

## MY PATH TO SANITY

Posted by lionking - 23 Apr 2017 17:35

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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 - 03 Nov 2017 17:55

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DAY #1

Recently on the forum some people mentioned that posting everyday their progress helps them. Going to try.

Today is Day 1.

I didn't look at porn or masturbate yesterday or the day before, as a matter of fact, Thank God, I didn't even have a struggle recently. However every day is day 1.

Hatzlocha Rabba!

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Re: MY PATH TO SANITY

Posted by Markz - 03 Nov 2017 18:52

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[lionking wrote on 03 Nov 2017 17:55:](#)

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Hatzlocha Rabba!

Welcome to the crazy club

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Re: MY PATH TO SANITY

Posted by lionking - 03 Nov 2017 21:23

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[Markz wrote on 03 Nov 2017 18:52:](#)

[lionking wrote on 03 Nov 2017 17:55:](#)

DAY #1

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Hatzlocha Rabba!

Welcome to the crazy club

My path to INSANITY

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Re: MY PATH TO SANITY

Posted by lionking - 17 Nov 2017 14:27

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I have been falling lately without even an understandable reason. I wasn't even feeling I should stop, just kept on porning, lusting, masturbating... Today I think it finally hit me, the last week I have been progressing worse. I'm afraid If I don't stop, I'll end up with massage parlours, clubs, prostitutes. I really need to get a handle on myself and start living. Going to reach out to offline people and try to stay connected. That used to work for me. Isolation is an excellent breeding ground for lust to multiply.

**Warning: Spoiler!**

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Re: MY PATH TO SANITY

Posted by LoveU,Hashem - 20 Nov 2017 22:54

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Oh vey!

I have been falling lately without even an understandable reason.?

What does this mean?

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Re: MY PATH TO SANITY

Posted by lionking - 23 Nov 2017 04:09

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[LoveU,Hashem wrote on 20 Nov 2017 22:54:](#)

Oh vey!

I have been falling lately without even an understandable reason.?

What does this mean?

First of all, I must thank god B"H for my continued success so far. I feel like The truck is no longer stuck and on the right path.

I meant to write, I used to blame my falling on different triggers, like stress, tiredness, not feeling well, depression, etc... Last week was lust for the sake of lust.

Wishing everyone continued Hatzlocha.

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Re: MY PATH TO SANITY

Posted by bb0212 - 23 Nov 2017 11:03

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[lionking wrote on 23 Nov 2017 04:09:](#)

[LoveU,Hashem wrote on 20 Nov 2017 22:54:](#)

Oh vey!

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Wishing everyone continued Hatzlocha.

Hatzlacha!!

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Re: MY PATH TO SANITY

Posted by LoveU,Hashem - 23 Nov 2017 23:46

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I meant to write, I used to blame my falling on different triggers, like stress, tiredness, not feeling well, depression, etc... Last week was lust for the sake of lust.

I feel the same. So now that stress, depression, tiredness is out of the way, how do we deal with big fat Lust ??

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Re: MY PATH TO SANITY

Posted by Hashem Help Me - 24 Nov 2017 04:38

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We plan in advance what to do when it rears its ugly head. And we atart training ourselves to realize that its a big fat NOTHING.

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Re: MY PATH TO SANITY

Posted by lionking - 24 Nov 2017 18:42

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Today I knew was going to be a stressful day. I planned for it and focused on staying calm and relaxed. This morning I woke up and noticed my Wife has spent time, money and effort to do something which I told her numerous times was unnecessary and not to my liking. I felt the resentment rising up my throat.

Instead of commenting about it, I went back to the room and told her how beautiful everything looks, and how much I appreciate it. I hope her being half asleep helped she shouldn't sense that I wasn't sincere. Maybe one day I will be able to sincerely say something and it shouldn't even bother me.

Good Shabbos everyone!

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Re: MY PATH TO SANITY

Posted by youcan - 30 Nov 2017 23:59

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[lionking wrote on 24 Nov 2017 18:42:](#)

Instead of commenting about it, I went back to the room and told her how beautiful everything looks, and how much I appreciate it.

In my opinion this helps for both, to eliminate stress & the urge to act out.

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Re: MY PATH TO SANITY

Posted by lionking - 08 Dec 2017 04:39

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I haven't updated in a while. B"H the past few weeks were much better, even though I fell beginning of this week. I have masturbated in a half sleep trance, however I only considered it a fall for the chart's sake, internally I didn't process it as a fall.

As a matter of fact I should probably consider it a victory, since I had with me an unfiltered smartphone and I didn't try to access porn on it, which was a standard in the past.

**Warning: Spoiler!**

I think I am going to chose the third option, and not consider it anything and just keep on trucking along. Git Shabbos everyone.

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Re: MY PATH TO SANITY

Posted by Hashem Help Me - 08 Dec 2017 12:19

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Masturbating in a half sleeping trance may technically be a fall, but it definitely is not the same as one who consciously does the action from beginning to end. As we head into recovery our bodies and mind, due to withdrawal from our drug, bring on wet dreams, erections, etc. Our bodies are so used to that release that it takes time to reprogram the subconscious part of us. What you are experiencing is par for the course. As long as after such incidents you dont consciously act out again, you are still on a serious recovery path. Some would unfortunately act out a second time right away, experiencing yi'ush (despair). Fortunately it appears you have realized all of this yourself. So just keep on moving as if nothing happened. Have a great geshmak and clean Shabbos.

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Re: MY PATH TO SANITY

Posted by youcan - 08 Dec 2017 15:27

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In my opinion you made 3 fantastic decisions:

1) You considered it a fall even if it would probably not happen if you'd be awake. (After all we wanna have clean nights too...)

2) you considered a win that you didn't have a real fall, also that you know by yourself that it's not a real fall.

3) to leave it & move on (best decision!)

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