

**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 - 09 May 2017 10:45

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[tiger wrote on 09 May 2017 01:21:](#)

Im joining lion king in the first category of triggers,woke up today with scratchy throat feeling run down,that always pulls me down, I have to learn not to focus on it "big deal it's only a cold for heavens sake", but no the whole world has to suffer couse I am getting a cold

Tiger, I hope you feel better. We can't have the whole jungle feeling sick!

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Re: MY PATH TO SANITY

Posted by cordnoy - 09 May 2017 11:36

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[tiger wrote on 09 May 2017 01:23:](#)

Lets focus on everything good we had TODAY!!

I can write all night.....

Good idea.

ThereThere used to be a "G" thread, which focuses on gratitude, goals and gains.

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Re: MY PATH TO SANITY

Posted by tiger - 09 May 2017 12:04

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Im in, I am usually wired for negativity especially when I'm sick, but I have been getting better

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Re: MY PATH TO SANITY

Posted by cordnoy - 09 May 2017 12:11

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[tiger wrote on 09 May 2017 12:04:](#)

Im in, I am usually wired for negativity especially when I'm sick, but I have been getting better

Don't be "In."

FindFind it, read it and then post.

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Re: MY PATH TO SANITY

Posted by Markz - 09 May 2017 13:00

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[lionking wrote on 09 May 2017 10:45:](#)

[tiger wrote on 09 May 2017 01:21:](#)

Im joining lion king in the first category of triggers,woke up today with scratchy throat feeling run down,that always pulls me down, I have to learn not to focus on it "big deal it's only a cold for heavens sake", but no the whole world has to suffer couse I am getting a cold

Tiger, I hope you feel better. We can't have the whole jungle feeling sick!

Especially if others took sick leave eg

[Polar bear](#)

[Giraffe](#) popped in recently

The [Bear](#) hasn't posted in a while...

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Re: MY PATH TO SANITY

Posted by MayanHamisgaber - 09 May 2017 19:51

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[cordnoy wrote on 09 May 2017 11:36:](#)

[tiger wrote on 09 May 2017 01:23:](#)

Lets focus on everything good we had TODAY!!

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Good idea.

There used to be a "G" thread, which focuses on gratitude, goals and gains.

Anyhooooooo It is in the [break free section](#)

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Re: MY PATH TO SANITY

Posted by lionking - 21 May 2017 03:47

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I haven't updated my thread since I took sick leave. I was back a while already and popped in to other people's threads, took some advice from Markz to just chill and post.

This past Shabbos was a tough one. I promised myself this Friday night, that I will post either way. I got hit Friday afternoon with such an attack. I wasn't lusting or fantasizing. I didn't want to have sex or see porn. I just wanted to masturbate. (Perhaps it was withdrawal symptoms, I don't know the cause for it.) I promised myself that I will post the outcome either way. I managed to overcome that feeling. I went to the Mikva, got ready for Shabbos. I thought I was done with that test. Friday night when I came home from Shul, Wife hinted that tonight will be fine, It's been over a week. When we got ready for bed, she tells me that her back is hurting and she is extremely tired. She really would like to postpone. I have to give her credit, being the good wife that she is, She offered that she will do it if I really want to. I couldn't took her up on the offer. She is not in the mood and I will be only doing it for my pleasure. As hard as it was for me, I politely turned down and told her that I am fine and really want what's best for her.

(God should forgive me for that lie, ????? ????? ?????) I distracted myself, learned a little and read something until I was so tired and literally falling asleep, so that I shouldn't have time to lay in bed and think/fantasize. During alot of the day, I had a tickling sensation down below, felt like I need to urinate. Was so hard to get it out of my mind. I surrendered to Hashem. I am

truly powerless over this. I really want to stop. Please help me.

Sundays are my hardest day every week.

Please have me in mind during your Prayers.

Thank You

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Re: MY PATH TO SANITY

Posted by Markz - 21 May 2017 04:17

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[lionking wrote on 21 May 2017 03:47:](#)

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**LION KING WORRYING TOO MUCH???**



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Re: MY PATH TO SANITY

Posted by lionking - 21 May 2017 04:26

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I've come a long way in the worries department.

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Re: MY PATH TO SANITY

Posted by Hashem Help Me - 21 May 2017 11:24

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Markz, I'm off Movies for Sefira. I don't speak Swahili. Took a few minutes to get the reference. Super how you made it through Friday night and Shabbos. Withdrawal is the pits but it subsides alot with time. Hatzlocha with Sunday b'ezras Hashem.

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Re: MY PATH TO SANITY

Posted by lionking - 21 May 2017 11:49

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HHM,

Thanks for your support. I'm looking forward to a great day today with Hashem's help. I woke up early, feeling fine. It definitely helps to write and get it off my chest.

Hatzlacha to you too.

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Re: MY PATH TO SANITY

Posted by Shivisi\_Hashem - 22 May 2017 03:14

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[lionking wrote on 21 May 2017 04:26:](#)

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Re: MY PATH TO SANITY

Posted by Shivisi\_Hashem - 22 May 2017 03:16

Yoh, i can stop laughing, i still dont get it....

[lionking wrote on 21 May 2017 03:47:](#)

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Hay lionking, i know what you are talking about, i was in exactly the same shoe size like you, but for me is the toughest day shabbes, but the more days passing clean, the more easier it gets, dont mess if up, it pays to fight this war, you will win.

stay strong, stay clean

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Re: MY PATH TO SANITY

Posted by Shivisi\_Hashem - 22 May 2017 03:19

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[Markz wrote on 21 May 2017 04:17:](#)

[lionking wrote on 21 May 2017 03:47:](#)

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**LION KING WORRYING TOO MUCH???**



Markz, Can you get the motions a little bit slower? I cant figure out what color monkeys they

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are!!