

**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'.

=====

Re: MY PATH TO SANITY

Posted by lionking - 31 May 2023 13:37

---

Been struggling for 20+ years, before my bar mitzvah even. Not sure if that is considered a success. It definitely isn't in my opinion.

Yes, I've come a long way. But I still keep doing things that are wrong every once in a while after so many years. I cannot get my brain rewired that these behaviors are off limits even if I am aroused, overtired, overwhelmed, stressed, fill in the blanks, etc...

=====

Re: MY PATH TO SANITY

Posted by i-man - 31 May 2023 16:27

---

---

[lionking wrote on 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!

Nice to see you again lionking(ly'H in the future should be from a place of having this behind you-if that ever happens to guys like us..) With the going to sleep issue,I found that for myself the most successful thing was having a chavrusa early in the morning.

I don't know if your schedule allows for that, but it's highly recommended. Specifically with a chavrusa who will rely on you.

Most large communities have great early morning chaburah options (think Kollel our Shmuel and the like).

Hatzlacha

=====

Re: MY PATH TO SANITY

Posted by Eerie - 31 May 2023 17:29

---

[lionking wrote on 31 May 2023 13:37:](#)

Been struggling for 20+ years, before my bar mitzvah even. Not sure if that is considered a success. It definitely isn't in my opinion.

Yes, I've come a long way. But I still keep doing things that are wrong every once in a while after so many years. I cannot get my brain rewired that these behaviors are off limits even if I am aroused, overtired, overwhelmed, stressed, fill in the blanks, etc...

My friend, of course that's success! The fact that you've been struggling for years, hey, that's the human condition to a certain extent. And you yourself admit that you've come a long way, so what's the question, of course that's success! Keep on trucking, my holy friend!

=====

Re: MY PATH TO SANITY

Posted by cordnoy - 31 May 2023 17:50

---

[i-man wrote on 31 May 2023 16:27:](#)

[lionking wrote on 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!

Nice to see you again lionking(ly'H in the future should be from a place of having this behind you-if that ever happens to guys like us..) With the going to sleep issue,I found that for myself the most successful thing was having a chavrusa early in the morning.

I don't know if your schedule allows for that, but it's highly recommended. Specifically with a chavrusa who will rely on you.

Most large communities have great early morning chaburah options (think **Kollel our Shmuel** and the like).

Hatzlacha

**Kollel our Shmuel - huge shoutout!!!!**

=====

Re: MY PATH TO SANITY

Posted by iwillmanage - 31 May 2023 21:07

---

[cordnoy wrote on 31 May 2023 17:50:](#)

[i-man wrote on 31 May 2023 16:27:](#)

Nice to see you again lionking(ly'H in the future should be from a place of having this behind you-if that ever happens to guys like us..) With the going to sleep issue,I found that for myself the most successful thing was having a chavrusa early in the morning.

I don't know if your schedule allows for that, but it's highly recommended. Specifically with a chavrusa who will rely on you.

Most large communities have great early morning chaburah options (think **Kollel our Shmuel** and the like).

Hatzlacha

**Kollel our Shmuel - huge shoutout!!!!**

Hey, S/O from me too!

I also joined when bedtime was becoming an issue. At first I thought that would be the end of my 'nightlife' activities, it didn't quite happen that way. But when I rocked up half an hour late after going to bed at 2 (instead of 4) and my chavruso had been waiting after having arrived on time more or less straight from the airport, it sure became a motivation to get to bed on time.

=====

Re: MY PATH TO SANITY

Posted by lionking - 01 Jun 2023 05:03

---

I never heard of Kollel Ohr Shmuel. Mornings is tough. Will try to find a chavrusa.

I already missed my deadline tonight. Wasn't feeling well and went in for a nap late afternoon. Needed to go out now to some simchah's and daven marriv.

Overall my day was mostly ok, except for a few minutes on the street, when I let my eyes wander a little.

=====

Re: MY PATH TO SANITY

Posted by lionking - 04 Jun 2023 03:49

---

Got Voch everyone,

Thursday night I made it to bed before my deadline, but was in a very sad mood due to hearing some difficult stories. I couldn't sleep and ended up masturbating late in middle of the night.

Shout out to HakolHevel for texting me in middle of the night but I didn't see it until the morning.

Friday I had a busy day but managed to stay sane.

Shabbos was ok. Was feeling a little down and out of sorts over Shabbos.

Trying to document my journey even though it's hard for me to post.

=====

=====

Re: MY PATH TO SANITY

Posted by Eerie - 04 Jun 2023 09:00

---

Your honesty and bravery are an inspiration for us all to own up and be real with ourselves.  
Keep it up, my friend!

=====

=====

Re: MY PATH TO SANITY

Posted by lionking - 06 Jun 2024 13:43

---

I am back here again. I haven't officially left and was lurking in the shadows reading everyone's posts, but not actively participating.

I have been doing pretty much ok for a while. In a certain sense I felt like I've "graduated" so to speak. Not that I haven't acted out occasionally during this past year. I did, but my mind was mostly ok. I fell, picked myself up and brushed myself off to start fresh.

I want to thank HakolHevel who is my web chaver and checks in on me. It has been very beneficial. May Hashem bless him with all the best!

Lately I have been going through a challenge time. I am really struggling and I find my mind fantasizing and thinking thoughts which are very not appropriate. It is really challenging.

I feel like Reb Chaim really summed it up so eloquently in his Posture of Pornography article. I might not be mindlessly browsing the Internet, but I feel like I am currently in this posture and will eventually keep on failing, unless I see myself out of it.

I am reaching out for the support of the community. For those that remember me and for all the new members out there, I can use some support.

Thanks for reading, Hatzlacha by all of you!

=====

Re: MY PATH TO SANITY

Posted by mggsbms - 06 Jun 2024 14:55

---

[lionking wrote on 06 Jun 2024 13:43:](#)

I am back here again. I haven't officially left and was lurking in the shadows reading everyone's posts, but not actively participating.

I have been doing pretty much ok for a while. In a certain sense I felt like I've "graduated" so to speak. Not that I haven't acted out occasionally during this past year. I did, but my mind was mostly ok. I fell, picked myself up and brushed myself off to start fresh.

I want to thank HakolHevel who is my web chaver and checks in on me. It has been very beneficial. May Hashem bless him with all the best!

Lately I have been going through a challenge time. I am really struggling and I find my mind fantasizing and thinking thoughts which are very not appropriate. It is really challenging.

I feel like Reb Chaim really summed it up so eloquently in his Posture of Pornography article. I might not be mindlessly browsing the Internet, but I feel like I am currently in this posture and will eventually keep on failing, unless I see myself out of it.

I am reaching out for the support of the community. For those that remember me and for all the new members out there, I can use some support.

Thanks for reading, Hatzlacha by all of you!



How can we forget?

It seems to be a theme here lately, guys going thru some tough times, it may also be a sign of the chevra going places with recovery, as the drug subsides every painful episode "feels" more painful as well.

May Hashem give you strength and clarity and comfort thru all your challenges, and don't hesitate to share, we are here for you.

=====

Re: MY PATH TO SANITY

Posted by youknowwho - 06 Jun 2024 16:13

---

[mggsbms wrote on 06 Jun 2024 14:55:](#)

[lionking wrote on 06 Jun 2024 13:43:](#)

I am back here again. I haven't officially left and was lurking in the shadows reading everyone's posts, but not actively participating.

I have been doing pretty much ok for a while. In a certain sense I felt like I've "graduated" so to speak. Not that I haven't acted out occasionally during this past year. I did, but my mind was mostly ok. I fell, picked myself up and brushed myself off to start fresh.

I want to thank HakolHevel who is my web chaver and checks in on me. It has been very beneficial. May Hashem bless him with all the best!

Lately I have been going through a challenge time. I am really struggling and I find my mind fantasizing and thinking thoughts which are very not appropriate. It is really challenging.

I feel like Reb Chaim really summed it up so eloquently in his Posture of Pornography article. I might not be mindlessly browsing the Internet, but I feel like I am currently in this posture and will eventually keep on failing, unless I see myself out of it.

I am reaching out for the support of the community. For those that remember me and for all the new members out there, I can use some support.

Thanks for reading, Hatzlacha by all of you!

How can we forget?

It seems to be a theme here lately, guys going thru some tough times, it may also be a sign of the chevra going places with recovery, as the drug subsides every painful episode "feels" more painful as well.

May Hashem give you strength and clarity and comfort thru all your challenges, and don't hesitate to share, we are here for you.

Of course we remember you! You're the guy who won Cordnoy's lingerie raffle! (and then )

Ditto to everything mggsbms so eloquently said, I've got nothing to add, except...

*Hakuna Matata!!*

=====

Re: MY PATH TO SANITY

Posted by redfaced - 06 Jun 2024 16:15

---

[youknowwho wrote on 06 Jun 2024 16:13:](#)

[mggsbms wrote on 06 Jun 2024 14:55:](#)

[lionking wrote on 06 Jun 2024 13:43:](#)

I am back here again. I haven't officially left and was lurking in the shadows reading everyone's posts, but not actively participating.

I have been doing pretty much ok for a while. In a certain sense I felt like I've "graduated" so to speak. Not that I haven't acted out occasionally during this past year. I did, but my mind was mostly ok. I fell, picked myself up and brushed myself off to start fresh.

I want to thank HakolHevel who is my web chaver and checks in on me. It has been very beneficial. May Hashem bless him with all the best!

Lately I have been going through a challenge time. I am really struggling and I find my mind fantasizing and thinking thoughts which are very not appropriate. It is really challenging.

I feel like Reb Chaim really summed it up so eloquently in his Posture of Pornography article. I might not be mindlessly browsing the Internet, but I feel like I am currently in this posture and will eventually keep on failing, unless I see myself out of it.

I am reaching out for the support of the community. For those that remember me and for all the new members out there, I can use some support.

Thanks for reading, Hatzlacha by all of you!

How can we forget?

It seems to be a theme here lately, guys going thru some tough times, it may also be a sign of the chevra going places with recovery, as the drug subsides every painful episode "feels" more painful as well.

May Hashem give you strength and clarity and comfort thru all your challenges, and don't hesitate to share, we are here for you.

Of course we remember you! You're the guy who won Cordnoy's lingerie raffle! (and then  
)

Ditto to everything mggsbms so eloquently said, I've got nothing to add, except...

*Hakuna Matata!!*

Hey YKW what the hell you doin' on the path to sanity?! Huh?! Scram !!

=====  
=====

Re: MY PATH TO SANITY

Posted by youknowwho - 06 Jun 2024 16:42

---

[redfaced wrote on 06 Jun 2024 16:15:](#)

[youknowwho wrote on 06 Jun 2024 16:13:](#)

[mggsbms wrote on 06 Jun 2024 14:55:](#)

[lionking wrote on 06 Jun 2024 13:43:](#)

I am back here again. I haven't officially left and was lurking in the shadows reading everyone's posts, but not actively participating.

I have been doing pretty much ok for a while. In a certain sense I felt like I've "graduated" so to speak. Not that I haven't acted out occasionally during this past year. I did, but my mind was mostly ok. I fell, picked myself up and brushed myself off to start fresh.

I want to thank HakolHevel who is my web chaver and checks in on me. It has been very beneficial. May Hashem bless him with all the best!

Lately I have been going through a challenge time. I am really struggling and I find my mind

fantasizing and thinking thoughts which are very not appropriate. It is really challenging.

I feel like Reb Chaim really summed it up so eloquently in his Posture of Pornography article. I might not be mindlessly browsing the Internet, but I feel like I am currently in this posture and will eventually keep on failing, unless I see myself out of it.

I am reaching out for the support of the community. For those that remember me and for all the new members out there, I can use some support.

Thanks for reading, Hatzlacha by all of you!

How can we forget?

It seems to be a theme here lately, guys going thru some tough times, it may also be a sign of the chevra going places with recovery, as the drug subsides every painful episode "feels" more painful as well.

May Hashem give you strength and clarity and comfort thru all your challenges, and don't hesitate to share, we are here for you.

Of course we remember you! You're the guy who won Cordnoy's lingerie raffle! (and then  
)

Ditto to everything mggsbms so eloquently said, I've got nothing to add, except...

*Hakuna Matata!!*

Hey YKW what the hell you doin' on the path to sanity?! Huh?! Scram !!

Ya know what? You're absolutely right!!

Especially since my day is turning out to be exactly like the sentiments expressed in your new avatar...

Poof, I'm gone!

=====  
=====

Re: MY PATH TO SANITY

Posted by lionking - 07 Jun 2024 21:50

---

Thanks everyone that responded or acknowledged my message.

I guess I predicted myself. I acted out last night. Was in a extreme rotten mood and wired up so couldn't sleep, was desperate to act out and finally found something to read which I was able to access to act out with. I felt a little like I was possessed by something to get my release.

Still not feeling well today. Went to the doctor and got medication. Hopefully I can snap out of this quickly.

On a positive note, B"H I was very successful on the street today and did a decent job with my thoughts. Praying for a better week.

Git Shabbos!

=====  
=====