

## 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 lionking - 09 Sep 2019 12:34

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I was a little setback from posting due to a PM I received where someone wrote to me that my posts were offending other people. My ego was slighted, and I didn't want to post any more offending posts. However, I finally told myself to grow up and not care what some random person wrote. If he feels my posts are a problem, that's his problem, not mine.

p.s. Mr. Anonymous: Please don't respond to this post, because then everyone would know who wrote that PM. I got over it and forgave you already.

I had an interesting phenomenon last night, I was in the middle of an intense project, didn't eat or sleep well, and suddenly I notice that I am rubbing myself through my clothes. I B"H stopped right away. However, it shows how badly these are my default reflexes in dealing with stress.

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Re: MY PATH TO SANITY

Posted by Hashem Help Me - 09 Sep 2019 12:58

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How do you send an anonymous PM? Doesn't your username automatically show up?

In general, never pay attention to anything anonymous. If someone is not courageous enough to identify himself, his comments should not be reckoned with. Your posts are too valuable to stop. Hatzlocha.

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Re: MY PATH TO SANITY

Posted by Gevura Shebyesod - 09 Sep 2019 13:48

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Re: MY PATH TO SANITY

Posted by i-man - 09 Sep 2019 14:17

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Interesting, when I read lion king's posts I find that they exude warmth and "aidelkeit", maybe someone is overly sensitive or jealous..

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Re: MY PATH TO SANITY

Posted by lionking - 09 Sep 2019 14:18

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Perhaps I should look into Colin's Mindfulness program. A big chunk of the time I start acting out subconsciously. I need to learn to live in moment and really feel my emotions, actions, and moods.

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~~LK can see who it is, he's just too nice to embarrass the guy by telling the rest of us.~~

Hatzlocha

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Re: MY PATH TO SANITY

Posted by lionking - 09 Sep 2019 15:17

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[i-man wrote on 09 Sep 2019 14:17:](#)

Interesting, when I read lion king's posts I find that they exude warmth and "aidelkeit", maybe someone is overly sensitive or jealous..

Well I am both. I have a major ego issue and am sensitive, and as much as I fargin people, I definitely have a jealousy problem. Some of my not so nice character traits.

I wish I can genuinely be happy for other people.

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Re: MY PATH TO SANITY

Posted by Hashem Help Me - 10 Sep 2019 01:01

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[lionking wrote on 09 Sep 2019 12:34:](#)

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It is truly amazing how "well" we trained ourselves. Any time I am feeling stress "that muscle down there" tightens up, as if it has a mind of its own, and as if it is just waiting to be used as the release. BH I am aware of it and I don't beat myself up for it even if there is a slight erection, and honestly it has BH!! diminished in frequency and severity. I know why it is happening and

understand that the initial reaction is subconscious and my job is to not chas v'shalom proceed further. For years my hands went straight there whenever there was any stress or emotional pain, so what can I expect? Years of touching and worse don't just get erased overnight. Of course I hope and pray that it disappears completely one day, but even if that day never comes to be, I am at peace thanks to GYE and all the great chevra here.

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Re: MY PATH TO SANITY

Posted by sleepy - 10 Sep 2019 01:15

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[lionking wrote on 09 Sep 2019 12:34:](#)

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did you pm him first or did he randomly pm you offensively?

someone pm'd me recently ,also anonymously, and boy did i give him a piece of my mind , and to anyone who knows how little i have left will admit that it was pretty generous of me!

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Re: MY PATH TO SANITY

Posted by sleepy - 10 Sep 2019 01:39

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[sleepy wrote on 10 Sep 2019 01:15:](#)

[lionking wrote on 09 Sep 2019 12:34:](#)

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Re: MY PATH TO SANITY

Posted by lionking - 24 Sep 2019 11:56

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Just a quick status update.

BH I've been clean the past couple of weeks. It is only Thanks to Hashem. I can't without him.

Life is extremely stressful. I'm balancing tons of projects and not eating or sleeping normally the last few weeks. Should settle down first day of Sukkos IY"H.

I need some extra Siyata DShmaya these days.

May everyone be zoche to a good blessed year.

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Re: MY PATH TO SANITY

Posted by lionking - 25 Sep 2019 14:52

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Guys, you need to slow down a little!

There was a lot I wanted to comment about, However I'd rather grab some of those sleeping pills Markz offered. I think I'm finally craving more sleep than a sexual release.

BH, busy busy as usual.

Hatzlocha

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I walk away for a day and you leave me 5 pages of posts to read... I don't have time for that.  
Re: MY PATH TO SANITY

Posted by lionking - 02 Oct 2019 04:15

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This Rosh Hashana was my hardest one that I remember.

I woke up Erev Rosh Hashana, with a nocturnal emission. I felt terrible about it, even though I know I should just ignore it, being that I didn't do something to cause it, however it still feels bad.

B"H I was so busy Erev Yom Tov, I didn't have a moment to think about it.

Yom Tov went through in a blur. Half the time I didn't have a clear head to daven properly.

I want to share a thought that helped me through. I heard from Rabbi Fischel Schechter, that some people come for their own merit and Hashem judges them to see if they are worthy on their own merit.

However some people are judged by how they help others, they come and tell Hashem I'm not worthy of anything, I'm just here to help and provide for others, then Hashem provides them with the ability to assist others.

May Hashem help me be able to be a true servant of Him and his people.

I have more to write, however even the above was difficult for me to write. Perhaps I'll share some more of my thoughts at a different time.

Wishing all of you, and the entire Klal Yisroel a Gmar Chasima Tova!

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Re: MY PATH TO SANITY

Posted by Hashem Help Me - 02 Oct 2019 11:30

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You are the second person in the last few hours who reported (and agonized over) a nocturnal emission over the Rosh Hashana period. It happened to me a few years back so I know the horrible feeling to wake up and asses the situation - entering yom tov feeling lower that low. In Yuma we see how the Chachomim went to great lengths to keep the Kohen Gadol up the whole night of Yom Kippur so that he not experience such an emission which would render him unfit from doing the avoda. Many ask, "Are we really worried that the holiest yid on the holiest night in the holiest place will have that happen? Among the various answers, is that yes. Specifically now, the yetzer hora will do everything possible to undermine all those holy's. Zeh l'umas zeh, there always has to be a balance of kedusha and tumah in the world until Moshiach comes. We are working so hard to stay clean, and many of us, like you, are inspiring others by posting and sharing our challenges and successes. The yetzer hora cant stand that. He tries to demoralize us, break us, make us feel rotten and filthy. As you correctly write, an emulsion that comes without prior lusting is a complete onais, yet still we feel horrible. BH you moved on and were mechazek yourself. Take it as a compliment - he thought you were the Kohen Gadol doing the avoda. Maybe "up there" that's how they really look at you.

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Re: MY PATH TO SANITY

Posted by i-man - 02 Oct 2019 13:01

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That happened to me a few years ago on the 2nd night of Rosh Hashanah , it was very confusing and upsetting but I got past it and if I'm not mistaken that was the year I finally started making real progress on working on these challenges...

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Re: MY PATH TO SANITY

Posted by lionking - 04 Oct 2019 19:05

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I slipped last night. I read things which were arousing even if it wasn't erotica or porn, then I started to touch myself. B"H I caught myself and spent an hour and half distracting myself before going to sleep, so I shouldn't continue lusting in my sleep.

I need to be more vigilant going forward.

Git Shabbos everyone.

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