

It's all in the name

Posted by eerie - 24 Nov 2022 19:25

Hi there all my anonymous friends!

I am on here for a while, most of the time just to sign in and update where I'm holding, but from time to time I do read around some posts on the forums, and I am really at a loss of words when I try to describe what I think about all of you. I'm simply awed into silence. You guys are all amazing, fighting the terrible urges, sometimes in such difficult circumstances, from complicated pasts, I stand humbled. I am so proud to at least be part of the same nation, even if I don't come close. Keep up the fight and may Hashem be with all of you and may you feel his closeness.

And now, Hi! I gave myself the name eerie because that's what I think about my situation. I am blissfully married to a really special person,(which, I learned from the posts on this site, is not to be taken for granted. It's something that so many of my dear friends here struggle with, their addictions creating issues in their marriage and the problems in their marriage further exacerbating their addictions) and we have a few wonderful kids. I really cannot imagine a better marriage, we respect each other, love each other, communicate beautifully, and my intimate life is wonderful. I believe my wife would say the same. I am a seriously respected member of my community, I am in a position of chinuch (and I think I do a pretty good job:)), so why oh why on earth am I here? What would the people think if they knew? Would I still have a wife? Would they let me talk to my kids? At that point would I even care about my job or my life's mission? I BH had a wonderful upbringing, loving and caring parents who are very proud of their "successful kli kodesh" son. What would they think if they knew? These thoughts were on my mind as I created my account and the feeling I had was "This is eerie. A mechanech. A talmid chacham. Sought after maggid shiur. This is totally eerie." So there you have it. It's all in the name.

A little about me. I think many of you would disagree but I don't think I'm addicted to P&M. I have normal urges like all healthy people. I have no smartphone (if you would only hear me speak about the downfalls), no computer at home. So where and when do/did I fall? I called a talk line by mistake, I was trying to reach a company. I was horrified. I hung up and told my wife about it. But, of course, my curiosity plus urge got me to call. This was probably 10+ years ago, called maybe 10 times total. Can't remember the last time I did that. Then my wife got a smartphone, and we blocked the browser entirely through parental controls, with each of us having half the code. Of course, when I was down I tried a few times and of course I figured out her half. Here and there I would go on really bad sites. Not long thereafter we got rid of that phone. That was also 10+ years ago/ But every once in a while I fall. I once found that one computer in the Yeshiva (!!!!) where I work had no filter. You read that right.. No filter, in the yeshiva computer! I would estimate that once in 2-3 months I went on really bad stuff there. One day I just realized that I need accountability, so I came to GYE. I know I have to answer to someone, I'm going to write it if I fall, and that helps me.

Now you might wonder, what am I writing this for? I am writing it first of all because I feel a kinship and I feel like it's "therapeutic" to tell my story someplace. Because even the people that I really trust, I can't tell them any of this. I sometimes wish there was an anonymous phone line where I could call and tell a Rav what I struggle with, to get it out of my system. When I was

bachur I was really close to my rebbeim, and I shared with them even my deepest secrets and struggles, I would tell my Rebbe if I M'd. BH I didn't struggle with that much, but I did do it a few times in my bachurishe years, and my rebbe knew/knows about it. Maybe I'm weird that I shared that with my rebbe, but that's me. If I felt an attraction to a bachur I told him, and he understood me, always helped me, never judged me. There's no question that having such a person in my life changed me in unimaginable ways. Alas, I don't think I'll ever have the nerve to go to anyone and discuss my normal struggles and mistakes at this point. What would a rav or even my rebbe, whom I am still very close to 20+ years later, think if a person in my position came and said "I struggle with this. Once in a while I can fall into watching P." I can't do that, so I'm saying it here. I'm a healthy person with normal urges and desires and it can happen that I fall sometimes. I try to avoid unfiltered machines, when I'm at my parents' house I don't touch their devices, I told them to never let my kids touch their things and I warn my children to stay away, not even to look at Grandma's phone. But I know that every once in a while I'll find a device, and my urges, desires and curiosity (yes, I am still curious as to what some tags on some sites are supposed to mean. Curiosity is powerful.) can get the better of me. I joined GYE so I have to give an accounting, and I even had a fall since I joined, which I reported. I have a life's story, like everyone else, and here I shared some. Maybe some more another time.

But another reason I write this is because I look at what other people have written here, and I realize how small I am. I, the guy who sits up front at dinners, the guy whom you may have even heard at a dinner or some other place, I look at you in awe. Because I am not torn to shreds like some of you are, I have a happy marriage, and so many of you are working so hard to just keep the pieces in place. You are brutally honest with yourselves, and in spite of being in places I have only read about, doing things out there....in spite of that you are here, trying mightily to get only closer to Hashem, to be good, to be clean. I also struggle, but nowhere nearly as much as most of the people here. And I wish I could shake your hand and tell you how proud I am of you. I am so proud, and I know that I can't imagine how proud Hashem is. Keep it up!!! In this world I'm at the head table at the dinner, but believe me, at the se'udas livyason you guys will be up there, I hope I'll at least be in the crowd!

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Re: It's all in the name

Posted by eerie - 16 May 2024 19:51

[Heeling wrote on 16 May 2024 19:35:](#)

And remember NEVER look back because you are NOT going that way!

Love this line!

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Re: It's all in the name

Posted by gye365s - 16 May 2024 19:59

[eerie wrote on 16 May 2024 19:51:](#)

[Heeling wrote on 16 May 2024 19:35:](#)

And remember NEVER look back because you are NOT going that way!

Love this line!

Absolutely! I posted this morning on my page that this is a primary mindset behind my success.
Very powerful.

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Re: It's all in the name

Posted by kadosh1 - 16 May 2024 20:37

[eerie wrote on 16 May 2024 17:44:](#)

A thought I had, a theory, want to share with the oilam. Don't know if there's anything practical here

I was wondering about an interesting phenomena. As many who struggle with pornography know, we sometimes go longer periods where we are successful in the battles, and we stay clean, and we feel like we finally have a handle on it. A few months go by. Then comes a fall. So many of us tend to view it like we lost all the progress, like we are back to square one.

So the question I had was why is it that way? Why when we do something wrong do we feel that all the time that was clean, holy and special got lost? Why would we feel like losers just because we lost one battle, when we had won so many before that?

Now, really the questions shouldn't be answered, because the question is correct! Of course that way of thinking is wrong! My question is only why would we even have a hava emina to think differently?

I think it may be 2 things

1- The perfectionist within

2- I read an article about memory, and this study claimed, (which, judging from myself, I think it's true), that when we remember something we remember it from the first time we experienced it. Of course, emotional experiences create deeper memories. Porn is an emotional experience. So I was thinking that possibly the reason why we feel like we are right back is because in our memories, when we watch porn, for example, we are remembering the last experience.

Nothing more than Hypothesis

My dear friends, whatever the reason is that we think so, please remember that it's FALSE! When we fall we lose not even one drop of the purity or oilam haba that we gained when we were clean! Keep your chin up and.....

Keep trucking!

Eerie thank you for sharing the theory.

You got me thinking.

Perhaps, and I definitely feel this way sometimes, when we don't look there isn't always a feel good sensation - We tend to feel that we are just doing what we are supposed to be doing without a positive action. However when we fall we feel that we DID the wrong thing.

For example: When we have a good davening or shake a lulav etc we feel good because we DID a mitzvah. When we walk by a Mcdonalds and don't buy a cheese burger do we feel good that we didn't?

Same thing here.

If we view the wins of controlling ourselves as a real concrete maseh (because that really is the way it is viewed upstairs) maybe can help with those loserish feelings even if we fall.

Just thinking..

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Re: It's all in the name

Posted by gye365s - 16 May 2024 20:45

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Spot on!

Something I sometimes do is add an action to the lack of negative. As you say, doing a good thing is doing. Not doing a bad thing can feel like nothing. Insert here positive thought accompanied by a smile, squeeze your fist, or do a little dance if that is your thing. Whatever it is, add a physical response to your wins and it will help your brain to register that you done good son.

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Re: It's all in the name

Posted by chaimoigen - 17 May 2024 00:22

Lots of good stuff.

Here's another thought. When a guy is clean for a while, he is usually exercising the part of himself that wants purity, that wants to surf out the urges, that wants to avoid Nisayon, that feels that porn is ugly

If he falls he falls in such a way that he exercises a desire for it, that he will for example disable the filter, pick up an unfiltered device and "go looking", he now comes in contact with the part of him that **wants the Shmutz**. That was the part the he was telling himself isn't him, isn't there, and now.... "I'm back!! And look! I am wearing **your own face!**"

Self- loathing time.

But this is a mistake. Because we **all** have a multiple personality disorder. We all have a Beast that crouches at the door within, who wakes up sometimes.... That's not me. Even if it feels like it is.

More to say on this...

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Re: It's all in the name

Posted by gye365s - 17 May 2024 02:04

Dovid HaMelech thought he had slaughtered his yetzer hara. Then there was the episode with Bas Sheva and Nosson tells Dovid the parable of the poor man and the sheep. Upon realizing that his yetzer hara was not conquered as he'd previously thought, Dovid was devastated and cried out to Hashem. Dovid asks to be created anew, les the part of him that sinned, so that he could be close to Hashem.

Rabbousei we are in good company. Dovid HaMelech felt this pain - and he davened.

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Re: It's all in the name

Posted by chooseurname - 17 May 2024 13:56

[chaimoigen wrote on 17 May 2024 00:22:](#)

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More to say on this...

[Relevant classic Dov post.](#)

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Re: It's all in the name

Posted by eerie - 17 May 2024 17:55

[kadosh1 wrote on 16 May 2024 20:37:](#)

[eerie wrote on 16 May 2024 17:44:](#)

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Just thinking..

guardyoureyes.com/forum/2-What-Works-for-Me/392446-Exercise-in-Positivity#392513

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Re: It's all in the name

Posted by kadosh1 - 17 May 2024 19:31

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Re: It's all in the name

Posted by chancy - 21 May 2024 17:13

I can very much associate with the last few posts of recognizing ones wins at least as much as the falls.

Uh! Gut Gezugt!

Most of us have many more wins than falls, but we never count them.

The last few days im realizing just how much me not treating my ADHD has hurt me. I have realized that Part of me just enjoys looking at pretty things, it has nothing to do with sexuality!

For example, I turn around for beautiful car just as much as for beautiful people. I can stare at a stunning landscape just as much as i can at humans.

So that created a whole new avenue of "hey, i cant change this, and its not really wrong since im not looking for sexual reason"

But I was determined to fight it anyhow. I drove now thru Brooklyn and it was very painful not to look, but i turned away a few times even though i was driving..... I wasn't happy in the least that i did that, I was pissed why its so hard for me!

Then as i was walking down my little street, i found a few dirty pages of a magazine and that allure was too much already so i looked longer than i should've.

And now I am just mad at myself " why I am still here? I thought after all this time I would be better"

So I see how important it is to celebrate the wins because they build the capacity to withstand the trials.

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Re: It's all in the name
Posted by chaimoigen - 22 May 2024 20:05

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Re: It's all in the name
Posted by eerie - 18 Jun 2024 19:00

So, how is it that I signed in, and every thread and topic has new posts, except the most important one? Which is the most important one, you ask? Why, that's simple. The 'Just having fun' threads!!!

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Re: It's all in the name
Posted by Muttel - 25 Jun 2024 08:31

Eerie, I think it's a Siman that you're not on the site enough!

Youre from the greats that should be weighing in on which threads should have posts, and which topics are worth writing about!

We want to hear more of you!

Muttel

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Posted by eerie - 25 Jun 2024 16:00

I told him:

- About the changes that will come- Covered ALL of them, using clear descriptions.
- Told him that it can sometimes come out while your sleeping, don't worry about it at all. Just put it in the hamper and move on.
- Also gave him the heads up that as he gets older he will feel more interested in girls. That's Hashem preparing him for marriage. Don't worry about it, it's normal. Just do the right thing
- I used the opportunity to explain terms that he will see in gemara etc.- ??? ?????, ??? ???, ??? ?????, ??? ???
- Then we discussed the concept of kedusha (not yet about kedushas habris), which for the sake of this conversation I defined it as using something the way Hashem wants it to be used. We can make our hands heilig by using them the way Hashem wants. When we misuse them we lower their level of kedusha. And so on
- Then we looped back and discussed that the holiest limb we have is the place of the bris milah. We have to use it, as well, only in the way that Hashem intended.
- We discussed that this means adulthood in the Torah, because an adult means somebody responsible that can be trusted. If I see a father giving his child something expensive and fragile, I know the father trusts his child. When Hashem gives it to you it means you are an adult, with ???, and he trusts you will guard the zera, and not waste it and misuse it
- I said it simply: The zera is for you to use after you're married in order to have children.

How it is used, you'll be taught before you get married. Until then, it's not supposed to be used

- Gave him two simple halachos l'maaseh: 1-don't touch there. (even gave him practical tips for using the bathroom), 2- we don't look at thigs that aren't tznius, because that can affect the zera
- Major point- I know you'd never talk to your friends about these things, it's so not your type. You're a smart, mature boy who understands what we keep private. But you might have friends that will talk to you. Never listen to what they say about this, because children have wrong info that will only confuse you.
- If you ever, ever have questions, just come ask. Ill try my best to clarify

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BH it went over very well.

Dearest friends, there's no question that I couldn't do this as effectively, not even close, without my own work, and without all the insight that I've gained here. I thank you forever!

Dearest heroes, keep trucking and keep inspiring!

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- Any questions? (I want to know who's surprised that he didn't have any questions