

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 - 12 Jan 2021 14:23

My goal is to learn to not by default touch there, and to learn that I don't need to ejaculate.

It really doesn't matter if it is fall or not. Only thing I noticed is that sometimes there is a yiush involved on a fall, and a person feels like let me continue to act out a few days before starting again. That thought crossed my mind twice yesterday. B"H, I moved on.

Perhaps I should wire up my pants to give me a electric shock every time my hand goes there. I think it's easier to wire that up than to wire my brain.

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Re: MY PATH TO SANITY

Posted by lionking - 14 Jan 2021 15:28

B"H I'm doing ok. I'm trying to implement ideas which have been suggested to me by HHM and Grant.

Hatzlocha

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Re: MY PATH TO SANITY

Posted by Grant400 - 18 Jan 2021 01:13

How's the Lion?

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Re: MY PATH TO SANITY

Posted by lionking - 18 Jan 2021 01:36

[Grant400 wrote on 18 Jan 2021 01:13:](#)

How's the Lion?

Woah, are you a Navi or something?!

Actually I feel like a mouse now. Was trying to hide in a corner. Didn't think you'll see me sneak in to read your story.

I fell badly last night. I watched porn which I haven't done in a while and masturbated. In retrospect I know what led me to it, but I'm not looking for excuses. I'm looking to get better.

I don't have time to really post tonight. Will try to update tomorrow.

Thanks for checking up on me. Really appreciate it!

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Re: MY PATH TO SANITY

Posted by DavidT - 18 Jan 2021 02:21

[lionking wrote on 18 Jan 2021 01:36:](#)

[Grant400 wrote on 18 Jan 2021 01:13:](#)

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Thanks for checking up on me. Really appreciate it!

Hiding will be counterproductive... falls happen to the best of us , let's get out of hiding and try to focus on positive actions that will help us get up and stay up with the help of Hashem... one day at a time

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 18 Jan 2021 02:56

[DavidT wrote on 18 Jan 2021 02:21:](#)

[lionking wrote on 18 Jan 2021 01:36:](#)

[Grant400 wrote on 18 Jan 2021 01:13:](#)

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You speak the truth, but rarely have we come here because our mind and heart are in sync

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Re: MY PATH TO SANITY

Posted by Grant400 - 19 Jan 2021 01:46

[lionking wrote on 18 Jan 2021 01:36:](#)

[Grant400 wrote on 18 Jan 2021 01:13:](#)

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Thanks for checking up on me. Really appreciate it!

Ahem.

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Re: MY PATH TO SANITY

Posted by Markz - 19 Jan 2021 03:54

[Grant400 wrote on 19 Jan 2021 01:46:](#)

[lionking wrote on 18 Jan 2021 01:36:](#)

[Grant400 wrote on 18 Jan 2021 01:13:](#)

How's the Lion?

Woah, are you a Navi or something?!

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I don't have time to really post tonight. ***Will try to update tomorrow.***

Thanks for checking up on me. Really appreciate it!

Ahem.

Ahem Mir Beiten Ale

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Re: MY PATH TO SANITY

Posted by lionking - 19 Jan 2021 16:56

Thanks Grant for checking in on me and making sure I'm still alive.

Unfortunately I haven't been feeling well this week. I was physically not well and also stressed out about some issues.

I always find it more challenging when my immune system is down.

Thank you Ish MiGrodno for believing in me.

[Ish MiGrodno wrote on 19 Jan 2021 06:43:](#)

Tonight I am deciding to hold back because of Lionking's fall.

Huh?

Yup, Lion, I believe that your integrity is still fully intact.

And brother, if you feel like a mouse, know that your courage is what inspired me tonight.

I need to believe in myself with the same conviction others have in me.

I'm a pretty intelligent fellow, if I may toot my own horn, so why when it comes to porn do I act so stupid?!

Why can't I just convince myself that this isn't me. I don't look at porn or masturbate. It's just not

who I am or strive to be?!

Why should I go around feeling like a hypocrite, here is someone who doesn't use social media, doesn't go on to YouTube, doesn't look at secular or Jewish news sites, but yet goes on to porn sites?!

There was a long period of time, where I have BH developed a drop of a disgust to porn. I still struggled with masturbation and fantasies but actual porn was something I didn't do. I wish I can tap back in to that time. Now porn seems so sweet and enjoyable for me.

I need to look up to some great people here and learn from them. Someone like YeshivaGuy, Grant, the list is long, so many wonderful caring people out here.

As an aside which might be related, I noticed I have a hard time sticking to a regimen. Be it learning Daf Yomi, Saying daily tehillim, etc... I'm not sure why I find it difficult to maintain a daily schedule.

Any ideas or suggestions are welcome.

Thanks

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Re: MY PATH TO SANITY

Posted by lionking - 20 Jan 2021 17:28

Nothing much to add today. BH I'm feeling a lot better. Still stressed out about something's which I need to take care of, but not getting around to doing.

My stomach was hurting me this morning, which made me think about masturbating. I don't know what the relation is, it was just a thought. B"H I didn't do anything.

Have a good day everyone!

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Re: MY PATH TO SANITY

Posted by Grant400 - 20 Jan 2021 17:54

[lionking wrote on 20 Jan 2021 17:28:](#)

Nothing much to add today. BH I'm feeling a lot better. Still stressed out about something's which I need to take care of, but not getting around to doing.

My stomach was hurting me this morning, which made me think about masturbating. I don't know what the relation is, it was just a thought. B"H I didn't do anything.

Have a good day everyone!

I saw this post yesterday. I think it sums it up perfectly.

[Shteeble wrote on 25 Feb 2019 01:23:](#)

Learning to rewire my brain.

Problem: My feet are hot

Old Solution: Act out

New Solution: Take off my shoes.

Problem: I'm tired.

Old Solution: Act out.

New Solution: Go to sleep.

Problem: So and so is a nut.

Old Solution: Act out.

New Solution: Practice being humble.

Problem: I'm overwhelmed.

Old Solution: Act out.

New Solution: Focus on one top priority task at a time.

Problem: I'm Hungry.

Old Solution: Act out.

New Solution: Eat. (this is a chiddush.)

Problem: I'm thirsty.

Old solution: Act out.

New solution: drink water.

Problem: I'm worried.

Old Solution: Act out.

New Solution: accept the worst possible outcome. Make peace with it. Work to improve the outcome.

Problem: I wasted all day.

Old Solution: Act out.

New Solution: Recognize that low energy is a normal experience from time to time. Get started on a high priority task.

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Re: MY PATH TO SANITY

Posted by lionking - 21 Jan 2021 17:19

Yesterday I had a really intense day. Was busy at work for an extremely long time. I came home drained and with pent up tension.

I broke my commitment to not watch anything, and watched a clean movie which I had already downloaded on to my phone.

I don't feel bad about it. I think it was the right thing to do at that time, instead of trying to go to sleep and twisting and turning and ending up masturbating.

Feeling ok today.

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Re: MY PATH TO SANITY

Posted by Grant400 - 25 Jan 2021 02:26

New chapter = New update

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Re: MY PATH TO SANITY

Posted by YeshivaGuy - 25 Jan 2021 05:40

[lionking wrote on 21 Jan 2021 17:19:](#)

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Ur a special man. Keep shteiging and keep posting

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