

Trying to elevate my shmiras einayim
Posted by Dave M - 26 Dec 2018 17:27

Hello,

I am trying to elevate my level of shemiras anayim. B'H, I do not go on inappropriate website, as that is a red-line for me. I have installed one of the jewish filters on my home computer. However, at work, I find myself periodically looking at things I should not be looking at.

Sometimes this leads to MZ"L. About a year ago I joined this wonderful organization, GYE. Through reading the articles on GYE and getting the chizuk emails, I've made a lot of progress in this area to the point that I can go multiple weeks without "acting out". However, usually after a few weeks I will have a fall. What prompted me to post today was that recently I had a pretty bad "fall" which devastated me. It showed that I am unable to beat this challenge myself. I am hoping by interacting with the fellow members, I can pick myself back up and "stay up".

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Re: Trying to elevate my shmiras einayim
Posted by sleepy - 27 May 2022 19:21

[Dave M wrote on 27 May 2022 18:53:](#)

I fell today. First time I looked at porn in more than 3.5 years. A few months ago I had a fall after more than 1100 days. I got back up again and fell today after 80 days. It's obvious, that what I'm doing is not not going to work long term anymore. I need to figure out what to do now. It's tough as I'm feeling very discouraged now. I hope I wont be one of those people that has had a long streak and then goes back to the cycle of falling. If I'm being honest with myself, I should and need to call someone real and talk this through. I've always hid behind the anonymous forum. But speaking to someone real is a completely different level. I can't be scared anymore. I need to make that call.

ouch ! that must hurt! you should have hatzlacha in finding what works for !

im sure reaching out to a real person would really be a smart game plan,not that i did it, just baseing on what experts here on gye suggest.

i was going to ask you what have you been doing that you relize that it wont help long term but i see that you just posted a long post and my question will probably be answered there .ill give a look probably after Shabbos since itll be Shabbos soon.

just one question ,just because you fell, what makes you think that its not a good mehalach, i mean it kept you going for 3.5 years that sounds like a great streak.

what ever you do hatzlacha raba and chazak chazak !

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 27 May 2022 19:34

Thank for your response. I think I part of the issue was I got too complacent. Its been a few years since I been active on GYE on a regular basis. Besides just "avoiding" the bad stuff, I need to also actively work on my ruchnius and relationship with Hashem. Life is so busy, that I feel that davening, learning, avodas Hashem has become routine. I feel that I'm just going through the motion. I recognize that I need to find deeper connection to Hashem.

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Re: Trying to elevate my shmiras einayim
Posted by YeshivaGuy - 27 May 2022 22:34

You're really a true mevakesh Hashem.

You should definitely make the call. I as well have been avoiding it, and gotta get back on the phone...

Remember that nothing is inevitable.

You're not doomed to repeat the mistakes of others. You hold all the cards and with the right decisions and siyata dishmaya you'll be matzliach:

Would be worthwhile perhaps to get deeper into what's going on in your internal world leading you back to porn.

Again, you are a tremendous inspiration to myself and everyone. Have a wonderful Shabbos and keep in touch.

YeshivaGuy

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 31 May 2022 14:01

[YeshivaGuy wrote on 27 May 2022 22:34:](#)

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YeshivaGuy

Thanks YG for your words of encouragement. I have been following your journey as well and wish you much success to getting to a place of Menuchas Hanefesh and clarity.

Regarding your comment above, is it possible that it was just simply letting my guard down and giving in to temptation? I feel that a big part of what led to this fall was just trying to "stay away from the bad". I feel that my connection to Hashem was getting stale and I was just going through the motion. I need to work on investing a few additional minutes each day on this.

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Re: Trying to elevate my shmiras einayim
Posted by committed_togrowth - 01 Jun 2022 06:46

I totally resonate with becoming complacent and lacking motivation. Sometimes you just need a good shiur to keep you focused and motivated to connect to Hashem, here's a fantastic one:

www.yutorah.org/lectures/lecture.cfm/920830/rabbi-moshe-weinberger/chaburah-yosef-hatzadik-68-amalek-survival-101-yiddishkeit-on-fire/

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 03 Jun 2022 15:54

Well, after pushing it off and procrastinating, I finally made that call. Definitely terrifying. I know that sounds silly. But it is the first time I spoke about it with someone since I've gotten married more than 10 years ago. I'm optimistic about where my journey is going. Have a wonderful Yom Tov.

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Re: Trying to elevate my shmiras einayim
Posted by frank.lee - 05 Jun 2022 23:22

Awesome that you made the move!! Hopefully others should get inspired by you and also reach out to talk to someone for help...

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Re: Trying to elevate my shmiras einayim
Posted by Shtarkandemotional - 09 Jun 2022 04:35

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How are things since?

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 09 Jun 2022 17:19

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How are things since?

Thanks for asking. B'H things have been going well. I have daily check ins with my accountability partner. But generally the first few weeks after a bad fall, the disgust and anguish propels me to stay clean and generally the urges aren't too bad. There will be moments that it will be hard and I prayed to G-D that he should give me the strength to withstand the tests.

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Re: Trying to elevate my shmiras einayim
Posted by YeshivaGuy - 13 Jun 2022 03:45

[Dave M wrote on 31 May 2022 14:01:](#)

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Re: Trying to elevate my shmiras einayim
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Wow I am so so impressed.

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~~Yes totally agree. Just felt someone had to mention it to be yotzei zein~~

Re: Trying to elevate my shmiras einayim
Posted by Dave M - 15 Jun 2022 12:55

This morning, when I went to fill up at a gas station, there was a woman in front of me who was not dressed modest at all. B'H I looked away and stayed focus the whole time until I finished and drove away.

On an intellectual level, I know this was a big victory and everyone is "dancing" in shemayim. But in reality, when I win these daily battles, I don't feel special at all. I think this is one of the big reasons why shmiras einayim is so hard. Most of the times, I win, but I forget the victories a few minutes later. But the occasional slip/fall, stick with me much longer. I just wished there was a way to concretize the victories to elevate them to help keep the positive momentum lasting longer.

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Re: Trying to elevate my shmiras einayim
Posted by Yissie - 15 Jun 2022 14:23

Very good point. It is true by me, and I am sure by most others. We focus on the fails a lot more. I think the reason is since we identify with the falls, therefore they stick with us. But the successes are things that we just happen to do.

What has worked for me is to say even though when I started, I was falling daily, but "I am not someone who does this type of thing". So one day of failure is not so significant. Do not consider yourself a failure, and do not get depressed by it. And this gets easier once you can look at your cumulative days and realize that in the past 30 days you only fell 10 times and were clean 20 (or even better).

It seems that you believe that the victory of success happens in shamayim. It happens here. You are a better person. The falls do not have to affect you, and if you are able to ignore it, say that this fall is not who you are, then in shamayim it will be forgotten. (Teshuva will either make aveiros forgotten or make them into zechuyos.)

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Posted by Vehkam - 15 Jun 2022 15:31

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Great post. Recognize these moments. Identify them when they happen and try to write them down. You can post here or send a message. Either way it should help.

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