

**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 - 10 Jun 2024 13:29

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B"H another successful day has passed.

Really working hard to not let thoughts linger in my head.

Looking forward to another great day today.

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Re: MY PATH TO SANITY

Posted by eerie - 14 Jun 2024 18:58

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[mggsbms wrote on 06 Jun 2024 14:55:](#)

It seems to be a theme here lately, guys going thru some tough times

Dearest Loinking, and all my dearest, bestest friends, Just last week I spoke to a few guys that have been here in the past, and have graduated. They are wonderful people, did wonderful work, and they got out of this mess. They haven't been here in a little while

And when I reached out to ask how they are doing, I was very saddened by the response. A few of them texted me back that they are not up to talking, because they feel so low and stupid etc because they fell back into the cesspool

My friends, what I have learned is that keeping the friendships fresh, having the people to lean on, which encourages constant vigilance, is **SUPER IMPORTANT!!!!**

Dearest Lionking, dearest friends, stay connected! It will keep you fueled to do what you have to do to **keep trucking!**

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Re: MY PATH TO SANITY

Posted by lionking - 14 Jun 2024 22:26

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Dear Reb Eerie,

Thanks for stopping by and checking in.

B"H Shavous was nice. B"H was very vigilant on the street and avoided looking around. However I really struggled with thoughts and fantasies in my head. Last night I kept waking up aroused multiple times during the night. It was a real struggle not to act out.

May you be zoche to only good in your life.

Gut Shabbos!

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Re: MY PATH TO SANITY

Posted by eerie - 16 Jun 2024 20:37

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Hi!

It's always nice to hear from you, and from all the others. Happy to hear that your vigilance on the street worked out, BH! I hope you appreciate the greatness of doing that

I'm sorry that the fantasies kept coming. Have you tried urge surfing? Have you tried distracting yourself? Well, I'm sure your wondering how you can distract yourself when you're laying in bed. I'll give you one idea: What would you do if you won the lottery and had a windfall of \$200 million? The possibilities are endless, how many mosdos you'll build, what type of new way of helping klal Yisroel can you come up with?

My friend, may we all be zoche to only good!

Keep trucking, and keep us posted!

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Re: MY PATH TO SANITY

Posted by lionking - 16 Jun 2024 22:17

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[eerie wrote on 16 Jun 2024 20:37:](#)

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helping klal Yisroel can you come up with?

My friend, may we all be zoche to only good!

Keep trucking, and keep us posted!

I appreciate your continued support and confidence in me. I know how to distract myself and usually do a decent job.

I am going to try to explain a little without being too explicit.

I am going through a little of a challenging situation now. I can be standing in middle of Shemonah Esra and be hit with such a wave of arousal with the physical symptoms of being aroused. I don't even know if I am allowed to daven in such a state. I usually pause and focus on the brocho I am holding at, until the urge passes.

I fall asleep at night, only to wake up a short while later with such an intense urge. I generally end up distracting myself enough to be able to go back to sleep. Sometimes this repeats itself multiple times a night.

I know it is a situation I am going through now and I can overcome this but I needed support which is why I started posting again.

Thanks for the PM. I gave up dreaming about winning the lottery, sometimes I dream of somehow making ends meet!

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Re: MY PATH TO SANITY

Posted by Muttel - 17 Jun 2024 01:06

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[lionking wrote on 16 Jun 2024 22:17:](#)

Thanks for the PM. I gave up dreaming about winning the lottery, sometimes I dream of somehow making ends meet!

With me, all forms of distractions do wonders; so even dreaming about making ends meet - how much \$ do I need - what ways can I cut spending - what cheaper foods can we eat. These are all ways of distracting our thoughts from .....

KOMT!!!!!!!

Muttel

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Re: MY PATH TO SANITY

Posted by lionking - 15 Sep 2024 14:51

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I haven't posted in a while. I just wanted to share a thought which I am working on now. B"H it is very helpful for me and I think it might help others as well.

I've been around the block for over 20 years. Yes I had a lot of good periods during those years and unfortunately a lot of setbacks as well.

I remember an older generation which had such a pashdus to them. Their ?????? was steadfast with such a ??????. Reb Elimelech Biderman repeats alot of times from the elders of Yerushlaim,

??? ?????? "????? ??? ????? ??????", ??? ??????? ?????? "????? ??????? ?????? ?????? ??????".

I am not thinking about the thousands of times which I have masturbated, or the thousands of times which I have looked at something improper, nor am I worrying about the future if I will be successful in staying clean. All that is irrelevant, what's important is the now. What does

Hashem want me to do at this moment? Will I be successful at staying clean this coming year? I don't know, and at the moment I honestly don't care. Can I look away this second when faced with a nisoion? Yes I can look away for one second, and that's what is important to focus on now.

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Re: MY PATH TO SANITY

Posted by lionking - 17 Sep 2024 02:56

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Today's Vayimean is very inspiring.

Vayimaen: My Goal for Today | Rabbi Naftali Horowitz

[records.jewishpodcasts.fm/protected/1582/1726449337909.mp3?show\\_id=619&episode\\_id=86621](https://records.jewishpodcasts.fm/protected/1582/1726449337909.mp3?show_id=619&episode_id=86621)

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Re: MY PATH TO SANITY

Posted by oivedelokim - 17 Sep 2024 03:19

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[lionking wrote on 15 Sep 2024 14:51:](#)

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With all due respect to Reb Meilich:

There is no such thing as thinking nothing. You either think thoughts G-d wants you to think or you rebel against him in your mind.

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Re: MY PATH TO SANITY

Posted by upanddown - 17 Sep 2024 11:09

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[oivedelokim wrote on 17 Sep 2024 03:19:](#)

[lionking wrote on 15 Sep 2024 14:51:](#)

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I've been around the block for over 20 years. Yes I had a lot of good periods during those years and unfortunately a lot of setbacks as well.

I remember an older generation which had such a pashdus to them. Their ?????? was steadfast with such a ??????. Reb Elimelech Biderman repeats alot of times from the elders of Yerushlaim,  
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With all due respect to Reb Meilich:

There is no such thing as thinking nothing. You either think thoughts G-d wants you to think or you rebel against him in your mind.

Reb Meilich isn't talking about not thinking anything at all. As you say, a person's brain is constantly thinking, either good thoughts or bad thoughts.

He's referring to a persons worries. You have something on your mind. You're worried about the future. So Reb Meilich is saying, rather than trying to think hopeful and positive thoughts, it's even better not to think anything at all and just leave it to Hashem!

As they say: ????? ??? ?????? ?????? ?????? ????? ??? ????? ?????.

As lionking says, living in the moment is really the only way to manage overcome urges, otherwise one can easily fall into despair...

Amazing chizzuk, thanks!

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Re: MY PATH TO SANITY

Posted by lionking - 17 Sep 2024 17:50

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Thanks upanddown for the Peirish. That's exactly how understood it as well.

@OivedElokim Thanks for stopping by and reading my post, and Mazel Tov on your engagement. May you be zoche to build a Beias Neiman B'Yisroel and only have an abundance of good in your life.

Just to clarify, it is not easy work to not worry. I am struggling immensely. I have a lot of stressors now and it is very difficult not to worry.

However in the past, my struggle was not to pacify my worries with acting out.

I B"H shifted that struggle. Now my struggle is to surrender those worries to Hashem and let him lead me on the path he chose for me.

Constantly striving for complete sanity.

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