

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 - 28 Dec 2010 22:48

beautiful!

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Re: Eye.nonymous official count
Posted by yehoshua - 29 Dec 2010 14:55

Even at the risk of loosing everything Pharaos remains confident, then he loses his son. How great Abraham was. Unlike Pharaos he was willing to sacrifice his son, knowing he truly has no control. A true King indeed.

Good to be in the company of true Kings!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 31 Dec 2010 07:38

LITTLE INTRO, CRASH COURSE, reminder--This addiction is only a symptom. We use it to relieve our pain. Our pain comes from restlessness, irritability, and discontent in life. Why do we have this RID? Because of our Ego. We can't accept when things don't go our way.

Now, for a few insights I have had about this recently:

A few nights ago I had to go pick up something. I left the house and went down the stairs. Then, my wife was calling to me from the window (we live on the top floor of a 4-story building). I HATE yelling back and forth from the street to the window. I wanted to just go and pick up what I had to get. So, I RUSHED up the stairs, ready to yell at my wife for trying to talk to me out the window, which I hate so much. On the way up the stairs (4 flights, I had some time to think) I sensed, "I'M ON AN EGO TRIP!" I realized the absurdity of it. My wife knows I don't like yelling back and forth, so if she did it IT MUST HAVE BEEN SOMETHING REALLY IMPORTANT. I was going to pick something up, and she just found out THE PERSON WASN'T THERE. I would have run all around just for nothing.

I spent a bit of time at the computer working on something related to recovery. I went overboard, and used up some time that I should have been working. I NOTICED, I DIDN'T REALLY MIND; I HAD CHOSEN TO USE MY TIME DIFFERENTLY.

Now, later on, I was working at the computer, and my wife needed to interrupt me for a few minutes, only a few minutes. I was starting to boil. EGO ALERT! I stepped back and realized, I cut off much more time from my work, and it didn't bother me. My wife only needs a minute of my time, and I'm getting furious!

SO, IT HAS NOTHING TO DO WITH IF I'M ON SCHEDULE OR NOT, OR IF I'M ACCOMPLISHING OR NOT. Just, if I'm doing what I want, I'm fine. If I need to do what SOMEONE ELSE wants instead, I get angry. JUST ANOTHER EGO TRIP!

So, I was able to put the EGO aside, and not get angry with my wife.

Last night I forgot my umbrella at Shul. My son agreed to go on his bicycle and get it, which was a big help. Until this morning I noticed--my umbrella got all mangled! Apparently, he had some difficulty carrying the umbrella on his bike. My first reaction was ANGER. Should I penalize him or chastise him in some way? It took me a while (until mid shmone-esrei), but then I realized, first of all, he was trying to do me a favor. Secondly, it's all EGO. It was a pretty decent umbrella, and I don't really want to go out and buy another one. But, in the course of a month or two, I might spend the same money getting myself coffee or some other things. FOR ME, IT'S NO BIG DEAL. IF IT'S SOMETHING I DON'T WANT, SOMETHING FOR SOMEONE

ELSE, I'M ANGRY! EGO TRIP EGO TRIP! Is it worth a few bucks to go ahead and yell at my kid? The same few bucks I would freely spend on coffee or something?

No.

Also, yesterday I went to kollel in the afternoon. Some other fellows were sitting where I usually sit. Shouldn't they know that? I was about ready to march up to them and ask them to move. Then, I realized EGO EGO EGO! I can move one row back. Big deal!

So, I've been noticing the subtle effects of EGO in my life, more and more. And, baruch Hashem, I've had the siyata dishmaya to put it aside.

--Eye.

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Re: Eye.nonymous official count
Posted by yehoshua - 31 Dec 2010 09:46

I guess your "Ego" went to "ego". :D and your Neshama from "bright" to BRIGHT.

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Re: Eye.nonymous official count
Posted by 2nd-chance - 31 Dec 2010 11:23

WOW EGO.nonymous

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Re: Eye.nonymous official count
Posted by frumfiend - 31 Dec 2010 13:20

Thanks for those honest posts.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 01 Jan 2011 18:56

Shavua Tov.

Thanks for the responses.

--Eye.

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Re: Eye.nonymous official count
Posted by Sturggle - 03 Jan 2011 08:23

Eye!

Great stuff!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 03 Jan 2011 16:10

Quick update:

Last night I suspect my filter was deactivated, and I had an itch to search for stuff I shouldn't be looking at. It turned out, my filter was working fine.

Now, I could have just said "Baruch Hashem, I'm safe!"

Instead, I said to myself, "Even though I didn't act out, and I'm not going to act out that wasn't a good sign. Something's up and I should reach out to someone anyways." So, I called someone.

--Eye.

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Re: Eye.nonymous official count

Posted by ZemirosShabbos - 03 Jan 2011 16:18

gevaldig!

your honesty, self-awareness and growth are really impressive

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 07 Jan 2011 13:27

I've been having some major ups and downs.

It started in the middle of last week, I was feeling lots of RID. I decided, probably for the first time ever, to deal with it precisely as the 12-step program says. I wrote everything down, following the instructions, though tedious as I thought it might be. No shortcuts. No innovations. Some obvious patterns emerged, and I found a few surprises, too. That was maybe Tuesday morning. My realizations kept me in the right mindset to handle a few more challenges that came up through the day.

Then, the next day, I was full of RID again. I went back to the writing, and realized I missed a few big things. Getting them out helped.

Then, one major thing that has got me confused is how to relate to intimacy in marriage. Is it really optional? What about other life circumstances, like sick kids, lack of sleep, that take a toll on marital intimacy? Is something wrong if it doesn't work out often?

After I got this clear, I did something strange. I actually just brought up the topic with my wife. What are her actual expectations.

I got machine gunned. Her expectations of me have more to do with life in general, and the way it sounded, I'm hardly doing anything right. Strange, especially when I start to think I'm improving, becoming more thoughtful, more helpful, more considerate. I've missed the boat. And, I know that we're supposed to view s*x as optional, but what if it seems like it's almost not on the agenda. I'm really confused, scared.

So, that's where I'm holding now. Confused. Feeling like my wife would rather be married to a housecleaner than to a husband. Feeling confused, hopeless, despair, and also resentful. Slipping, trying to surrender.

Any thoughts would be helpful.

--Eye.

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Re: Eye.nonymous official count
Posted by chaimhelp - 07 Jan 2011 15:13

Maybe try to surrender the whole ME for a day or two.

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Re: Eye.nonymous official count
Posted by 2nd-chance - 08 Jan 2011 21:20

was your wives criticism her honest assessment or was it just an outburst

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Re: Eye.nonymous official count
Posted by ur-a-jew - 09 Jan 2011 04:48

Eye I can really relate to this especially the sex not being on the agenda. I don't think you need to get scared. Woman and men think differently. When your talking about expectations woman don't put sex in that category. They just think differently from men especially addicted men. I have no doubt that if I had that conversation with my wife sex would not make it to the list even if we ended up having sex later that night. Hang in there.

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