

**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 - 28 Jan 2021 15:33

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I really need to make the time to post more often. It's what has helped me in the past.

Lately the forum has been busy and I barely have time to read all new posts, let alone post anything myself.

(GYE, please fix the app to allow someone to read more than 7 pages of posts in recent topics.)

A lot of good conversations. Changing, I appreciate your thread, even though I disagree with some assumptions you have. Perhaps will post a longer post a different time.

I fell 2 days ago, but BH no porn and I was successful in refraining from touching there even though it was so tempting. I spent time with my wife that night without sex, I fantasized about it in the middle of the night, which let to me being mzl.

Last night I had an urge to masturbate but held myself back as a zchus for Rabbi AJ Twerski. I gained so much from him over the years.

I am still stressed these days with a lot of work to do, and I am still not feeling so well physically. I know these are recipes for disaster. I need to keep sharing to stay focused on living.

p.s. Grant, Thanks for the email.

Hatzlocha everyone.

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 28 Jan 2021 15:52

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The app unfortunately leaves alot to be desired...

Your posts fascinate me. They don't reside in the typical all our nothing, rather while you lament your losses, you are celebrating your wins.

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Re: MY PATH TO SANITY

Posted by lionking - 31 Jan 2021 14:29

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Friday was a really not good day. I definitely wasn't living life. I was tense and stressed and screamed at my kids. Then I was feeling guilty for doing that. It was a roller coaster of emotions.

Before Lecht Tzinten, I made a kabala to try to be better. I think I was mostly successful over Shabbos.

Looking forward to a better week.

Gotta live...

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Re: MY PATH TO SANITY

Posted by Markz - 31 Jan 2021 15:38

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[lionking wrote on 31 Jan 2021 14:29:](#)

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Mrs Lionking.

We are glad to hear you calmed before you lit the Shabbat Candles, and your emotional rollercoaster calmed somewhat.

Just next time if you need to let it out on the kids, please! Ok? It comes straight through the walls and it disturbs our tranquility. So find a different way to let it out.

oh, and it would be nice if you asked your husband permission before using his device and posting on the men's forum.

Actually maybe ask him for help, you know.

Like how to live less anxiously and not have to rear those cute lion Cubs with your growl.

And how to stop working like a donkey 24/7. When the day ends, it's over. Did you forget? Lions sleep 20 hours a day. How can you expect to be calm if you're acting so unnaturally.

Oh and best regards to the King, I haven't seen him in a while...

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Re: MY PATH TO SANITY

Posted by lionking - 31 Jan 2021 16:09

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Markz, you are too funny. I burst out laughing out loud. Or as the kids these days say "RFOL LOL!!!!"

Roaring From Our Lions Laughing Out Loud.

I meant before my wife tzinted lecht and I run off the shul to let my wife deal with the aftermath of my outburst. I felt it was my duty to calm the kids down and make up to them so she doesn't have to spend over an hour with kvetchy grumpy kids.

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 31 Jan 2021 19:07

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[lionking wrote on 31 Jan 2021 14:29:](#)

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Its a line I've been seeing here recently, about the need to live life.

What exactly is living life?

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Re: MY PATH TO SANITY

Posted by Grant400 - 31 Jan 2021 19:38

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[Hakolhevel wrote on 31 Jan 2021 19:07:](#)

[lionking wrote on 31 Jan 2021 14:29:](#)

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What exactly is living life?

It means to live life instead of living sex. Meaning not going through the motions of the day, and calculating every action based on sex.

Example:

Open eyes. "I wonder if I'll have sex today. Modeh ani..."

"Good morning honey!" - I think she looks happy today, maybe there's a chance.

I'm starving what should I eat for lunch? Maybe I'll get Shevi's favorite, she'll probably be so grateful, I'll get some tonight.

-Supper time: "Hi I'm home!" "Oh! Hi Zalman, here's the baby please feed him, I have a headache, I'm going crazy, the kids are acting retarded and my boss is a jerk!" Oh no. She probably won't want tonight.

There's still hope. "I'll help, go lie down." Zalman feeds the kids (for sex), bathes them (for sex), goes to maariv.

Thinking- forsure she's gonna jump me, I worked so hard, I'm literally the best husband! Opens bedroom door, Shevi is sleeping...she turns over. "Hi, please put the soup into the fridge. Thanks. I'm bombed g'night. She turns over and promptly falls back asleep.

"%\$#@& - &#%\$^ - %#\*\$%"

Next day: Open eyes. "I wonder if I'll have sex today. Modeh ani..."

Etc.

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Re: MY PATH TO SANITY

Posted by lionking - 31 Jan 2021 19:45

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Grant,

Thanks, but that isn't what I had in mind.

When I say living life, I mean not being so selfish (irrelevant to sex), not forcing my will on to others, accepting what Hashem wants from me, instead of what I want to do for him.

In a nutshell, taking myself, my needs, and my wants, out of the equation and just being grateful that I'm alive and well. The ability to appreciate all the things I am BH blessed with, like a good wife, good kids, etc...

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Re: MY PATH TO SANITY

Posted by Grant400 - 31 Jan 2021 19:48

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I understood from your context that you probably meant what you just wrote. But his question was more of what this line means around the forum, so I took the liberty of explaining it here.

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Re: MY PATH TO SANITY

Posted by Lou - 31 Jan 2021 19:50

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[quote="]Its a line I've been seeing here recently, about the need to live life.

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I think that is a question that each person has to answer for themselves. It is applicable to every area of "life" not just GYE Inyanim. Without the answer to that, then truly what is life?

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Re: MY PATH TO SANITY

Posted by Hakolhevel - 31 Jan 2021 21:14

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[quote="Lou" post=362379 date=1612122617 catid=19]

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[/quote]

That actually was my real intention. Sometimes lines become slogans. So I wanted to hear from lionking what he intended by saying he needs to live life.

Each to their own, just do let it be a slogan, let it be something to live by (pardon the pun)

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Re: MY PATH TO SANITY

Posted by Changing - 31 Jan 2021 21:51

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[Grant400 wrote on 31 Jan 2021 19:38:](#)

[Hakolhevel wrote on 31 Jan 2021 19:07:](#)

[lionking wrote on 31 Jan 2021 14:29:](#)



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Grant, I have no words. You are so spot on its actually crazy. When I read this I was thinking, how in the world does he know what I'm thinking?? Lechaim to living life. Lechaim to ending this craziness.

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Re: MY PATH TO SANITY

Posted by lionking - 01 Feb 2021 05:14

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I was in the car today with the kids for a while. One of my younger children asked me to turn on music, so I plugged in the music usb. He then asked me to turn on Berel (by Motti Illowitz). He then asked me to replay it a few times. By the 3rd time, I was telling myself, Ok, I got the message!

For those of you who never heard this song, it is a story about a father dealing with his rambunctious son and staying calm during the turmoil. Here is a music video: ([jmusic.me/motty-ilowitz-berel-official-music-video/?lang=en&d=1](https://jmusic.me/motty-ilowitz-berel-official-music-video/?lang=en&d=1)) or you can find it on YouTube.

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Re: MY PATH TO SANITY

Posted by sleepy - 12 Feb 2021 10:21

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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.

sorry , but i dont agree that it means we are ingrained fakers , i think that thought is coming from the yetzer hara to break you. we all Daven better in shul than at home biyichidus (in general) , doesnt mean our Davening in shul is fake .

i feel for every time you look away in public ,instead of being punished for being a faker , youre going to get a big reward.

just my thoughts,smite away!

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