re: MY PATH TO SANITY

Posted by lionking - 15 May 2018 10:16

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I'm not going to get in to a discussion whether filters are helpful or not. It is an extremely personal question which requires shikul hadaas and qualified outside opinion to make such a decision.

So now the only filter I have is for my air conditioning. Actually, I lied. I don't have AC

In general, the consensus of the Rabbonim is that filters are required. There is a lot of exceptions to the rule, however one should speak to a Rebbe, Mentor, Therapist, or Sponsor before making such a decision.

Personally I find that filters are not helpful for me. However I don't view it as filtering or restricting, rather I view it as not having easy access. Not leaving any open bottles around for me to grab while I am drunk.

For example, in the past I had a filter on the browser. I was constantly trying to break out and I was (un)successful. It was a constant cat and the mouse chase. Now I don't have a browser installed on my phone. I have my 300 something apps for all my needs and that is it. (Thank God, GYE has an app!)

**Warning: Spoiler!**

99.9 percent everything is fine.

Again everyone should do what works for them.

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Re: MY PATH TO SANITY

Posted by lionking - 16 May 2018 02:14

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This month's feature article in PC Magazine talks about tech addiction. Sharing it here for anyone who is interested in reading it.

I put it in a spoiler so not to hog the recent posts and for those that don't want to read secular magazines.

**Warning: Spoiler!**



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Re: MY PATH TO SANITY

Posted by lhavestrength - 16 May 2018 21:28

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[lionking wrote on 16 May 2018 02:14:](#)

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**Warning: Spoiler!**

Wow, that is one long spoiler!

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Re: MY PATH TO SANITY

Posted by Markz - 24 May 2018 16:12

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LK I hope your day is going ok!

**After years of scientific research it has been concluded that LIONking has a very gentle roar and does not bite!**

He only eats meet ;-)

I met him last night - a real sweet fellow!

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Re: MY PATH TO SANITY

Posted by i-man - 25 May 2018 05:54

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[Markz wrote on 24 May 2018 16:12:](#)

LK I hope your day is going ok!

**After years of scientific research it has been concluded that LIONking has a very gentle roar and does not bite!**

He only eats meet ;-)

I met him last night - a real sweet fellow!

As usual the GYE PUNdit is on the markz

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Re: MY PATH TO SANITY

Posted by lionking - 27 May 2018 11:49

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Markz, I really appreciate you coming around to say hello to me. We spoke on the phone and I was expecting a huge thug from Mother Russia to come over and force some Markz'ism down my throat.

Instead I get to meet this really nice Frum Yungerman who is a real gentle soul.

B"H last week, there was a lot going on in my life. A lot of it was positive, some not so much.

I accepted a challenge to do an activity which goes against my nature. It kept me very busy B"H, and was a good experience to get out of my comfort level.

I'm trying to accept Hashem's will on the not positive stuff. It is not easy. It is much easier to accept that Hashem is in control when everything goes good, However when people are sick or die, it is more of a challenge.

B"H I need to be grateful that both of those were not in my family, they were close enough for it to affect me.

Hatzlocha Rabba!

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Re: MY PATH TO SANITY

Posted by lionking - 05 Jun 2018 13:09

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I haven't updated my thread in a while. I have had some good and bad times since last post. I ended up looking at porn and masturbating about a week ago. It was a little of a let down, however the prior two weeks was extremely stressfull and I was running on adrenalin, until I fell. So in one way, it was a wake up call to take care of myself.

B"H, I am doing much better these days. I finally started speaking to real people. Got my phone a little better restricted, which is a complicated matter for me. Too much restrictions, and I am itching to break through, which has happened in the past. Too little restrictions, and I don't need to break through. I think I found my happy medium.

Yesterday I was stressed out at work and had the ability to check out some porn. I'm not going to claim I didn't even have the desire to look at porn. It was there strong and kicking. Instead I took a nice walk outside to air out my brain a little.

Last night I noticed how deeply rooted this issue is. I was up a lot with my baby. Pretty frustrating to be woken up every 45 minutes.

At about 2am, I get on to my phone and opened up Google maps to see what I can find on street view... After a few short minutes, I caught myself. "*What are you doing?!*" I B"H stopped right away and went back to sleep.

I got a long road ahead of me, but looking forward to the journey.

Hatzlocha Rabba everyone!

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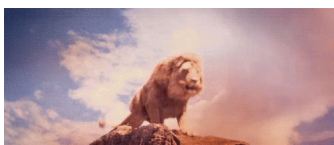
Re: MY PATH TO SANITY

Posted by Markz - 19 Jun 2018 04:27

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How's life?

Give us a shout!!



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