

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'.

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Re: MY PATH TO SANITY

Posted by lionking - 08 May 2017 01:04

Haven't updated in a while. Resources are low. Got hit hard with my 3 stress types. Physical, Emotional, Spiritual. Perhaps will explain another day. I might be flying low, but still hanging on.

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Re: MY PATH TO SANITY

Posted by Hashem Help Me - 08 May 2017 11:11

It should be with hatzlocha.

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Re: MY PATH TO SANITY

Posted by yiraishamaim - 08 May 2017 11:21

Hang in there. This too shall pass.

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Re: MY PATH TO SANITY

Posted by Gevura Shebyesod - 08 May 2017 13:30

[lionking wrote on 08 May 2017 01:04:](#)

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Engage terrain-following mode, and make sure your attitude is upright and your altitude stays

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Re: MY PATH TO SANITY

Posted by eslaasos - 08 May 2017 18:51

[lionking wrote on 08 May 2017 01:04:](#)

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Thanks for reaching out. Hope the rest of the day goes better for you.

Got any plans how to encourage that?

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Re: MY PATH TO SANITY

Posted by lionking - 08 May 2017 19:04

Thanks everyone for their support. Thankfully I didn't hit any turbulence (lust, acting out, etc...)
Just flying on a empty tank.

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Re: MY PATH TO SANITY

Posted by MayanHamisgaber - 08 May 2017 19:08

Time to refill on some

Warning: Spoiler!

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Re: MY PATH TO SANITY

Posted by lionking - 08 May 2017 19:30

Ok, time to explain a little. One of my mine triggers is stress in it various forms. I have defined stress in the following 3 categories.

1. Physical - Anything from a headache, stomach ache, tiredness, actually being sick, hungry, allergies, cold, etc...
2. Emotional - Feelings of Despair, depression, anger, anxiety, low self-esteem, worry, etc...
3. Spiritual - Feeling like a failure in Ruchniyos, Feelings of guilt over past sins, not feeling like I am actually praying, feelings of emptiness.

L'Mushel the person as an army with limited resources (unlike some countries which can just continue to go in to debt.) they can only fight a limited amount of different fronts at a time, So to a person can only deal with a limited amount of issues at a time. The goal is to turn as much as you can into non-issues.

This past Friday, I got hit with feelings of despair, Co-workers dumped projects on me, feeling overworked and underpaid. I stopped myself and offered a prayer to Hashem, He should help me realize that my paycheck is not from My Boss, but from Him, and he should help my financial situation. However these thoughts keep coming up, I'm wallowing in despair. Add to the mix, I'm physically very under the weather, and you get a recipe for disaster. In the past I used to turn to my drug of choice and act out. Thank God that is not even on mind now. I just must pray it should remain that way, since I don't feel like I have the resources to fight if hit with lust.

I hope to update when I feel better!

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Re: MY PATH TO SANITY

Posted by MayanHamisgaber - 08 May 2017 19:35

Try calling one of the GEVALIDGA chevrah here

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Re: MY PATH TO SANITY
Posted by lionking - 08 May 2017 21:31

Update: I meant when a feel physically better. Hard to do anything, especially talking, when I'm coughing, sneezing every 10 seconds. Trying to catch my breath wheezing away. I'll be fine IY"H in a few days. Perhaps then I'll be able to speak to someone regarding my emotional stress...

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Re: MY PATH TO SANITY
Posted by yiraishamaim - 09 May 2017 01:11

Are you home from work because of your cold? If so, the extra time off might by itself present a challenge. If so it may pay to reach out even if you are all stuffed up.

Just my two cents.

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Re: MY PATH TO SANITY
Posted by tiger - 09 May 2017 01:21

Im joining lion king in the first category of triggers,woke up today with scratchy throat feeling run down,that always pulls me down, I have to learn not to focus on it "big deal it's only a cold for heavens sake", but no the whole world has to suffer couse I am getting a cold

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Re: MY PATH TO SANITY
Posted by tiger - 09 May 2017 01:23

Lets focus on everything good we had TODAY!!

I can write all night.....

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Re: MY PATH TO SANITY

Posted by Singularity - 09 May 2017 08:30

[lionking wrote on 08 May 2017 19:30:](#)

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I feel you completely. I have beef with God when it comes to my being sick. And I tend to overeat and have low self care. But I PG will try digest the idea that periods like these are incubation periods. I need to take care of myself or else it will just be so much harder once I'm let out into the wild again...

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