

## 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 starting - 28 Dec 2020 14:17

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I also find that it's easier to look away when this person attempts to preserve her privacy.

I find that when someone dresses 'borderline tznius' and parts get more uncovered occasionally I would look there bec she doesn't seem to be too bothered, just trying to keep to the rules. But when someone dresses extra frum and something gets uncovered it's easier not to look, even when no one can see me, it feels more like I'm invading her privacy.

Never thought of it as a betrayal against my wife though, I'm not thinking of lust, just enjoy seeing skin...

I guess that's also betrayal, but that's not why I'm not looking

Practically speaking, does anyone here think that training ourselves not to look at nudity and porn and training ourselves not to look around on the street are totally unrelated (at least for those who are not hardcore addicts)? Could it be that it's a totally separate taavah?

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Re: MY PATH TO SANITY

Posted by Grant400 - 28 Dec 2020 14:20

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[lionking wrote on 28 Dec 2020 14:00:](#)

ThisTimeIIWin, I hear you. However I think the real reason is, with a live person there is an emotional bond, which I feel is betrayal towards my wife. As well as I feel that I am taking something from them without their permission and using them as objects of my desire, which is like stealing.

On the other hand, models are sharing themselves with others, and photoshopped pictures are paintings aren't real. The same with text.

That's my theory. Perhaps I need to realize that my body is not mine as well and I'm stealing from Hashem.

The way I see it, there's a few differences.

1. The desire for porn and masturbation is simply greater than the desire to ogle women.
2. Like you wrote. You are looking at a live person, and you understand it's wrong to pleasure yourself from an innocent bystander without her knowledge. On the other hand, actresses and people posting pictures are offering themselves to you, on a silver platter.
3. Here's a shot in the dark. The women by a wedding for example, are the same as your wife. They all offer the same things. Choosing them over your wife doesn't feel right. On the other

hand, what porn and masturbation (the availability) gives you is something your wife can never offer. This causes you to subconsciously justify and you don't feel as bad about it.

4. Certain areas were ????? ?? ????? and some weren't. Sort of the same way you can masturbate, yet would never transgress something else with the equivalent punishment.

Now, about the cheating/disloyal aspect. You included pornography, but not masturbation. In my opinion masturbation is a form of cheating too. Included in a marriage, is the unspoken agreement that all sexual pleasure is exclusively reserved when together with the spouse. Masturbation is an abuse of that trust. It is a person experience something that should only be experienced from/with their spouse.

Grant

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 28 Dec 2020 16:11

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Why do we seek semi erotic content of we know we can bypass the filter?

A couple reasons, 1. As you said, it can increase arousal.

But I think deeper than that, the hardest thing for a person is not physical pain, rather physiological or emotional pain. That's why so many of us get into porn to begin with to escape...

Either way, when we start off looking for porn, we look at ourselves in a very negative light, so we look for semi erotic so we can still look at ourselves in the mirror and say in a good person.

Personally I find I do this all the time in different forms. So say I masturbated without porn, I tell

myself I'm still a did person because hey, I don't even look at porn? Similarly even when I would look at porn I would tell myself. Well at least you didn't go into chat sites..

Do you relate at all?

One more reason I would do it. Sometimes I would look at semi erotic stuff for a week or two, until I would "give in" and watch porn because " I have to" it was another way of saying I'm not at fault, I came here innocently, and now my urges are to much. I have too, there is no other choice.

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Re: MY PATH TO SANITY

Posted by i-man - 28 Dec 2020 17:04

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[Hakolhevel wrote on 28 Dec 2020 16:11:](#)

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You raise some good points , I would suggest something a little more simple .

could it be that we are still good people with a

‘nefesh hasichli’ and at the end of the day even if we fall we still want it to be less of a fall.

Think about the fact that any of us can easily get access to unfiltered internet- why don't we for any strong urge ? Because we have a Holy Neshama that is fighting to stay pure( yes Lionking even you )

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 28 Dec 2020 22:06

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[i-man wrote on 28 Dec 2020 17:04:](#)

[Hakolhevel wrote on 28 Dec 2020 16:11:](#)

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I am trying to explain the many ways of the Yetzer hara. The holy soul doesn't want any of this stuff. So the YH comes and says, oh we didn't do it all so your not so bad.

If I wrote this off just as my Godly soul saving me from doing the real bad stuff, I may miss what the YH is trying to do, which is slow and painful (spiritual/mental/emotional) death.

That's why I prefer to skip out the whole discussion of my holy soul saving me from worse. Bad needs to be called out for what it is - bad. Even when it hides under a cloak of righteousness

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Re: MY PATH TO SANITY

Posted by i-man - 28 Dec 2020 23:32

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I hear ya I think both are true, I'm looking at the positive side.

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 29 Dec 2020 00:47

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[i-man wrote on 28 Dec 2020 23:32:](#)

I hear ya I think both are true, I'm looking at the positive side.

True.

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Re: MY PATH TO SANITY

Posted by lionking - 30 Dec 2020 00:36

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I made a commitment to post on a more frequent basis even if I have nothing to share.

B"H I'm doing fine now and haven't been lusting or stam browsing.

Weekends are harder due to a certain issue which belongs in the BB section. I need a lot of work in the area of being intimate without sex and dealing with the arousal afterwards. You can email or PM me for specifics if you feel you can offer advice.

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A lot of good advice has been posted, I especially liked Grant's message about masturbating being considered cheating as well. I never considered that.

Overall, I'm doing good, but I know it can be short-lived if I don't work it.

However I don't have a specific framework to work on urges. Just trying to minimize urges will only get so far. I need a tactic to deal with them once I am struggling already as well.

Thank you for allowing me to share.

Hatzlacha Rabba

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Re: MY PATH TO SANITY

Posted by Grant400 - 30 Dec 2020 03:02

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[lionking wrote on 30 Dec 2020 00:36:](#)

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A lot of good advice has been posted, I especially liked Grant's message about masturbating being considered cheating as well. I never considered that.

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**However I don't have a specific framework to work on urges. Just trying to minimize urges will only get so far. I need a tactic to deal with them once I am struggling already as well.**

Thank you for allowing me to share.

Hatzlacha Rabba

When I'm already faced with intense urges, I use a few methods. The classic ones of remembering the pros and cons, reminding myself how I felt after acting out last time and thinking about the actual pleasure, and not the blown out of proportion version coursing through my veins.

But one of the harder ones to attain, is truly understanding that an urge is nothing more. It's not a need. We trained ourselves over the years that a specific physical or mental feeling equals acting out. We think that when we feel a certain way we must do something to release the tension and quench the desire. It's almost not a choice.

That's where we went wrong. That's the mistake that causes us to fall time and time again.

Just like on a regular day if we haven't eaten for a few hours, we can go crazy, and won't be able to accomplish anything without satiating our hunger. Nothing anyone will say and no obstacle will prevent us from getting a meal. After all food is a necessity, and there's no way we can live without it. But suddenly on a fast day, we can go hours upon hours without having to eat.

Yesterday in between breakfast and lunch we needed that snack, but today It's not even on our radar. The only difference between yesterday and today is, yesterday hunger meant an urgent necessity for food that can't wait, but on a fast day it's just a feeling of hunger and nothing more.

This level of differentiating between feelings and needs is a level that can be reached in many areas of life including sexual urges. This answers your question about urges as well as pertaining to how to be intimate without having a release.

Once a person can separate emotions and intellect, and can differentiate between when something feels like a need and when something is indeed a need, he can start having control over many more areas of his life.

Grant

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Re: MY PATH TO SANITY

Posted by lionking - 30 Dec 2020 04:42

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Grant, thanks for posting.

Even though I didn't find your post helpful, I still appreciate you taking the time to respond.

Unfortunately, probably due to my being conditioned already, I don't get such a low feeling after acting out and usually can go on with my life. Definitely not enough to be a strong con when highly aroused. Also, unfortunately just being an issue isn't a strong deterrent.

Additionally 70-80% of the time I'm not consciously acting out until when I am highly aroused, and by then my brain is turned off already. B"H, when I am consciously aware of the beginning of a struggle, with Hashem's help, I can usually overcome it.

I really need to train myself that nothing will happen if I don't release sperm, and I can go around with the feeling in that area without worry.

I apologize if what I'm going to write is graphic. Please skip spoiler if you are easily triggered.

**Warning: Spoiler!**

Sorry but your moshal about food doesn't apply to me. I regularly skip meals and treat every day like a fast day. I don't remember the last time I felt I need food. I try to eat at least twice a day to be normal, but I don't feel the need.

Don't worry, I got your point. It is just hard to apply it to myself.

Thanks, Good Night!

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Re: MY PATH TO SANITY

Posted by Grant400 - 30 Dec 2020 13:19

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[lionking wrote on 30 Dec 2020 04:42:](#)

Grant, thanks for posting.

Even though I didn't find your post helpful, I still appreciate you taking the time to respond.

Unfortunately, probably due to my being conditioned already, I don't get such a low feeling after acting out and usually can go on with my life. Definitely not enough to b a strong con when highly aroused. Also, unfortunately just being an issur isn't a strong deterrent.

Additionally 70-80% of the time I'm not conciously acting out until when I am highly aroused, and by then my brain is turned off already. B"H, when I am conciously aware of the beginning of a struggle, with Hashem's help, I can usually overcome it.

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Thanks, Good Night!

...And Grant nabs the rebound, dribbles back to the 3 point line, he steadys himself, he takes the shot...and...he misses!!! And the crowd goes wild! AIR BALL! AIIIRRRRR  
BAAAAAAAALLLL!!!!

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 30 Dec 2020 14:23

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Lionking.

Just trying to understand, if the issur doesn't bother you, and you don't feel like it's affecting your life, why do you keep coming back here.

What about it does bother you that makes you want to want to stop

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Re: MY PATH TO SANITY

Posted by lionking - 30 Dec 2020 16:16

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[Hakolhevel wrote on 30 Dec 2020 14:23:](#)

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Just trying to understand, if the issur doesn't bother you, and you don't feel like it's affecting your life, why do you keep coming back here.

What about it does bother you that makes you want to want to stop

I never said it doesn't bother me. I said it doesn't affect me. (I'm talking specifically about masturbation, porn does effect me, but B"H I'm mostly better in that aspect.)

The fact that it is an aveira bothers me immensely. But the ?????? ?? ?????? is too strong for that to be a deterrent.

Thanks

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Re: MY PATH TO SANITY

Posted by Markz - 30 Dec 2020 20:02

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[Hakolhevel wrote on 30 Dec 2020 14:23:](#)

Lionking.

Just trying to understand, if the issur doesn't bother you, and you don't feel like it's affecting your life, why do you keep coming back here.

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This message has been flagged as Chizuk. This is your 1st warning!

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