

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 Teshuvahguy - 28 Dec 2022 15:34

[lionking wrote on 28 Dec 2022 15:30:](#)

Day 1

I haven't been very active on the forums for the past year and half. I have had numerous slips and falls over that period of time. I want to IYH recommit for at least the next 30 days to post a daily update.

?I fell last night with looking at sexual content available on mainstream shopping sites and masturbating. BH I haven't seen real porn in a long while. I wasn't feeling well for the past week and have been aroused for the last 2 days. I still haven't figured out how to get rid of my pacifier when I am not feeling well, stressed, tired, etc... I feel like such a baby, that all the big boys out

here are figuring out how to overcome this challenge, while I still fall every few weeks.

Going to try to post daily to keep myself accountable.

All us "big boys" are here for the same reason. Many of us use masturbation as a pacifier to help relieve stress and when we are not feeling well. A baby wouldn't be here. You are a man fighting a battle. Babies don't fight. Keep fighting!!

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Re: MY PATH TO SANITY
Posted by Sapy - 28 Dec 2022 16:13

Hey... look who's here! Hey don't call me a baby....

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Re: MY PATH TO SANITY
Posted by lionking - 28 Dec 2022 16:26

[Sapy wrote on 28 Dec 2022 16:13:](#)

Hey... look who's here! Hey don't call me a baby....

Just my feelings...

You're from the big boys!

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Re: MY PATH TO SANITY
Posted by Sapy - 28 Dec 2022 17:12

Why The hell do you think I figured anything out?...

jokes aside, it's good to have you back here.

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Re: MY PATH TO SANITY

Posted by lionking - 29 Dec 2022 12:27

Day 2

Yesterday was hard. Was feeling lethargic and a little feverish. Day past by in a blur. Praying for a better day today.

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Re: MY PATH TO SANITY

Posted by lionking - 30 Dec 2022 21:01

Day 3

Tough night last night. Woke up every 2 hours very aroused. Wanted to give in and just masturbate. B"H was successful.

Still not feeling well.

Good Shabbos everyone!

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Re: MY PATH TO SANITY

Posted by lionking - 02 Jan 2023 10:54

Day 0

Fell last night twice. Once I just masturbated mostly out of habit while stuck in the bathroom with a stomach ache and then got too aroused and started searching arousing material. Most links were blocked. I managed to find some content to read and masturbate again.

It really started with being lightheaded and dizzy Shabbos afternoon and feeling empty. Watched some clips to fill time and saw some woman not dressed appropriately. Wàs lusting all day and wasn't careful with my eyes on the street.

This medicine is really messing up with my hormones, it is so hard to feel down and lethargic. I function better when I feel productive.

I need help in strengthening my resolve and in learning how to overcome a challenge. Generally when I get very aroused I masturbate, either right away or within 2-3 days. Not sure how urge surfing works. It only works by me when it is a small urge.

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Re: MY PATH TO SANITY
Posted by Hashem Help Me - 03 Jan 2023 20:17

Welcome back buddy.

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Re: MY PATH TO SANITY
Posted by Hakolhevel - 04 Jan 2023 00:31

[lionking wrote on 02 Jan 2023 10:54:](#)

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I also found, as you mentioned, illness can sometimes cause a weaker resolve, plus in our search for "kosher" entertainment we find many things. Probably next time I'm sick, I'll stick to audio stuff only, less likely to find inappropriate stuff there.

On a related note. For those of us who have been doing this for a while, there are a endless amount of triggers that can lead to acting out.

Illness, stress, success, depressed, feeling good, feeling bad, bored, to busy. The list can go on and on.

SO what do we do? We have built to many neural pathways that lead to the same place?

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Re: MY PATH TO SANITY
Posted by lionking - 04 Jan 2023 00:45

Ok day today. First time in a really long while that I had headaches from fasting.

Semi productive.

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Re: MY PATH TO SANITY

Posted by YeshivaGuy - 06 Jan 2023 05:02

Don't have much eitzva, but great to see you. I look up to you and may you have hatzlocha bekarov.

YeshivaGuy

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Re: MY PATH TO SANITY

Posted by lionking - 09 Jan 2023 16:57

B"H doing ok. Did lust a little today and wasn't so careful where my eyes wandered on the street. Need to refocus. I was going to post more regularly. I have issues with commitment. Perhaps I need to work on that as well.

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Re: MY PATH TO SANITY

Posted by lionking - 22 Jan 2023 17:33

I slipped last night. I haven't gone on to YouTube in years. Went last night to check something "kosher" and quickly slipped in to searching inappropriate content. (ATTN: Accountability partner - please don't review the screenshots, I don't want to be you machshil. Thanks)

It is scary to know how much actual nudity and porn is available on YouTube. B"H I stopped without watching the really bad clips, but the thumbnail images were bad enough.

I need extra shmira the next few days since my lust level is heightened now.

In other news, (highly related) I am not in the best situation now. I keep on not feeling well and I am not in the best state of mind because of it. Feeling physically run down causes me to be emotionally run down as well, which leads me to try to placate myself with my drug of choice.

In better news, Unfortunately I constantly am able to get access if I really wanted (unless perhaps I am alone on the Sahara desert!), however last week I had a couple of times an extra opportunity to access porn without fear of anyone knowing or finding out, and B"H I didn't even have a struggle to look.

B"H I haven't accessed real porn in ages, I still struggle with fantasies, looking on the street, looking at shopping site models, reading inappropriate content, and masturbation, but visual content has been greatly reduced until last night.

I am working on the above and with Hashem's help I will IY"H succeed.

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Re: MY PATH TO SANITY

Posted by lionking - 31 May 2023 12:58

I'm back to my old thread. I fell last night. Late nights are a killer for me. I need to implement a normal bedtime and hold myself accountable to it.

I had unmonitored access and looked at some thumbnail search images. My network blocked the actual sites but I still was able to see arousing content for a few minutes. Then I struggled with wanting to masturbate for a while. I finally did in the wee hours of the morning. I need to be extra vigilant now. I'm already struggling with wanting to masturbate again. I need to make sure this is a one off, instead of a couple of days binge.

Thinking of implementing a bedtime accountability. I want to treat myself if I'm in bed before 12am every night except Friday night and Motzei Shabbos for the next 30 days. Anyone want to join?

I want to be more accountable but I struggle with reaching out. To all my friends out here, please don't let me go AWOL.

Thank you!

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