

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 - 14 Jan 2018 15:24

Even though I am extremely embarrassed to type this up. Part of recovery is the ability to be honest with oneself.

I fell last night/this morning.

Probably a continuation from Thursday night.

I have committed to device free zones and times, but procrastinated in getting started. I need to start beginning from now. No phone in bathroom and being offline from 11:30pm including Motzie Shabbos IY"H.

Enough thinking about the past, Time to move forward.

p.s. Just noticed that my count display was turned off. Will IY"H update the settings tomorrow when my name is back on the charts.

Warning: Spoiler!

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Re: MY PATH TO SANITY

Posted by iampowerless - 14 Jan 2018 16:01

Oysh! don't worry we still love you and believe in you!

BTW in order to achieve sobriety we need all the pieces in the puzzle, it seems to me you are missing a few pieces in the puzzle time to add them!

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Re: MY PATH TO SANITY

Posted by lionking - 16 Jan 2018 03:14

[Markz wrote on 14 Jan 2018 17:34:](#)

Just make sure to post on your thread before you shutdown and you should be good

Warning: Spoiler!

Will need to extend tonight passed 11:30. Tons of work to do. No way I'm going to be done by 11:30pm tonight.

Hopefully I'll have time for a longer post tomorrow.

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Re: MY PATH TO SANITY

Posted by lionking - 16 Jan 2018 04:55

Just a quick check in before I log off tonight and go Daven.

[Markz wrote on 16 Jan 2018 03:24:](#)

Many of us have this problem... Our bosses need to stop wasting **their** time, get their act together, and press the overload button

Markz, can I crowdsource my work with you? I think I overpressed my own overload button!

Signing off...

Good Night!

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Re: MY PATH TO SANITY

Posted by Singularity - 16 Jan 2018 07:33

[lionking wrote on 14 Jan 2018 15:24:](#)

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Warning: Spoiler!

Keep up the trucking madness!

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Re: MY PATH TO SANITY

Posted by lionking - 17 Jan 2018 03:49
just get up with a ROARRR this time.

Ah git chodesh everyone, I'm B"H back on track. Still need to get used to the night time restriction.

In the past I used to go to sleep at 1-2 am, dozing off on the phone. In general it was clean and educative stuff.

This restriction helps me flex my self control muscles and strengthen them.

Hatzlocha Rabba!

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Re: MY PATH TO SANITY

Posted by lionking - 18 Jan 2018 04:08

I need to extend tonight until 12am. Will probably need to adjust my night time passed 11:30. I barely get home before 11:30.

Will see after this week IY"H.

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Re: MY PATH TO SANITY

Posted by lionking - 19 Jan 2018 04:24

Tonight till 1am. Got work to complete. I commit to no browsing for tonight, even if I'm going to use the computer.

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Re: MY PATH TO SANITY

Posted by lionking - 19 Jan 2018 16:47

Just a quick weekly recap.

I B"H had a very good week.

Extremely busy and tiring, I was lucky if I got over 5 hours of sleep a night. Tons of Money related stress, too.

However I am constantly trying to work on myself not to let those issues cause me to act out.

I need to be constantly reminded not to become complacent. There is no magic cure, and I will not pass this course as long as I am alive.

I really found the night time restrictions to be very helpful. I am adjusting it to 11:45pm for next week, since I go out at night to learn and usually don't get home before 11:15pm or later.

Wishing everyone much Hatzlocha and Menuchas Hanefesh.

Git Shabbos!

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Re: MY PATH TO SANITY

Posted by lionking - 25 Jan 2018 21:36

Weekly recap:

I have been avoiding the forums the past couple of days.

There has been too much negativity for me to handle. I wasn't willing to get sucked in, as that probably would have caused me to act out. B"H, it seems like the dust is settling.

I really hope and pray that I am never hostile or radiating any negativity in my posts. If anyone takes any offense with a post I wrote, please let me know.

I don't want to start a debate regarding proper definitions or usages of words, however I feel there is a distinction between hostility and criticism. I strive from criticism, it is the ingredient that makes me grow.

For clarification purposes, I will present a few examples of both:

Positive Criticism

- *"Do really think you can keep on looking on Movies and expect to stay clean?"*
- *"You know, doing the same thing over and over, and expecting different results is considered insanity? You really need to step up your game."*

Negative Hostility:??

- *"Your such a *****"*
- *"The torah calls that an abomination"*
- *"The recovery method, (be it 12 steps, therapy, etc...) doesn't work"*

Looking forward to next week.

Hatzlocha Rabba!

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Re: MY PATH TO SANITY

Posted by lionking - 26 Jan 2018 00:49

[Markz wrote on 25 Jan 2018 23:58:](#)

[Workingguy wrote on 25 Jan 2018 23:51:](#)

I think Markz's genius comes out again- how the heck does he know all the user names, karmas, etc?

Last night he was using his genius to act out. You were supposed to stay up till 2am!!!

I had a great call with the real recovery genius Cordnoy how to really break free and now gonna speak with my Therapist and hear what she has to say...

Keep in touch brother!!

Markz,

I justed wanted to share this with you.

Twice this week I was really tempted to numb my mind with some porn.

My stress levels were above the roof, I was feeling extremely down. The thing that helped me was your night time device restrictions.

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Hatzlocha Rabba!

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Re: MY PATH TO SANITY

Posted by Trouble - 26 Jan 2018 01:40

[lionking wrote on 25 Jan 2018 21:36:](#)

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Looking forward to next week.

Hatzlocha Rabba!

- You're such a mentch!
- The Torah calls that an abomination, and yet the desire is so strong; controlling yourself is doubly precious.

- The recovery method (12 steps) doesn't work in a vacuum or by flipping the pages; you must work it!

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Re: MY PATH TO SANITY

Posted by ieeyc - 20 Feb 2018 08:47

[lionking wrote on 25 Jan 2018 21:36:](#)

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Hatzlocha Rabba!

negative hostility

#4 musar doesnt work

#5 working on yiras shamayim doesnt work

#6 dont say things like eww on someones comment

#6 dont embarrass people on the forum ,send them a pm if its something that they did inappropriate

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Re: MY PATH TO SANITY

Posted by lionking - 25 Feb 2018 05:56

I haven't posted here for a long while already. I am in the need of a major reboot. Hopefully Purim will be the impetus I need to get out of this rut. I have been falling the last week and a half. Not so much with porn or masturbation, (I did masturbate once, and had once a wet dream., B"H no porn.) My main problem is I am not in a healthy state of mind. I can't get out of this mildly depressive, emptiness, feeling. I am looking for stuff to fill the void and I am struggling with it. I am browsing sites randomly, not even sure what it is going to do for me. (For the sake of disclosure, I am talking about the following sites: yeshivaworldnews, only simchos, the lakewood scoop, etc..) I am Moreh Heter, that these are jewish sites, however for me these sites are poison, even worse than a porn site. I really need to stop.

Wishing eveyone a Gut Voch!

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