

Momo's journal

Posted by Momo - 25 Feb 2009 13:02

Hi,

I'm Momo and I'm pretty new here. I discovered this site about a week ago.

I haven't made an effort to go clean for quite some time. Around twice/three times a year I make a real effort (usually around the Jewish holidays), and I can last for a week, two the most. I then fall and completely give up trying for months after that.

I decided that I will try this time again, and if I fall, I will blee neder pick myself up and try right again!

For this run, I'm on day10.

I'm partnered with Postal, who's a great guy and gave me some good chizuk already.

--Momo

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Re: Momo's journal

Posted by the.guard - 02 Mar 2009 11:22

I'm so sorry Momo. When you wrote you slipped because of YouTube, I thought you intentionally watched some things that would constitute a fall (according to rule 8.2 and the notes below it on [this page](#)).

I put you back up and promoted you to Level 3 (2 weeks clean)!!

Keep up the good work!!

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Please take 6 days off my clean count

Posted by Momo - 02 Mar 2009 12:40

Guard,

What happened on day 6 has been on my mind since then (9 days ago). I consider what I did a fall, and I don't understand why you said I can consider it only a slip. I feel this on my conscious, and don't really feel like I've had 14 clean days, but rather 8. So, please lower my count from 14 to 8, and adjust my start date from Feb 16 to Feb 22.

Regarding what happened yesterday with YouTube, I intentionally stared at a modestly dressed woman for a couple of minutes, closed the video, and took no further action. I understand that this is also forbidden and very dangerous, but I don't think it's enough to recount.

Thanks,

Momo

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Re: Momo's journal

Posted by the.guard - 02 Mar 2009 16:30

Momo, I disagree. I re-read what you wrote me on day 6 and that is NOT a fall. Yes, it is very dangerous, but like ano-nymous posted [over here](#), he had this issue for the first half (or more) of his 90 day journey. Actually, what happened shows tremendous strength. I would rejoice - if I were you - that you managed not to fall then, and give you extra credit! (Don't get me wrong though, of course this is VERY dangerous and must be avoided in the future at all costs).

If, after what I wrote above you still want to restart your count for your own stricter standards, that's up to you.

As far as what happened yesterday with youtube, most people wouldn't even think twice about that being a fall or even a slip. This just shows me again how strong your determination is and what a Tzadik you are set out to become. **Ashrecha Momo!**

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K9 password

Posted by Momo - 03 Mar 2009 07:34

I replied to GUE that although he said I could technically continue my original count since he considers what happened on day 6 only a "slip", I feel more comfortable deleting the 6 days. I requested that I be strict on myself so that for me the official 90 day chart uses the updated count to mark my abstention of all halachically forbidden **active** behavior (everything excluding looking and staring which I consider "slips"). For myself, I'm tracking 2 counts that mark the stopping of two different behaviors (one worse than the other).

Here's my report from day 10 (day 16 of the old count):

I installed the K9 filter last week and just now send to GUE and Postal the password. I then threw out the password and my email from my Sent folder. I must say, that felt hard, knowing that I can't access the websites I enjoyed so much in the past!

I also installed today AdBlock Plus to give me extra strength against the Y"H.

The past 4-5 days have been pretty easy, but today feels hard. I feel the Y"H creeping up on me. That's why I HAD to send out the K9 password before it's too late.

May HaShem give me strength to continue my journey to kedusha and freedom!

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Re: Momo's journal

Posted by the.guard - 03 Mar 2009 11:38

Another few like you Momo, and Hashem won't be able to hold back bringing Moshiach anymore!

For the best way to have K9 filter protection, see this page: guardyoureyes.org/?p=24

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I was tested last night

Posted by Momo - 05 Mar 2009 06:48

Today is day 12 (abstention of medium-bad behavior), which is day 18 of the old count (abstention of very bad behavior).

Point #1:

I am very glad that I decided to recount. Last night I went to town to buy something I needed. I went to a "frum" shop, and the only salesperson was a "frum" lady dressed with everything covered up, but very tight clothing. As soon as I saw her, I thought, "Oh no, here comes a test for me. I will not start at her.", and I didn't stare. But, it's very hard to speak with someone who's selling you something without looking at her at all, so I caught glances of her trying very hard not to get any enjoyment at all. Anyway, I bought what I needed to and went home.

When I went to bed, of course my mind thought of her. I said to myself, "Just touch a little bit for a few seconds, you'll feel better." Then I remembered that according to my strict standards, if I do that, I'll have to start my count over and blow 11 days of hard work that I accumulated so far. So I said to myself "No way, I'm not doing that." I lay in bed for what felt like 15 minutes trying to think Torah thoughts (and anything but her) until I finally fell asleep. This morning I feel proud of myself for overcoming my desire last night.

You see, the chart is a wonderful idea, it uses the trait of gaava in a good way. It is also good to

feel that you are working towards a goal. To say "I won't do this for my entire life" is very hard since it seems like such a long time, but if you break it up by saying "just for 90 days" and then after 90 days say "just for another 90 days", and keep that up, it's a lot easier.

Anyway, I wanted to log this story in case it helps anyone, and it might help me in the future.

Point #2:

I still have desirous thoughts that seem to be always just under the surface, and I pray that they would go away, but I think the need to "act out" is diminishing.

I seem to have the need to continue adding things to protect myself. I think I feel that by continuing to take proactive measures, I'm not being complacent, but rather taking constant action. For example, I started wearing my tzitzit out a couple of days ago. For a second I felt embarrassed doing it since no one else does it at work, but then I thought, if men here aren't embarrassed wearing earrings or having their faces pierced, I shouldn't feel embarrassed wearing something HaShem commanded me to wear!

Here's a trick that might help everyone: since I'm very, very worried about how I will walk around when the weather gets warmer and women don't dress modestly on the street, I am planning (blee neder) to buy sunglasses and wear them everytime I go outside. Some people wear sunglasses to protect their eyes against the sun. I think I need sunglasses to protect my eyes against immodesty. Also, it might be considered rude, but I think it might be an idea, if I feel it's necessary, to wear sunglasses indoors when going shopping and seeing a saleslady not dressed modestly. That might help me not have to go through what happened last night.

That's it for now. Good luck to everyone.

Momo

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To buy sunglasses or not to buy sunglasses?

Posted by Momo - 05 Mar 2009 11:01

UPDATE: I just came back from a store and looked at sunglasses but didn't buy any. I see that while sunglasses shades you from the sun, you can see quite well with them.

What should I do?

Should I just work on walking looking down?

Should I buy them anyway as a reminder?

Perhaps I shouldn't buy them so that the bright sun will make me look down from the sky?

Perhaps I should buy sunglasses and paint the out side black like I heard some of the tzaddikim did.

Guys out there, your thoughts?

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Re: Momo's journal

Posted by the.guard - 05 Mar 2009 11:37

See Tip B.b on [this page](#).

Momo, I am in total awe of your determination, and the high standards you want to set for yourself. Unbelievable!

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Re: Momo's journal

Posted by Momo - 05 Mar 2009 12:22

Thanks for the compliment and for the tip. If you're gonna do something, I think it makes sense to aim to it right. Also, on a practical level I simply don't trust myself since I know what I'm capable of.

Help! I don't understand technically how you can paste non-clear laminating paper on the insides of the lenses. Is it sticky on one side? If not, how do you stick it on? Has anyone here done it and can explain the procedure?

Also, won't people consider it rude to wear sunglasses when talking to them inside a store? What do you think? Is it worth doing it anyway? When walking down the street, you can always look down, but when talking to a clerk in a store, I don't think that works.

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Re: Momo's journal

Posted by jack - 05 Mar 2009 15:34

i MUST say, i am nowhere close to the extent that you are going! sunglasses, wow! will i ever be where you are up to?

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Re: Momo's journal

Posted by the.guard - 05 Mar 2009 19:24

I personally have a pair of non-see-through sunglasses which I use for when I need to be in temptation zones. From the outside, no one can see my eyes. From the inside, I placed transparent non-see-through lamination paper, which is sticky on one side. I stuck it onto the inside of the lenses and I can only see vague shapes when I walk in the street. (I can also look down and see my feet while wearing the glasses, so I don't bump into anything when I walk). I have these glasses for a few years already, and my kids know that whenever I need to go to a mall or somewhere like that, I bring them along. Obviously they are not practical for all situations. For example, if we went out to eat with the family, I usually remove them once we are seated, making sure that I am facing a wall, or at least away from the crowds. Also, if I need to talk with someone, I remove them to see their face and not to look rude.

But the glasses do more than just protect me. **Listen to this:**

Just recently, my wife gave birth. Connected to the hospital is a mall. I brought my kids to visit my wife and the baby, and then they wanted to eat out in the mall. I had my "sun-glasses" with me and put them on when we went into the mall. I had my kids hold my hands to make sure I go the right way and don't bump into anyone. It has become somewhat of a sport between my kids to hold my hands while I wear these special glasses. I explained to my 12 year old son, who B"H doesn't know anything yet about these things, that Shmiras Ainayim is a very important step to Kedusha and to becoming a Tzadik. Even though he doesn't know why, I bring it up with him from time to time and stress how important it is not to look at women, especially non-religious women who are not dressed Tzniusdik. (I believe that if you start young enough, they don't ask questions and don't need to understand too much. It just becomes ingrained in their minds...) So we were walking along, and my kids were holding my hands, and I was telling my son that he should look down and not look around at the non-tzniusdik pictures all around...

We found a table, ordered some sandwiches (don't forget this is Israel, there are Glat-kosher bakeries even in non-religious malls :-), and then I went downstairs to buy a bottle of drink for the kids to share. When I came back up, my daughter (age 11) tells me that while I was gone, an Arab cleaning worker had pulled a magazine full of dirty pictures out from the trash bin and put it down, open, in front of my son. My son had pushed it away from himself right away, and asked my daughter to throw it back into the trash. The Arab worker had come by a few times to look if my son was looking at the magazine, but he saw that my son had pushed it away and that they had thrown it back into the trash, so he left him alone.

I was fuming mad, but I held myself back. After the meal, I found the Arab's supervisor and told him what had happened - in front of the Arab, who denied doing it (of-course). The supervisor was shocked and told me that they already had had problems with this guy in the past and would "take care of him". The next day when I came back to take my wife home, I again met this supervisor who told me that they were going to fire him.

My point though is, that when we take these type of precautions, we aren't just protecting ourselves. If I hadn't been talking about Shmiras Ainayim and wearing these sunglasses just a few moments before this happened, I don't know if my son would have pushed the magazine away so fast, or even at all. And who knows if this wouldn't have been the start of another "story" like so many others on our website which often start with: *"I first discovered p-rn at 12 years old when a friend showed it to me. etc..."*

What we do, effects our children more ways than we can imagine - even if we are not aware of it! May Hashem protect the innocent children of Klal Yisrael from the Yetzer Hara, in the merit of our own determination to purify ourselves. Amen!

Momo, in your honor I will send the above post in today's Chizuk e-mail on Shmiras Ainayim!

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Re: Momo's journal

Posted by Ykv_schwartz - 05 Mar 2009 20:18

That is truly an amazing story.

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Re: Momo's journal

Posted by Someone - 07 Mar 2009 19:37

Wow! This is incredible! I am amazed by your son, and by the way you have taught him! Great reaction as well - I don't know if I could have kept my anger inside like you did :D

/JG

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Re: Momo's journal

Posted by the.guard - 07 Mar 2009 21:45

Momo, I updated your chart - and I made 2 separate counts for you :-)

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