

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 Grant400 - 30 Dec 2020 22:08

[lionking wrote on 30 Dec 2020 20:08:](#)

I know I'm not doing good and need honest to goodness advice ***without any sugar-coating.***

Here's my take. I hope you don't hate me. I just simply care.

I wish I can lunge through your screen and grab you by the neck and shake you good and hard until you wake up. Your on GYE already for a while, quite a number of years. You are definitely super intelligent. You already know all the tricks and methods, all the insights and every idea

that has been dissected to death on this forum. Yet you're still coming with excuses. "I feel this way" and "I feel that way" and "I have to this" and "I have to that"...

WHY?!?!? Haven't you already seen the truth a million times? What more are you waiting for? Magic? One more idea that will transform everything for you? Another few years of reading endless posts?

My friend, do you want to look back in another 10 or 20 years and still be clicking thank yous on posts that "resonate"? Do you plan on still searching for "that" something forever?

You already have a toolbox full of equipment, now its time for to use them. It's time to tear yourself out of all this c**p! This disgusting filth!

No more feelings, or "ways I feel " or whatever excuse you can use to tame your guilt or your brain that is looking at you with horror. No more dissecting why you search for this specific naked person over a different kind of animal.

Just do. Accomplish. Change. Be a man you can look at in the mirror in 20 years. It's hard and brutal and torturous, but so is the status quo.

Numb, shmumb, Lionking.....Start on your path to sanity!

Please don't hate me, because I love you! Remember, I'm writing a story that takes alot of time and energy, just to get you to post...also you are really good looking...my,have you been going to the gym lately?

A now in hiding Grant

P.S. Assasination isn't necessary. Just negative my karma.

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Re: MY PATH TO SANITY

Posted by Markz - 30 Dec 2020 22:19

[Grant400 wrote on 30 Dec 2020 22:08:](#)

[lionking wrote on 30 Dec 2020 20:08:](#)

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A now in hiding Grant

Sir LION our holy KING, sit back as our dedicated Combat unit is already on its way to take down this General from his bunker so you can eat him alive

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 30 Dec 2020 23:47

[Grant400 wrote on 30 Dec 2020 22:08:](#)

[lionking wrote on 30 Dec 2020 20:08:](#)

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A now in hiding Grant

P.S. Assasination isn't necessary. Just negative my karma.

Markz, great fun as always.

General Grant (I hope they don't topple the statue)

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Warning: Spoiler!

Your still using

Warning: Spoiler!

When I use that motivation, do I want to be that person in 20 years that's a

Warning: Spoiler!

Too

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Re: MY PATH TO SANITY

Posted by Grant400 - 31 Dec 2020 00:03

[Hakolhevel wrote on 30 Dec 2020 23:47:](#)

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No it's not, it's intellect. It's a decision about what kind of person he wants to be, based on his religion and values.

Emotional would be if he made that decision based upon his being happier that way, which is not the case, because apparently he doesn't care much either way.

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Re: MY PATH TO SANITY

Posted by lionking - 31 Dec 2020 00:32

Grant, Thank you so much. I really appreciate it.

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Re: MY PATH TO SANITY

Posted by mggsbms - 31 Dec 2020 03:45

[Grant400 wrote on 31 Dec 2020 00:03:](#)

[Hakolhevel wrote on 30 Dec 2020 23:47:](#)

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This is a very useful distinction. As a side note living our values will likely make us happier as well.

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Re: MY PATH TO SANITY

Posted by lionking - 31 Dec 2020 22:37

Reb Grant, I just reread your post and I really appreciate it. One such post a day will really do me good.

So B"H over the years I'm on GYE I have grown a lot. I went from someone who in the past watched hardcore porn on almost a daily basis and was constantly hiding, to someone who has had multiple long stretches of time clean.

I went from someone who struggled immensely with resentment and improper stress management, to someone who has mostly overcome resentment and is able to manage stress in a healthier way.

B"H my relationship with my wife has improved a lot as well. Not that we had sex often, but B"H my wife tries to be available once a week when allowed. I really appreciate her, especially after reading what some other people go through.

However I still have my Up's and Down's, and I am trying to overcome those periods as well.

Currently I'm going through a challenging time of extended abstinence due a certain condition. That alone would be hard enough. What excebrates the problem is the fact that my wife wants to be intimate. It is hard to cuddle, etc... without getting aroused. I am trying to work on it but would greatly appreciate if anyone has any advice to share.

Thank you!

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Re: MY PATH TO SANITY

Posted by lionking - 01 Jan 2021 13:00

Struggling now.

I woke up today in a highly aroused state. Trying to distract myself.

I so want to masturbate to just get rid of this feeling.

Hashem, please give me the power to overcome it.

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Re: MY PATH TO SANITY

Posted by lionking - 01 Jan 2021 15:56

[lionking wrote on 01 Jan 2021 13:00:](#)

Struggling now.

I woke up today in a highly aroused state. Trying to distract myself.

I so want to masturbate to just get rid of this feeling.

Hashem, please give me the power to overcome it.

B"H I'm ok now. A special thank you to HakolHevel for reaching out. It was greatly appreciated.

Wishing everyone a Good Shabbos!

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Re: MY PATH TO SANITY

Posted by Ish MiGrodno - 01 Jan 2021 20:16

Currently I'm going through a challenging time of extended abstinence due a certain condition. That alone would be hard enough. What excebrates the problem is the fact that my wife wants to be intimate. It is hard to cuddle, etc... without getting aroused. I am trying to work on it but would greatly appreciate if anyone has any advice to share.

I have no advice. You are an incredible hero for partaking of the cake yet resisting the frosting!

Just wondering if this is perhaps a question for daas torah. There is no shall that she deserves intimacy; yet the question is how far to go, since it may cause michshol in your current vulnerable state.

If you DO ask, just make sure that you take eitzah from someone who is well versed in these inyanim (now just in halacha).

If you start a thread on the Married Forum, you may get more responses and candid eitzos.

Stay strong, Good Shabbos!

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Re: MY PATH TO SANITY

Posted by lionking - 01 Jan 2021 20:32

Thanks, I'm no hero just trying to do what's right.

I'm not going to elaborate, I will just say the following. I asked a shaila and was advised on a permissible way, however that let to my latest streak of falls, since it awakened a certain lust I had avoided. (I'm not going to elaborate but his eitza wasn't any irregular positions, etc...)

I need to really tell him about my lust struggles as well in order to get a real psak. Unfortunately I don't feel ready to discuss it with him.

My wife and I have discussed this and are working on a mutually acceptable option.

The problem is usually not while we are together, it is the next morning or a day or 2 later that I struggle with it.

Thanks, Gut Shabbos!

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Re: MY PATH TO SANITY

Posted by lionking - 03 Jan 2021 14:21

Last night, I was overcome with an itch to masturbate. I decided to skip saying "???" and "???" and go right to sleep instead, it was 11:30 already and I was zonked. I was afraid, that once I stay up late, I might end up acting out as well.

I've been thinking over Shabbos that perhaps I'm going about this wrong.

For years, I was mostly B"H successful in disassociating relations with my wife with lust. Sometimes I still did it lustfully, but for the most part it was done in a loving manner and with the outlook that it's a mitzvah. I'm sure there is a lot of taaveh still involved, I'm only human, however it didn't awaken in me a taaveh to forbidden lust. It was like two distinctly separate things.

Perhaps, I just need to disassociate this current situation with the fetishes I have. I need to rewire my brain that this activity between my wife and I is holy even if it resembles a fetish of mine which is from the forbidden lust. There is no reason for it to awaken in me a desire for forbidden acts.

Sorry if my ramblings don't make sense. I'm just sharing what's on my mind.

Today marks the beginning of Shovavim. I want to BL"N renew my kabala of not watching any movies or tv shows. For the most part it is not a challenge, except for this one show which I got hooked on it and it is mostly clean (some actors aren't dressed so tzenusidik, nothing worse than what's on street all year). I wouldn't have a problem with my wife watching it with me, except for the fact that she would might feel that it's past nisht for a chasidische yungerman to watch secular entertainment.

Wishing everyone a successful day.

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Re: MY PATH TO SANITY

Posted by Grant400 - 03 Jan 2021 15:34

[lionking wrote on 03 Jan 2021 14:21:](#)

Last night, I was overcome with an itch to masturbate. I decided to skip saying "???" and "???" and go right to sleep instead, it was 11:30 already and I was zonked. I was afraid, that once I stay up late, I might end up acting out as well.

I have a feeling that it was the holiest "???", and the most spiritual "???" you ever experienced.

I've been thinking over Shabbos that perhaps I'm going about this wrong.

Less thinking, more doing.

For years, I was mostly B"H successful in disassociating relations with my wife with lust. Sometimes I still did it lustfully, but for the most part it was done in a loving manner and with the outlook that it's a mitzvah. I'm sure there is a lot of taaveh still involved, I'm only human, however it didn't awaken in me a taaveh to forbidden lust. It was like two distinctly separate things.

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100%. IMHO, if lust isn't the motivation to engage in a specific act, it makes no difference if lust would be the motivation too. Technically every part has an aspect that lust enjoys.

Sorry if my ramblings don't make sense. I'm just sharing what's on my mind.

Share. Share. Share. We want to. Hear. Hear. Hear.

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An amazing kabbalah, harder than most people think!

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What do you think? Es pas take yu?

Wishing everyone a successful day.

Hey! Thanks! You too!

Your buddy,

Grant

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Re: MY PATH TO SANITY

Posted by lionking - 03 Jan 2021 15:58

R' Grant,

Thanks. I prefer your throat ripping screaming at me posts than this one, but appreciate the gesture.

I said zemiros this morning instead.

I'm not sure about the less thinking, more doing. Some thinking is good for me.

In truth, ess past takke nisht for me to have any shaichos to secular entertainment, however if that is enough of a deterrent, than ess past nisht to want to masturbate or to look at porn as well.

p.s. I'm waiting on a new installment of your story. No pressure, just saying... Thanks!

Much hatzlacha

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