

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 Grant400 - 03 Jan 2021 19:10

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[Markz wrote on 03 Jan 2021 18:51:](#)

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

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 **ess past nisht** for a chasiddishe yungerman to watch secular entertainment.

Wishing everyone a successful day.

**ess past nisht**

Time for a new thread

Lioness is too busy with the cubs

She's not available twice a day

Its called "pass" besalo "nisht"

The Lion must "ess" or die

I guess it's not mating season...

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Re: MY PATH TO SANITY  
Posted by YeshivaGuy - 03 Jan 2021 19:19

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(These guys are the best)

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Re: MY PATH TO SANITY  
Posted by lionking - 03 Jan 2021 19:37

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Markz I'm afraid your off the mark this time, but I always love humor. Keep the smiles coming, you made my day!

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Re: MY PATH TO SANITY

Posted by Markz - 03 Jan 2021 20:27

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[lionking wrote on 03 Jan 2021 19:37:](#)

Markz I'm afraid your off the mark this time, but I always love humor. Keep the smiles coming, you made my day!

The goal was to make your day. I'm never off my markz

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Re: MY PATH TO SANITY

Posted by i-man - 04 Jan 2021 00:42

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Lionking

nice to see that your active on the forum -

always a good read...

[www.TorahAnytime.com/#/lectures?a=135533](http://www.TorahAnytime.com/#/lectures?a=135533)

I highly recommend this shmuz from Rabbi Kalish menahel of the Waterbury yeshiva ,

he talks about learning from the yetzer horaah how to be satisfied with little steps it's really good lecture for us Gye chevra(not the typical chizzuk)

Im not saying your a perfectionist

**Warning: Spoiler!**

But it does sound like your setting very lofty goalposts.

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Re: MY PATH TO SANITY

Posted by lionking - 05 Jan 2021 02:09

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I-man, Thanks for the share. I listened to it twice, and still didn't process half of what he's saying. It's a great shmuess, but too long to process with a half a ear while working.

One concept he mentioned from Harav Don Segal, is something which I have mentioned some time ago here on the forum. "? ???? ?????. About sometimes a person doesn't have a bechira on the actual fall, his avoda is only how to proceeds afterwards.

Also, he talks about intimacy and physical touch as an expression of love.

Really nice shiur, perhaps it will make it into a GYE boost one day.

Thanks so much for sharing.

Quick update, B"H, I'm doing ok.

Hatzlocha Rabba!

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Re: MY PATH TO SANITY

Posted by lionking - 08 Jan 2021 18:55

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B"H was very busy this week and didn't get around to updating as often as I wanted.

I'm B"H doing well.

A huge thank you to all of you that reached out to me off GYE. Advice was greatly appreciated.

Git Shabbos everyone!

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Re: MY PATH TO SANITY  
Posted by lionking - 11 Jan 2021 15:34

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I fell late last night. B"H no porn, just masturbation.

I spoke to HHM yesterday morning and he gave me ideas how to IYH succeed.

Last night I just didn't have a strength to try to fight. I fell asleep sitting in a compromising position. I woke up in middle of the night with a partial emission and my brain no longer in my head but down there. The urge to finish was too strong.

B"H I had a nice good 2 weeks, time to move onwards and not fall into the viscous constant falling cycle.

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Re: MY PATH TO SANITY  
Posted by Grant400 - 11 Jan 2021 17:36

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[lionking wrote on 11 Jan 2021 15:34:](#)

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B"H I had a nice good 2 weeks, time to move onwards and not fall into the viscous constant falling cycle.

Thanks for sharing.

Oh, his majesty, our dear beloved king, is voicing chizuk permitted now?

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Re: MY PATH TO SANITY  
Posted by lionking - 12 Jan 2021 00:42

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Grant, Thanks for the offer. Beggars can't be choosers. I was told by someone to graciously

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Re: MY PATH TO SANITY  
Posted by Grant400 - 12 Jan 2021 01:45

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[lionking wrote on 12 Jan 2021 00:42:](#)

Grant, Thanks for the offer. Beggars can't be choosers. I was told by someone to graciously

Ok, here goes. The fact that you're keeping a log, and holding yourself accountable to the group, is already a whole different situation.

Yes you fell, that happens to every single person throughout their life. But you fell while actually implementing as many of the tools as possible. You didn't go down without a fight. You fell like a glorious soldier in battle, fighting with a fire burning in him for the cause he held was just. You went down like a proud warrior.

Now pick yourself up like a proud warrior.

Um...Your highness.

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Re: MY PATH TO SANITY

Posted by lionking - 12 Jan 2021 02:18

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Mr. General, Your Highness would like to disagree with your professional opinion.

But you fell while actually implementing as many of the tools as possible. You didn't go down without a fight. You fell like a glorious soldier in battle, fighting with a fire burning in him for the cause he held was just. You went down like a proud warrior.

I actually wasn't implementing any tools last night and didn't put up a fight. I didn't act out in a feeling of lust. It was more like just get this over with already. I know you would say I didn't need to do it, but I'm not rewired yet.

The battle was today, to not let myself get sucked in to the rut, and decide to continue acting out because I need to restart anyways. I did struggle with that thought twice today.

I'm not a warrior. I usually sit in my palace and allow my General's to take care of the battlefields for me.

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Re: MY PATH TO SANITY

Posted by Grant400 - 12 Jan 2021 03:06

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[lionking wrote on 12 Jan 2021 02:18:](#)

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But you fell while actually implementing as many of the tools as possible. You didn't go down without a fight. You fell like a glorious soldier in battle, fighting with a fire burning in him for the cause he held was just. You went down like a proud warrior.

I actually wasn't implementing any tools last night and didn't put up a fight. I didn't act out in a feeling of lust. It was more like just get this over with already. I know you would say I didn't need to do it, but I'm not rewired yet.

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I'm not a warrior. I usually sit in my palace and allow my General's to take care of the battlefields for me.



Your highness, Mr. General would like to disagree with your royal opinion.

When I said you fell in battle, I didn't necessarily mean that you faught at the time that you fell. What I meant was that you've been putting up a valiant fight during the past two weeks, and even if you fell and it wasn't a mighty struggle, nevertheless you were in the midst of a war.

So yes, you fell down in the midst of a mighty war, even though in this particular battle you didn't call your trusty servants to assist in time.

You should always know that your soldiers are always ready to get down and dirty in the trenches and fight your wars with you! (But not for you.)

Grant

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Re: MY PATH TO SANITY  
Posted by lionking - 12 Jan 2021 04:59

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Grant, Thanks for responding in jest. I hope you don't mind my kidding around on my thread. I find it helps me stay positive when there is humor involved.

Keep up the good work! You are a true general!

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