

**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 mzl - 27 Jul 2018 18:30

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It was in response to cordnoy's "G-d help us" statement ...

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Re: MY PATH TO SANITY

Posted by cordnoy - 27 Jul 2018 19:01

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[mzl wrote on 27 Jul 2018 18:30:](#)

It was in response to cordnoy's "G-d help us" statement ...

Which was in response to your referrin' to him as "Mr. depressed guy," and that "if it's clinical, he might as well forget about recovery for the time bein', for ain't nothin' gonna help."

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Re: MY PATH TO SANITY

Posted by mzl - 27 Jul 2018 21:04

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[cordnoy wrote on 27 Jul 2018 19:01:](#)

[mzl wrote on 27 Jul 2018 18:30:](#)

It was in response to cordnoy's "G-d help us" statement ...

Which was in response to your referrin' to him as "Mr. depressed guy," and that "if it's clinical, he might as well forget about recovery for the time bein', for ain't nothin' gonna help."

Yep. One can live with addiction, but someone who is clinically depressed sometimes doesn't go on living at all. Since obviously most people don't know this, people who know have to say it.

But the prognosis for depression is excellent. For that there is a cure.

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Re: MY PATH TO SANITY

Posted by lionking - 27 Jul 2018 22:52

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I'm not depressed. The people who know me and interact with me on a daily basis feel that way too. Sometimes I get slightly down due to different events. Just regular ebbs and flows of real life.

Have a good shabbos!

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Re: MY PATH TO SANITY

Posted by Markz - 27 Jul 2018 22:59

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[lionking wrote on 27 Jul 2018 22:52:](#)

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Does text count as interaction?

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Re: MY PATH TO SANITY

Posted by lionking - 27 Jul 2018 23:23

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[Markz wrote on 27 Jul 2018 22:59:](#)

[lionking wrote on 27 Jul 2018 22:52:](#)

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Sorry, forgot to ask the Doc's opinion.

Do you feel I am depressed?

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Re: MY PATH TO SANITY

Posted by Markz - 29 Jul 2018 02:13

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[lionking wrote on 27 Jul 2018 23:23:](#)

[Markz wrote on 27 Jul 2018 22:59:](#)

[lionking wrote on 27 Jul 2018 22:52:](#)

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Sorry, forgot to ask the Doc's opinion.

Do you feel I am depressed?

My opinion:

1. I'm not a doc. And I don't wanna be
2. You are not depressed

Just take your meds and you'll be fine

Ok, just kidding

Get to the Gym and you'll feel fine. And if not, you know what to do next :-)

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Re: MY PATH TO SANITY

Posted by mzl - 29 Jul 2018 03:05

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[lionking wrote on 27 Jul 2018 22:52:](#)

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Good for you.

You just need to attack your sex addiction then.

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Re: MY PATH TO SANITY

Posted by lionking - 29 Jul 2018 03:46

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[Markz wrote on 29 Jul 2018 02:13:](#)

[lionking wrote on 27 Jul 2018 23:23:](#)

[Markz wrote on 27 Jul 2018 22:59:](#)

[lionking wrote on 27 Jul 2018 22:52:](#)

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I think I might be suppressed. I wanted to be a Doc.

Remind me again, what I should do next? Was that bike riding?!

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Re: MY PATH TO SANITY

Posted by lionking - 29 Jul 2018 22:04

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Today was a good day.

I started working on a long overdue project.

I fixed something around the house.

I helped out at home with the kids.

I straightened up the house and prepared supper.

I am grateful for the fact that the weather was nice.

I am grateful to my wife, for taking the kids to the park and giving me 2 hours respite.

Hatzlocha Rabba everyone!

Edit:

Ok, not the greatest. I fell asleep during bedtime and left the rest to my wife to deal with.

Woke up grumpy and lost it with one of my kids. Need to be more patient with them.

Things to work on...

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Re: MY PATH TO SANITY

Posted by i-man - 30 Jul 2018 03:29

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This is something I love about this place : Guys come here doing pretty messed up stuff , with major issues , and than as they slowly work on themselves little by little , suddenly their analyzing little things determining If their being the best possible husband ...awesome

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Re: MY PATH TO SANITY

Posted by lionking - 30 Jul 2018 04:19

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I'm far from working on myself. And definitely far from from being a decent husband.

The few things I have learned over the years is the following:

Working on my lust issues, is not going to work. I cannot focus on stopping, or not lusting. (Ex. Thinking about the pink elephant...)

Large major goals, are not attainable. They only cause me to fall.

I need to work on actually living life, and appreciating all the small great stuff I got to be thankful for.

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Re: MY PATH TO SANITY

Posted by lionking - 30 Jul 2018 22:13

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Today wasn't so great.

Got up 2 hours late. Barely davened Shachris. Stuck an extra hour on train due to some delays. Looked once too many on the people onboard. B"H was able to somewhat distract myself. Feeling restless all day, and not focusing at work. I'm working but my mind is not there.

I need to work now for the next hour to an hour and a half, on a mostly unfiltered computer. Committing BL"N to donate \$50 for any none work related browsing. Including this site.

Signing off now for the time being...

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Re: MY PATH TO SANITY

Posted by lionking - 02 Aug 2018 13:49

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I slipped a little last night. (Ok, be honest. It was a little more than a little slip).

A great fellow allowed me to rant a little. I'm greatly appreciative of him donating his time to offer me a sympathetic ear. Shout out to the Eskimo! (You know who you are...)

I'm going to renew my above kaballah BL"N for the entire day today except for 2 sites, which aren't work related, but I need to do for my household purposes.

Hatzlocha Rabba!

*"insanity is not a state of the mind, it is the journey to that state"*

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Re: MY PATH TO SANITY

Posted by lionking - 03 Aug 2018 14:22

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I fell again this morning. Seems to be a once weekly event unfortunately now.

I still don't feel than I am powerless over this struggle. I just feel that I haven't tried hard enough.  
I might be deluding myself.

Going to try another time with some tweaks to my life.

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