

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 - 16 Apr 2018 13:04

Day 2:

I have not been truthful and honest with my previous post.

I wrote, that acting out hasn't affected my life. It is not true. I am feeling it now.

My loss of patience with my wife and kids. My inability to connect to them. My coldness and lack of willpower to do anything. My isolation from everything and everyone.

I need to be realistic and realize that as long as I don't take care of my main trigger, "just saying no" will not work on a longer term. Why am I resentful over stupid little issues? Do I have such a big ego, that these little things bother me immensely?

Do I want to really leave go of my resentments? Perhaps, I really want to hold on to them, so that I can use them as excuses.

I don't have the answers to these questions. I just consciously know I need to stop, even though subconsciously I do not want to.

Hatzlacha Rabba, everyone

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Re: MY PATH TO SANITY

Posted by Gettinghelp2 - 16 Apr 2018 13:27

I can relate a to you in so many ways.Im older and like have been here on GYE before,2009. I so wish I stayed. The lose materially and spiritually so devastating !!!!! BH I'm here because HASHEM loves and cares about me(us) more than a human can understand.

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Re: MY PATH TO SANITY

Posted by Ihavestrength - 17 Apr 2018 04:27

[lionking wrote on 16 Apr 2018 13:04:](#)

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Hatzlacha Rabba, everyone

Nice honesty. For me, sometimes it takes a bit of time until I start feeling the pain caused by my unwise actions. There can be a brief period where I wonder if I managed to "get away with it".

By get away with it I mean; doing pleasurable destructive things and feeling alright afterwards. I never do though. Always feel like crap eventually. This has never not happened.

Ah well, who the hell cares about this anyways? The real question is:

How do you plan on dealing with your resentments?

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Re: MY PATH TO SANITY

Posted by lionking - 18 Apr 2018 00:45

[lhavestrength wrote on 17 Apr 2018 04:27:](#)

[lionking wrote on 16 Apr 2018 13:04:](#)

...

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Hatzlacha Rabba, everyone

...

How do you plan on dealing with your resentments?

I really don't know. First step is identifying what they are and bringing them out in the open. Perhaps I will write them out.

I don't have time today for a longer post. I still have a major void in my life. For now I just need to thread water and keep on saying no until I am in a healthier state of mind.

Onward to Day 4.

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Re: MY PATH TO SANITY

Posted by cordnoy - 18 Apr 2018 01:45

[lionking wrote on 18 Apr 2018 00:45:](#)

[lhavestrength wrote on 17 Apr 2018 04:27:](#)

[lionking wrote on 16 Apr 2018 13:04:](#)

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Onward to Day 4.

I know how I dealt/deal with mine.

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Re: MY PATH TO SANITY

Posted by lionking - 18 Apr 2018 18:04

[cordnoy wrote on 18 Apr 2018 01:45:](#)

I know how I dealt/deal with mine.

Care to elaborate?

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Re: MY PATH TO SANITY

Posted by Markz - 18 Apr 2018 18:06

Check his thread - It's quite elaborate ;-)

Try from page 1

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Re: MY PATH TO SANITY

Posted by lionking - 18 Apr 2018 18:08

I had a wet dream last night. Resetted my count to Day 1.

I'm slowly crawling out of the hole I dug for myself. There is something beneficial just by identifying my feelings and going through them.

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Re: MY PATH TO SANITY

Posted by lionking - 18 Apr 2018 18:20

[Markz wrote on 18 Apr 2018 18:06:](#)

Check his thread - It's quite elaborate ;-)

Try from page 1

You meant **Tryin'**

I read alot of that thread. Definitely the first few pages. There is some mention of "owning my life" which I don't understand. Also talk about therapy. Is that what you are referencing to?

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Re: MY PATH TO SANITY

Posted by Gevura Shebyesod - 18 Apr 2018 18:58

[lionking wrote on 18 Apr 2018 18:08:](#)

I had a wet dream last night. Resetted my count to Day 1.

I'm slowly crawling out of the hole I dug for myself. There is something beneficial just by identifying my feelings and going through them.

A wet dream is not a fall and there is no need to reset. You are not responsible for what your body does when you're asleep.

That being said, good for you for getting yourself back on track and working on identifying and addressing the underlying issues that cause a feeling of needing to act out. Chazak Ve'ematz!

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Re: MY PATH TO SANITY

Posted by Workingguy - 18 Apr 2018 20:08

[lionking wrote on 18 Apr 2018 18:08:](#)

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Why are you resetting?

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Re: MY PATH TO SANITY

Posted by lionking - 18 Apr 2018 20:59

[Workingguy wrote on 18 Apr 2018 20:08:](#)

[lionking wrote on 18 Apr 2018 18:08:](#)

I had a wet dream last night. Resetted my count to Day 1.

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Why are you resetting?

I don't know. I probably would've thought twice about it if I had a longer streak. 3 days isn't long enough, and it helps my physiologically to reset. That hischadshus feeling...

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Re: MY PATH TO SANITY

Posted by cordnoy - 19 Apr 2018 04:00

[lionking wrote on 18 Apr 2018 18:04:](#)

[cordnoy wrote on 18 Apr 2018 01:45:](#)

I know how I dealt/deal with mine.

Care to elaborate?

By followin' the fourth step suggestions, especially the writin' of the resentment sheets....those were always my favorite.

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Re: MY PATH TO SANITY

Posted by ieeyc - 19 Apr 2018 04:07

[lionking wrote on 18 Apr 2018 18:08:](#)

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o comon ,for just a wet dream?lets play by the rules