

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 - 16 Feb 2021 01:37

[YeshivaGuy wrote on 15 Feb 2021 06:40:](#)

I wonder how this guys doing...

Thanks for checking up. I have a lot going on at the moment. Doing mostly ok.

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Re: MY PATH TO SANITY

Posted by lionking - 18 Feb 2021 14:40

I fell last night.

I constantly fool myself in thinking I can go on without the support of the forum or email/text.

This plaque breeds in isolation. Gotta stay connected.

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 18 Feb 2021 16:58

[Dov wrote on 20 Feb 2017 17:02:](#)

I think Shlomo24 said it all when he wrote that *change requires change*.

And Shteeble said the truth when he wrote that *if it's important to you then spend time on it*.

And I agree w Tiger who wrote that *opening up to a safe person* who understands is the way to go.

All that stuff says to me that if I look at how I conduct myself during the years of acting out, I will learn how to do things right...by basically doing the opposite. Isolation is king when I act out. Heck, even when I'm *not* acting out, the worse I feel the more I tend to isolate. If I am lusting or angry or sad, boy do I make myself lonelier by trachten un trachten, etc. and 'figuring it all out'...cuz after all, nobody can really understand me, right?

So if I wanna get right, then I need to do the opposite and start learning how to make friends, how to share myself without cleaning off all my dirt first, and to practice doing those things. Thinking about them will not help me. Thinking is a great part of my problem itself because it increases my fantasy of self-reliance and 'salvation through havonah' - and those things lead to one thing: more masturbation (in private, of course).

And I have learned that fake named friends are not really real friends. So what you really need ain't happening here staying on any forum. But it's a sweet intro.

And I have learned that self-honesty is the *fruit* of being honest with others. Kind of like na'aseh venishma works...counter-intuitive. The silly brain tells me that I need to first be fully self-honest so that I will know just what to say to others...and that's a lie.

So, continued hatzlocha you are on the path with us knuckleheads!

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Re: MY PATH TO SANITY
Posted by Markz - 18 Feb 2021 20:20

[lionking wrote on 18 Feb 2021 14:40:](#)

I fell last night.

I constantly fool myself in thinking I can go on without the support of the forum or email/text.

This **plaque** breeds in isolation. Gotta stay connected.

Cool Mint Listerine should do the trick.

You gotta either 'brush' up or get on the phone and feel free to roar like the Lion you are - don't be a stranger!

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Re: MY PATH TO SANITY
Posted by lionking - 19 Feb 2021 00:55

Thanks HakolHevel for unearthing a good post post from Dov. It's sad that a lot of people from that thread aren't around anymore. Dov barely posts. Tiger is in his jungle, Shlomo24 flipped out of here, Mayan Hamisgaber is happily married and doesn't have time for us.

Markz, you are so right. I've been brushing with scope all this time.

I should get back in touch. Will make BLN a goal to update daily until Purim.

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Re: MY PATH TO SANITY
Posted by lionking - 19 Feb 2021 22:20

Very stressed and busy today, but overall OK.

Gut Shabbos everyone!

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Re: MY PATH TO SANITY
Posted by Hakolhevel - 21 Feb 2021 00:54

Shavua Tov

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Re: MY PATH TO SANITY
Posted by lionking - 21 Feb 2021 03:27

Gut Voch,

I was very exhausted over Shabbos. Slept 9 hours at night and another 3 in the afternoon. Woke up feeling resentful towards my wife, why she can't be more available just for hugging. BH I got that out of my head by thinking about all the good I am blessed with and focusing on som positive aspects of my wife.

Struggled with hirhurim during davening. I was being bombarded with it.

Overall Shabbos was OK. I just wish I wasn't so tired all day.

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Re: MY PATH TO SANITY

Posted by Markz - 22 Feb 2021 05:03

[lionking wrote on 03 Feb 2021 05:12:](#)

A young woman visits her parents and brings her fiancé to meet them. After an elaborate dinner, the mother tells her husband to find out about the young man. The father invites the fiancée to his library for a drink. So what are your plans? The father asks the young man. I am a Torah scholar. He says. A Torah scholar, Hmmm, the father says. Admirable, but what will you do to provide a nice house for my daughter to live in, as she is accustomed to? I will study, the young man said, and God will provide for us. And how will you buy her a beautiful engagement ring, such as she deserves? asks the father. I will concentrate on my studies, the young man replies, God will provide for us. And children? asks the father. How will you support children? Dont worry, sir, God will provide, replies the fiancé. The conversation continues like this, and each time the father questions, the young idealist insist that God will provide. Later, the mother asks, How did it go, Honey? The father answers, He has no job and no plans, but the good news is he thinks I'm God.

Maybe you nailed the problem. You seriously want to believe your father-in-law, mother-in-law or your boss is Gd?

Stop being so serious!

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Re: MY PATH TO SANITY

Posted by lionking - 22 Feb 2021 13:22

I did something I shouldn't have done yesterday, and looked at pictures of Jewish woman, mostly dressed properly. I was a few clicks away from accessing less desirable content. B"H, Hashem saved me this time, and gave me the seichel to stop in time.

Going to try to patch this loophole and try to avoid searching for loopholes in the first place.

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Re: MY PATH TO SANITY
Posted by Markz - 23 Feb 2021 03:13

[lionking wrote on 22 Feb 2021 13:22:](#)

I did something I shouldn't have done yesterday, and looked at pictures of Jewish woman, mostly dressed properly. I was a few clicks away from accessing less desirable content. B"H, Hashem saved me this time, and gave me the seichel to stop in time.

Going to try to patch this loophole and try to avoid searching for loopholes in the first place.

Maybe say it like it is?

I'll improve your post slightly it's very subtle but makes a huge difference imho. permission granted?

I did something I shouldn't have done yesterday, and looked at pictures of Jewish woman, mostly dressed properly **on google standards**. I was a few clicks away from accessing **more** desirable content. B"H, Hashem saved me this time, and gave me the seichel to stop in time.

Going to try to patch this loophole and try to avoid searching for loopholes in the first place.

Your last paragraph is a contradiction in terms.

Are you avoiding loopholes, or patching?

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Re: MY PATH TO SANITY

Posted by lionking - 23 Feb 2021 04:15

I'm a constant contradiction. No surprises there.

...sites removed...

BH much better day today.

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Re: MY PATH TO SANITY

Posted by lionking - 24 Feb 2021 02:17

Doing ok. Very busy these days. Barely home. Trying to stick to my daily post commitment.

Good night everyone!

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Re: MY PATH TO SANITY

Posted by Markz - 24 Feb 2021 03:29

[lionking wrote on 24 Feb 2021 02:17:](#)

Doing ok. Very busy these days. Barely home. Trying to stick to my daily post commitment.

Good night everyone!

Good job.

Another day on the 'path to Sanity'

Another homerun for the Cubs

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