

Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 13 Jul 2009 21:08

I'm new to this forum, but not new to this struggle. I signed up to the weekly E-mail lists a few months ago. I often just glance at them, as I'm trying not to spend so much time reading E-mails. But, even with this, I have gotten chizuk through the themes that keep repeating themselves.

I grew up secular, but did Teshuva in college--I came to Yeshiva in Israel and never left. Now I'm married with five children (our oldest is eight and our youngest is a month old).

I was in the habit of staring at girls, I remember even in nursery school. I just liked the way they looked. Things got worse when I was 10 or 11. My sisters had a "facts of life" book with indecent pictures and crooked ideas, and I found it. It described Mast... as a fun thing to do, and so I followed the instructions. I've been stuck ever since.

I was a member of a shul youth group around the age of my bar-mitzvah. The youth group leader gained my trust very early on, and I could discuss anything with him. Luckily, I learned early on that mast... is wrong. I've been fighting it ever since, sometimes more successfully and sometimes less so. I think now I go two or three months clean, and then I tend to trip up a few times close together. I always feel that the yeitzer hara tricked me, and somehow it's strategy was different than last time. Also, I view it as tripping up for one "phase," instead of multiple times. So, I manage not to get too depressed about it, and can pick myself up again pretty quickly.

I would like to be able to stop altogether. But, I am more concerned with controlling my eyes. I feel that it is impossible to walk down the street without taking a look at every woman along the way. I think the trickiest part is that, in my neighborhood, everyone is dressed so tznius that it's hard to feel that I'm really doing anything wrong.

Besides that, I slip up every once in a while with the internet--probably a few times a year. But then, I feel that I was somehow outsmarted again by my Yeitzer. I wasn't looking for indecent pictures... I was just curious about such-and-such an actress... I wasn't expecting to find such indecent pictures...

I see the progress is still very slow on my own, and that's why I decided to become more involved in this forum.

But, I find this is also a challenge. I think my own situation is rather mild, and I find that by seeing other people's stories which are more involved than my own, I end up getting thoughts instead of getting rid of them. Any advice on this point would also be helpful. Thanks.

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Re: Eye.nonymous official count
Posted by ZemirosShabbos - 17 Nov 2010 21:07

[Eye.nonymous wrote on 17 Nov 2010 21:04:](#)

And today, I was thinking "I've got to focus on making other people happy. And, THAT'S the way that I'll find happiness, too."

that is a beautiful and useful statement, thanks!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 22 Nov 2010 18:09

Eye? How have you been?

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 22 Nov 2010 18:13

Doing fine, thanks for asking.

A big part of recovery has to do with changing your attitude. DC refers to it as, changing your glasses.

I thought of something recently that helps. It's a bit abstract to think "am I being selfish or am I being giving?" But, I noticed, IF I'M COMPLAINING OR CRITICIZING, I've got the wrong glasses on. So, if I catch myself doing this, or WANTING to do this, I know I've got to calm down, take a few deep breaths, and just accept the situation. Either keep quiet, or find something positive to say instead, something to appreciate.

--Eye.

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Re: Eye.nonymous official count

Posted by ZemirosShabbos - 22 Nov 2010 19:19

[Eye.nonymous wrote on 22 Nov 2010 18:09:](#)

Eye? How have you been?

i think you meant: how have Eye been?

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Re: Eye.nonymous official count
Posted by Kedusha - 22 Nov 2010 19:20

Eye is his favorite pupil! ;D

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Re: Eye.nonymous official count
Posted by ZemirosShabbos - 22 Nov 2010 19:40

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Re: Eye.nonymous official count
Posted by Kedusha - 22 Nov 2010 20:33

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Re: Eye.nonymous official count
Posted by an honest mouse - 22 Nov 2010 22:11

i think you guys need the new glasses he was talking about...

i thought Eye was...

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Re: Eye.nonymous official count
Posted by Kedusha - 22 Nov 2010 22:20

[Kedusha wrote on 22 Nov 2010 20:33:](#)

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Or, is it eye see? ;D

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I see.

Re: Eye.nonymous official count

Posted by an honest mouse - 22 Nov 2010 22:27

its actually eye c

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 23 Nov 2010 07:04

It's called seeing I to I.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 28 Nov 2010 18:56

This is probably another one of those major realizations that I've realized over and over again, and forgot:

I notice, in my head, I play a lot of negative messages to myself. (No doubt, a source of RID).

Now, here's something I've heard of, but only recently started trying to do--it's so easy to forget when you're fighting old patterns. Also, I never realized how pervasive this old mentality was.

I've been trying to tell myself first thing in the morning, "Today is going to be a good day." And, "You're going to do well, whatever you do." And, whatever situation I find myself in, "You're doing exactly what you need to be doing at this moment, and you're doing a fine job."

Today my schedule was totally out of wack. I went with my wife and daughter on a big schlep for some appointments, and it basically took all day. It wasn't what I would have normally considered a big day of accomplishments.

But, I kept on reassuring myself with these messages. I not only fended off anger, but overall I managed to enjoy the experience. I feel no angst and no regrets.

--Eye.

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Re: Eye.nonymous official count

Posted by yehoshua - 29 Nov 2010 10:22

It is good to be needed by the ones you love. It feels good to be able to give. I also hope to have kids and go on a shlep and see a smile on everyones faces. I guess you made it into a family trip. ;D

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 29 Nov 2010 20:16

Okay, so yesterday was totally out of wack. I expected today would be normal. I deserve it, don't I?

All was fine until, after mincha, I got a call from my wife to pick up my son from school and bring him home. Usually I hide out in the ezras nashim and try to do some work at this time.

No sweat. I'll bring him home, and then get back to work.

I brought him home. "I need your help."

I WAS FURIOUS. HOW DARE YOU! I managed to bite my tongue.

I disappeared for a few minutes. I told myself, "This is your EGO. THINGS AREN'T GOING YOUR WAY. YOU HAVE TO LET GO OF YOUR EGO. YOU HAVE TO ACCEPT IT." I calmed down. I think I was even nice. I stayed around for lunch and to let my wife have a rest. Then, I took a rest. So, I skipped my afternoon work time for today, and got back to kollel for afternoon seder.

That was today.

--Eye.

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