

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 - 11 Dec 2020 04:17

I owe General Grant an update. He came through on my challenge, So I need to fulfill my side of the challenge.

Warning: Spoiler!

I've been on GYE for ages and I'm still struggling. I think I will struggle all my life with some aspects of this challenge. ??? ???? ????.

I don't consider myself an addict, I think I only act out when stressed or feeling down about something. At a young age I was introduced to sex by a classmate and I got used to acting out as an escape from reality.

Over the years, I've been in contact with a lot of great people here. A special call-out to Markz who got me to make that first phone call. Unfortunately I am by nature a loner and have fallen out of touch with a lot of you guys. I thank one specific person for keeping me in touch and reminding me when I fall out of contact. (You know who you are...)

My biggest issue which bothers me, is the fact that I don't have a repulsion to porn. I got too used to it that it doesn't awaken in me a feeling of disgust. It doesn't really affect my life either. It is hard for me to hit my rock bottom.

I'm working on resolving the underlying factors so that I shouldn't need to hit rock bottom. One of the biggest things that has helped me in the past was working on my emunah that Hashem leads my life and everything He does is for the best. I need to step back and let Hashem drive.

As some of you are aware, I'm a tech geek. Filters haven't helped me in the past. When I'm in a healthy place, it doesn't cross my mind to search for anything arousing even with full access. However, when I'm not doing well, then even a filtered flip phone is a problem.

I have taken on myself BL"N to try to not go on to youtube or social media, and to refrain in general from random browsing. BH I'm enough busy at work that I usually don't have time for it anyways. But that is also part of the problem. I'm not so good at having a proper work\life balance and can get stressed out from the stresses of the job, and then I seek to escape.

There was a period of time (for approx. 2 years) that I used to watch videos or RV episodes, which the theme was somewhat kosher, but the actors weren't the most tzinusdik. I've written about the challenge here on GYE in the past. BH I'm mostly weaned off it, except for one show which I don't know if I will be to withstand not watching it when the new series comes out. (BH it is delayed due to covid). I give credit to anyone who can withstand this challenge after watching a series.

Wishing everyone a happy Chanukah and may we all be zoche to see the light and allow it to shine in us and our homes.

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 11 Dec 2020 05:42

Thanks for the update! It seems like many of us (including myself) stop updating our own threads once we either are - very successful, or we get tired of documenting all the ups and downs.

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Re: MY PATH TO SANITY

Posted by lionking - 27 Dec 2020 15:54

Day zero.

The last 2 weeks have been an extreme downward spiral. Specifically last week was bad. I was constantly searching for erotic content which wasn't getting filtered out and masturbating multiple times. You'd be surprised how creative the yetzer harsh can be in finding semi erotic content. Even though I could've bypassed the filter, I still tried searching for semi nude content instead of actual porn. I don't know why I kept on doing that. Is it because I'm disgusted with porn? I don't think so. Perhaps it is part of the acting out experience to increase arousal by the searching itself? I'm not sure.

I think I might know what started it, but it is a private matter which I don't feel comfortable sharing on a public forum.

I feel like I'm back to square one where I was a few years ago, masturbating sometimes more than once a day, and sometimes letting a few days pass without any stimulation. It is not a place I want to be, but I'm not motivated enough or fed up with guilt to effect any change.

I'm going to try to post a daily update to keep an accountability log.

Please do not post any chizuk, I don't want that now. I need some good scary stories to jog me back to normal. Something that would stay on my mind the next time I get an urge to masturbate, so I post the urge, rather than act on it.

Thanks for allowing me to share.

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Re: MY PATH TO SANITY

Posted by Grant400 - 27 Dec 2020 16:07

[lionking wrote on 27 Dec 2020 15:54:](#)

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Thanks for allowing me to share.

O.k. Now we can write up the next installment of Righteous Indignation. I hope it will be scary enough...

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 28 Dec 2020 01:47

Argg (I think that's a lion noise).

I just wrote a long post which got deleted by gye. Is that scary enough?

Either way I do the same thing as you, I have a theory why we do that, I have to pray gye doesn't delete before I get to write it...

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Re: MY PATH TO SANITY

Posted by i-man - 28 Dec 2020 04:04

[lionking wrote on 27 Dec 2020 15:54:](#)

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Thanks for allowing me to share.

Lol we're not a bunch of bais yakov girls ..

We all know his power .

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Re: MY PATH TO SANITY

Posted by Ish MiGrodno - 28 Dec 2020 04:18

I still tried searching for semi nude content instead of actual porn. I don't know why I kept on doing that. Is it because I'm disgusted with porn? ?

That's one pshat. Another hesber is that the yetzer hara wants to elongate the process so it doesn't all happen at once. (Unfortunately, I ~~knew~~ knew the gig well.)

Please do not post any chizuk, I don't want that now. I need some good scary stories to jog me back to normal. Something that would stay on my mind the next time I get an urge to masturbate

OK, Nida daf 13. Happy? Now can I post some chizuk? Pleeeeasse??

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Re: MY PATH TO SANITY

Posted by Hashem Help Me - 28 Dec 2020 04:18

I think the scariest part of this is to know that when one views other women he is basically cheating on his wife. Loyalty my friend....

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Re: MY PATH TO SANITY

Posted by mggsbms - 28 Dec 2020 05:03

Your stagnant situation sounds very familiar, and the morbidity shines thru, although you might not realize it. The scariest part is the actual morbid state we find ourselves in when in such a mode, giving up the sweetness of life, living in a shell, not even close to utilizing our potential and fulfilling our responsibilities.

One may argue that we aren't shirking our day to day responsibilities, however atleast to me the fundemental responsibility of a spouse and a parent is to be present, to actually be an awake observer, whereas when drinking in lust we are in a fog, with just a minute percent of cognitive presence.

This all before getting into what HHM has pointed out the cheating and the actual damage this is causing in our habitat, a place where love and trust should be nurtured becomes a place for deceit and hiding, how much beauty and serenity have we sacrificed to this cheap instant gratification.

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Re: MY PATH TO SANITY

Posted by lionking - 28 Dec 2020 06:33

Guys, I appreciate the responses. I think Ish Migrodno might have said something about the Yetzer trying to stretch out the process. Something to ponder about.

I don't think mggbs is correct with his assessment. I'm not living in a fog of lust all day. I am present and awake for my wife and kids except for the short period of time which I act out. It is like compartmentalized in my brain and not present most of the time.

HHM is spot on as always. Keep it up, maybe you'll make a mentch out of me one day!

For some odd reason I think that is why I B"H don't really struggle with Shmiras Einyeim on the street and perhaps why I'm trying to refrain from porn.

It is models in shopping ads, nude presentations in art and text that causes me to fantasize which is more of my struggle now.

As well as masturbation without any outside stimuli which I struggle with. For example, I'll be in the middle of solving a problem, or in the middle of sleeping, and my hand would find itself over there and by time I realize I'm too aroused to want to stop. Sorry if I was too graphic.

HakolHevel, whenever you get a chance to post your theory I'm ready to listen.

I needed to be near a wedding hall tonight. I was waiting for someone. Girls and ladies were mingling outside and they weren't dressed at all appropriate. I didn't even think twice about not looking, it's like ingrained in me to look away, and I didn't think about them at all. I went on with

my life as if nothing has happened.

So why can't I do the same when it comes to porn or masturbation?

Why do I still crave porn?

Why am I not disgusted by it?

Something to ponder about.

Good night everyone

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Re: MY PATH TO SANITY

Posted by Zedj - 28 Dec 2020 08:39

I needed to be near a wedding hall tonight. I was waiting for someone. Girls and ladies were mingling outside and they weren't dressed at all appropriate. I didn't even think twice about not looking, it's like ingrained in me to look away, and I didn't think about them at all. I went on with my life as if nothing has happened.

So why can't I do the same when it comes to porn or masturbation?

Why do I still crave porn?

Why am I not disgusted by it?

Something to ponder about.

This sounds like me.

In the street for the most part I try hard to keep focused and not look at woman or girls (not

every time am I successful on my voyage)

but on my phone is a whole different story.

So far my filter has been serving it's purpose.

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Re: MY PATH TO SANITY

Posted by mggsbms - 28 Dec 2020 09:57

A point about being in a fog. Not to project my struggle on to you, however seldom do I consciously realize this while lusting, it is after a period of sobriety when this comes to light.

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Re: MY PATH TO SANITY

Posted by Thistimeillwin - 28 Dec 2020 13:05

[lionking wrote on 28 Dec 2020 06:33:](#)

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So why can't I do the same when it comes to porn or masturbation?

Why do I still crave porn?

Why am I not disgusted by it?

Something to ponder about.

Before I give my two cents, let me state first 'publicly' that I am guilty as well of this. This way people shouldn't be critical of my theory, I attribute it to myself as well.

WE ARE INGRAINED FAKERS. We grew up learning to look away, so when we are in public we do it because otherwise people may see us checking out the eye-candy. It became second-nature to us to act this way in public because of the humiliation and shame we would get if we would put our desires on full display. So much so that we don't have to think twice. We think it's coming from real yiras shomayim. We even think, 'that's so horrible and shmutzy.' But when we are in the comfort of our homes and our privacy... If you would be in a spot where you could not be seen by anyone, would you be turning away? I wouldn't unless I was fighting the urge very hard.

We know the concept of ??? ????? ????? ????? ????? ?????? ?????? ??? ??? . But even more than that, in some nuschaos (Ari?) we say in davening, ?????? ??? ??? ??? ?????? ?????? ????????. this is a more powerful statement, that there is a level of yiras shomayim (not bosor vdom) in public different than in private. ??????? ????? this is saying that a person really thinks the deterrent in public is from yiras shomayim, not from bosor vdom. But the fact that it is different in public and private proves what it really is, just a conditioning to do what's right in front of others.

?Halevay our instincts in private should be developed to react the same way as in public.

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Re: MY PATH TO SANITY

Posted by Thistimeillwin - 28 Dec 2020 13:16

[lionking wrote on 27 Dec 2020 15:54:](#)

You'd be surprised how creative the yetzer harsh can be in finding semi erotic content. Even though I could've bypassed the filter, I still tried searching for semi nude content instead of actual porn. I don't know why I kept on doing that.

Same here. The YH likes to get us to do things that have an aspect of hetter or avoiding worse issur, so we can do it and feel good that 'at least I didn't watch real porn.' This way he harnesses the Yetzer Tov to do his will (the opposite of what we say in Shma ??? ?????? ?????? ?????, obviously it can go both ways). It may be worse than watching all-out porn (though I am not saying you should choose one over the other) because it cements it in your mind with holy

intentions.

I've been reading recently on the forums about people watching movies, nothing too dirty. I've been there, there is nothing which is not 'too dirty' for us chevra. Don't fool yourselves. If you had a choice to watch an all-male cast or a mixed one, which would you choose!? (I'm not speaking to our choshuve SSA chevra, whose challenges and heroism I can't begin to fathom). There is no way (I speak for myself, but others should hear as well) other than to stop watching movies and shows completely.

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