

MY PATH TO SANITY

Posted by lionking - 23 Apr 2017 17:35

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'.

=====

Re: OUT OF THE SHADOWS

Posted by Shivisi_Hashem - 26 Apr 2017 00:18

Hay lionking, welcome back to our community, stay strong, we are at your side, we won't let you fall, will support you any time its needed, you just let us know and we will escort you. You are at the right place.

=====

Re: OUT OF THE SHADOWS

Posted by serenity - 26 Apr 2017 02:50

Welcome to the new you! You sound like you have figured out a lot over your time here in your prior incarnation. Best wishes for good tidings.

=====

=====

Re: OUT OF THE SHADOWS

Posted by Singularity - 26 Apr 2017 13:20

[Gevura Shebyesod wrote on 24 Apr 2017 00:59:](#)

Sing has it in his sig.

Darn. And I've been lazy as of late.

Enjoy your 9!

Welcome back!

Happy counting!

=====

=====

Re: OUT OF THE SHADOWS

Posted by lionking - 28 Apr 2017 04:01

Thanks everyone for your support. Today was a hard day. Put in 14 hrs at work was busy non stop, Didn't feel accomplished. Don't get any recognition or extra pay for it. Just had too much going on. Definitely a trigger "friendly" day. Got an urge to watch a movie but didn't act on it. Hopefully tomorrow will be calmer. Looking forward to Shabbos!

=====

=====

Re: OUT OF THE SHADOWS

Posted by Singularity - 28 Apr 2017 08:11

Woohoo! Go you!

14 Hours? Gosh. I think your reward will come in ways you don't even know

=====
=====

Re: OUT OF THE SHADOWS

Posted by lionking - 28 Apr 2017 10:01

Nah, I've done this a couple of times before. I gave up looking for a reward. It is not healthy for me to expect anything from other people. It was a little rewarding to wake up now after 4 hrs of sleep in a better state of mind and thank God I haven't used the negativity and stress as an excuse to act out. Trying to live life including it's stressors and to recognize that they are from Hashem. Good Shabbos!

=====
=====

Re: OUT OF THE SHADOWS

Posted by Hashem Help Me - 28 Apr 2017 11:25

Welcome. Best wishes for success. Keep posting and iyh you will get there. Have you tried exercise as a stress reliever?

=====
=====

Re: OUT OF THE SHADOWS

Posted by lionking - 30 Apr 2017 04:06

HHM, I was going to report your post to the moderator. How dare you to even suggest exercise?! Don't you know I'm a top model for the couch potato? I had for the past few years, free membership at a popular gym and didn't even bother to check the place out.

(I'm just kidding about the first two sentences. I welcome every suggestion. The part about being inactive is true.

)

=====

=====

Re: OUT OF THE SHADOWS

Posted by lionking - 30 Apr 2017 04:12

HHM, Thanks for the welcome. I appreciated it. I'm not yet a chronic poster, but I'm starting to give my fingers some typing exercise.

=====

=====

MY PATH TO SANITY

Posted by lionking - 30 Apr 2017 17:22

Il slipped, but Thank God I didn't fall. I'm not sure if it would be beneficial to reset my count. I'm going to set a parameter, litmus test of sorts, if I slip once more like this in the next 7 days, I would consider it a fall and reset my count.

This past week/weekend was a real struggle. I ticked off every box of potential triggers. With tge Grace of Hashem I passed. Can't say my passing grade, since there were times that I was irritable with wife and kids. Overall I was OK. This morning I was overtired, and wasted close to two hours lusting, searching for stimulating subjects. My phone is filtered to an extent, so nothing really rated came up. But my mind was definitely not in a healthy place. I was almost going to bypass my filter, which used to be the standard next step. But only through Hashem's help, did I stop myself and went ahead to do other things. It totally wasn't me that stopped. I couldn't have done it. It must have been the ?????? ???? at work here. I expressed my gratitude to Hashem for his help and started focusing on the blessings I'm blessed with. I must learn to identify these moods and get into a proper mindset before I fail the next test.

=====

=====

Re: MY PATH TO SANITY

Posted by lionking - 02 May 2017 03:48

B"H I'm in a much healthier state of mind now. Yesterday was though. Wife was snapping on everything and everybody. I ended up responding back in pretty ok way. Got to hear how it is normal for her to have such a mood once in awhile, and how she feels when I'm in those

moods. Didn't have a response for that. It was a good wake up call.

Must have been a really powerful wake up call, Since I woke up in the middle of the night and couldn't fall back to sleep.

Warning: Spoiler!

As they say: "Life goes on..." Spent some quality time with my kids this afternoon and Wife offered to be available tonight, however we both knew she is too tired. Nothing will happen if I wait for a more opportune time.

Sex is optional, bonding and spending time together is not optional.

=====

Re: MY PATH TO SANITY

Posted by Hashem Help Me - 02 May 2017 03:54

Great observations. And don't you feel good that you had the self control to delay the sex?

=====

Re: MY PATH TO SANITY

Posted by lionking - 02 May 2017 04:23

[Hashem Help Me wrote on 02 May 2017 03:54:](#)

Great observations. And don't you feel good that you had the self control to delay the sex?

I'm still not in control. Everything is from the Higher Power.

I used to delay it even when I didn't have control and ended up Masturbating instead of doing it when my Wife was too tired, not in the mood.

Warning: Spoiler!

I'm still not ready to start feeling good about myself. Still got tons of work to do.

=====

Re: MY PATH TO SANITY

Posted by Hashem Help Me - 02 May 2017 04:42

We all have tons of work to do, but give yourself a pat on the back for the advances you made.

=====