

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 - 26 Feb 2021 04:55

I almost missed my daily post. BH doing OK.

Not sure if I'll get a chance to post tomorrow, my next post IYH will be Motzei Shabbos.

Have been implementing an idea I heard from R' Fischel Schechter shlit"a to choose 3 things every morning to be thankful of, right after Modeh Ani.

May we all be zoche to the hashpoas of Purim. Each one of us what Hashem knows we need

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Re: MY PATH TO SANITY

Posted by lionking - 28 Feb 2021 01:34

Gut Voch,

B"H Purim was very nice. I think there were less inappropriately dressed people this year, or maybe I just didn't notice them. I didn't notice the bottle of wine getting emptied either.

Shabbos was nice. Suffered some hangover effects.

Now begins the real test, we are already within 30 days of the geulah.

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Re: MY PATH TO SANITY

Posted by lionking - 01 Mar 2021 05:23

BH I had a very busy day today. Noticed I took a few times a 2.5 second look.

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Re: MY PATH TO SANITY

Posted by lionking - 02 Mar 2021 03:22

Hard for me to post tonight.

Ive been sitting by a computer for 13 hours already. My eyes need a break.

Doing good. Trying to go with the flow and accept Hashem's will.

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Re: MY PATH TO SANITY

Posted by lionking - 02 Mar 2021 18:41

I hate to have to share the below. I'm sure I will disappoint some people. I am definitely disappointed in myself.

I fell late last night.

I was browsing a certain popular shopping site (name hidden to prevent triggers) and chanced on a inappropriate picture, that started a lust spree for about an hour on that site, and I began to touch myself. I finally caught myself and stopped and went to sleep.

I woke up 2-3 hours later, laying on my stomach, with such an urge to ejaculate. I unfortunately didn't hold back.

Lessons learned: Not much. I basically know all the lessons already, just need to implement them.

Things to do:

1. Finally close up the loophole that I mentioned 2 weeks ago. Even though I didn't fall through there and haven't checked it out again, it is about time I did something about it.
2. Exercise and relaxation techniques. Very important to make this a priority even when I'm not feeling the need for it.
3. Try to get to bed earlier. After 1am is not conducive to staying clean.
4. Perhaps lock all apps except important ones after 12:30am?

Will try to keep up my daily posts.

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Re: MY PATH TO SANITY

Posted by DavidT - 02 Mar 2021 19:41

[lionking wrote on 02 Mar 2021 18:41:](#)

I hate to have to share the below. I'm sure I will disappoint some people. I am definitely disappointed in myself.

Hi

?I think people would be more disappointed if you would not share your progress.

Our task on this world is to fight, not to win. Winning is a gift that we get sometimes and sometimes not.

"????? ?? ????? ????? ??? ??? ?? ?? ?????? ?? ????? ?? ?????? ??? ?????? ??????"

Yakov was not named ???? for the winning, he was named ????? for the struggle...

Please keep on sharing and NEVER give up!

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Re: MY PATH TO SANITY

Posted by OivedElokim - 02 Mar 2021 22:26

Your honesty is commendable.

Your determination is admirable.

We all have much to learn from you.

Keep up the good fight.

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Re: MY PATH TO SANITY

Posted by lionking - 03 Mar 2021 00:05

One off the list. I closed that loophole. Now I need to close the hole in my head.

B"H I'm not feeling in despair like other times. Had a little hard time getting up this morning, which can also be because I need more than 4 hours of sleep. Other than that, I had a decent day. Made sure to take breaks at work today.

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Re: MY PATH TO SANITY

Posted by YeshivaGuy - 11 Mar 2021 05:41

Hows it goin buddy?

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Re: MY PATH TO SANITY

Posted by lionking - 12 Mar 2021 06:54

YG,

Thanks for checking up.

I'm not doing well. I'm under the weather and my wife is not feeling well.

I'm swamped with work and just finished working for the day today.

I acted out 2 days ago.

I'm seriously lacking sleep.

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Re: MY PATH TO SANITY

Posted by lionking - 14 Mar 2021 02:40

Git Voch,

My previous update on my thread was a little negative. I really shouldn't post close to 2am anymore.

B"H Shabbos was nice. Going to accept the fact that the next 2 weeks will be very busy. Hopefully I won't stress too much about it.

My wife is still not doing so great, so I got a double dose of house work/cleaning for pesach as well.

Would really like to be able to just be together for hugs, but she is not feeling up to that either.

Wishing everyone a Git Chodesh

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Re: MY PATH TO SANITY

Posted by lionking - 24 Mar 2021 04:53

BH I'm extremely busy these days, both at work and at home. It is tempting to relax with you know what after a long day. I'm BH trying not to think in that direction. Really trying not to stress out these days.

I'm grateful that I have a job.

I'm grateful I have a beautiful family BH.

I'm grateful I can prepare for Pesach.

Wish I can get some more sleep and my wife should feel better.

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Re: MY PATH TO SANITY

Posted by lionking - 06 Apr 2021 22:20

I fell last night after 28 days.

The past week was murder.

Beginning from the first day of Chol Hamoed, It was constantly on my mind to masturbate and look at porn. As much as I tried to distract myself, it came back with such a vengeance.

My wife hasn't been available much the last while.

Last night was a combination of tiredness, rejection, and just a massive build up. Went searching for loopholes through the filter.

Today I am struggling to not go and repeat my fall, to put a stop to it and start fresh. I almost went to check out that site again.

Maybe going to set up screenshot accountability.

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 06 Apr 2021 23:17

Screenshot accountability is really good

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