

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 (Elyah) official count
Posted by ben durdayah - 01 Aug 2011 17:47

I would just add to what Elyah posted (and I've said as much to someone who asked my opinion) that if your name is common enough -it's almost paranoid to think that using it here could be a risk of losing your anonymity.

Bishlaima if you have a really uncommon name or kinui like "Zanvel" or "Mesushelach" this could be a concern. But if you have a standard name like Yosef, Chaim, or even Elyah -you're like a needle in a haystack. Even if you have a less common name like Gavriel, Raphael, or Michael -you're in good company. Sure everyone's got friends by these names, but on the other hand *everyone's got friends by these names*. See what I'm saying?

But that's just my opinion,

Eli (yes it's short for Eliyahu. So what? I'll bet that out of 1500 members, there are at least a minyan of Eliyahu's here!)

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Re: Eye.nonymous (Elyah) official count
Posted by Blind Beggar - 02 Aug 2011 17:35

[Eye.nonymous wrote on 01 Aug 2011 15:07:](#)

There are people who I have come to know personally through this forum-we have exchanged phone numbers and we have even visited each other's homes (or at least celebrated a 90-day victory together), and their friendship has only been an asset and a strength to me (and probably mine to them, too). None of us are going to blow the whistle on each other.

In fact, it's this real-life involvement, and the benefits I have gotten from it, which has made me feel the drawbacks of fake usernames all the more poignantly. It has driven me to be more real, as much as possible, in all aspects of recovery. I have come to feel that to do differently is a real loss.

--Elyah

Thank you Elyah, your friendship is an asset and a source of strength to me too and the kumzitz in your succah was one of the most important things to happen to me in my continuing recovery.

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 02 Aug 2011 19:26

Thanks.

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Re: Eye.nonymous (Elyah) official count
Posted by silentbattle - 02 Aug 2011 20:33

Hi - haven't been around in a while, and I'm really glad to hear how well you're doing!

I am really impressed by your decision to use your real name here. I hope you don't mind if i explain my own reasons for choosing not to do so. I should point out to people reading it that (as I'll mention in a minute) although I don't use my real name on the forum, I have shared my issues with many people in real life, and people who know me in person, or even over the phone, know my name.

I was definitely paranoid when I first joined the site, although as time went on, I became less so, and i think that anyone who's met me in person knows my name. However, I don't think I'd want to put my name up in public. I still remember when one of my chavrusos asked me if i'd ever heard of GYE, and I was like, "oh, yeah, I think I've heard of it somewhere...what is it, exactly?"

He reads the chizuk emails, and is a nice guy - but I don't need every nice guy knowing about my issues, just the people that i share them with. And as it was, I wondered if he would recognize any of my opinions if they were quoted in a chizuk email. If it was said using my first name, it would kinda be a giveaway.

Just my two cents - and Dov, I would be interested in hearing your opinion.

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Re: Eye.nonymous (Elyah) official count
Posted by shteighecher - 02 Aug 2011 20:55

i think your chovrusa is a active member here and was trying to get help from you. He didn't want to share more info, because, he thought you are nota member. So, can Silenbattle's chovruse please raise his hand here on the forum and we can connect them right here ?

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Re: Eye.nonymous (Elyah) official count
Posted by Dov - 03 Aug 2011 17:08

You are preaching to the choir on this one, buddy. I believe that using our real first names in

PMs and posts will be very helpful in most cases. And the ones who are reluctant to use their first names would be helped the most by far. They have the most shame. That's poshut.

The heavy breathing and dry mouth we get when meeting face to face for the first time with another GYE guy for improving our chizzuk/recovery relationship...what's with that? Why do the guys who talk a big program for years here and decide they need to go to meetings - still feel their heart skipping beats and lightheaded when drawing close to the meetings....why?

Why is it so hard for so many guys on the phone calls to utter their names - and even harder to actually speak up about something they are having trouble with - and even harder to tell their stories....hey, we are all hiding behind the phone speakers, no? They get the words caught in their throats. I have seen it every time I get a desperadoes group for that first call. So many are reluctant to say their names as we go around the group. There is obviously some incredible power in being real with another person in any way at all. We all prefer to be fake - no, not in theory...but when it comes to actually speaking up, we hide as though we'll die if we come out to another real person in a real way. And the real-er, the worse it is....

The saftey in virtuality is indeed a double-edged sword.

Otherwise what's the power of using my name and not just a username? Why is it so hard? It's part of hiding, lying, and acting out. It is one of the enablers for me - a frum guy - to save face as I go around porn-seeking and masturbating (in secret of course) - more privacy....to keep acting out.

That's my feeling on it. (Ouch)

Is that what you were referring to?

But of course, we do not share these things with people who would not understand and respect our privacy.

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Re: Eye.nonymous (Elyah) official count
Posted by ur-a-jew - 03 Aug 2011 17:27

[shteighecher wrote on 02 Aug 2011 20:55:](#)

So, can Silenbattle's chovruse please raise his hand here on the forum and we can connect them right here ?

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Re: Eye.nonymous (Elyah) official count
Posted by Yosef Hatzadik - 03 Aug 2011 17:31

Dov, you knew I won't resist, right? ;D

SilentBattle asked one thing & you responded another thing. Your response is (mostly) irrelevant to **SilentBattle**.

[dov wrote on 03 Aug 2011 17:08:](#)

You are preaching to the choir on this one, buddy. I believe that using our real first names in PMs

[silentbattle wrote on 02 Aug 2011 20:33:](#)

I should point out to people reading it that although I don't use my real name on the forum, I have shared my issues with many people in real life, and people who know me in person, or even over the phone, know my name.

I was definitely paranoid when I first joined the site, although as time went on, I became less so, and i think that anyone who's met me in person knows my name.

SilentBattle is NOT hiding behind an anonymous alter-ego. He is using his REAL name. He shared it with many other GYE guys! He is NOT trying to deny that he has a problem etc.

[dov wrote on 03 Aug 2011 17:08:](#)

But of course, we do not share these things with people who would not understand and respect our privacy.

[silentbattle wrote on 02 Aug 2011 20:33:](#)

However, I don't think I'd want to put my name up in public.

Putting REAL names in posts (which may be used by Guard in GYE Chizuk Emails) in the public World Wide Web is as un-private as possible!!!!

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Re: Eye.nonymous (Elyah) official count
Posted by Dov - 03 Aug 2011 18:31

Avi is unprivate? **Shimon** is unprivate? How about Shmuel, Michoel, Yaakov, Shalom, Zanhyl, shloimie, mendel, mendy, yossie, yechzel, david, duvid, dovie, burich, baruch, velvel, simchah, Moishy, Moshe, smeryl, shmeelu, yonasan, m binyomin, eli, eliyahu and yoni. Mordy, mordechai, kalmon, chayim, chaim, and reuven? Ari, aryeh, mich'l, and zalmon? What?

These names would reveal the true me to any outsider at all?

Puleeze. Yeah, to the person with the name it seems they'd be picked out of any crowd by dropping it. Everyone would know. I call that narcissism and self-aggrandizement, nothing more. You and me and our little names are nothings, and practically nobody pays attention and practically nobody even cares.

The fake loss of safety is poshut not worth the gain of fake secrecy and holding onto real shame.

Fighting about this topic is a huge waste of time, may Hashem help me shut up already. When people want the freedom, they'll let go of their shame, come around to the other side of the wall and see they were so wrong...and laugh. But in the meantime, I am not laughing.

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Re: Eye.nonymous (Elyah) official count

Posted by Yosef Hatzadik - 03 Aug 2011 19:21

[dov wrote on 03 Aug 2011 18:31:](#)

Avi is unprivate? **Shimon** is unprivate? How about Shmuel, Michoel, Yaakov, Shalom, Zanhyl, shloimie, mendel, mendy, yossie, yechzel, david, duvid, dovie, burich, baruch, velvel, simchah, Moishy, Moshe, smeryl, shmeelu, yonasan, m binyomin, eli, eliyahu and yoni. Mordy, mordechai, kalmon, chayim, chaim, and reuven? Ari, aryeh, mich'l, and zalmon? What?

and to continue your logic:

If using a first name which in no way connects us to our posts, in what way is that any more REAL?

Meeting fellow GYE guys *WHILE WEARING MY USERNAME ON MY LAPEL* felt much more **real** to me than sharing my first name to anonymous strangers via telephone or typing. That is how it felt *for me*. You, and others, might have had different experiences. In fact, using my first name on phone calls felt the same as using an anonymous username. I currently have an open & honest relationship with a few dear GYE friends. Some know my name and others know me only as Yosef Hatzadik. There is absolutely NO CORRELATION between the level of honesty & recovery between those two types of friends. The only thing that makes a difference - in my experience - is the level of openness. As long as we only use generic terms (i.e. I am lusting; I

had a fall etc.) it is not yet REAL. When that barrier is broken, real change begins.

BUT, having Recovery friends in REAL LIFE, not just anonymous strangers who are using a generic first name, that is taking it on to an entire new plane! That Recovery is as distant from the former as heaven from earth!

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Re: Eye.nonymous (Elyah) official count
Posted by silentbattle - 03 Aug 2011 20:06

For better or worse, I have some very strong opinions which I believe in - and I share them both here, and in person, with friends. Having my first name attached to it could make it very clear who I am.

Shteighecher - mebbe, though I don't think so. He was very honest about his own struggles and what he was doing about it. And either way, I gave him whatever support and advice I could. I don't think we have a responsibility to explain all our struggles to everyone who tells us that they have some trouble with masturbation.

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Re: Eye.nonymous official count
Posted by Yosef Hatzadik - 03 Aug 2011 20:30

[Eye.nonymous wrote on 01 Aug 2011 05:33:](#)

When I first joined this forum, I picked a cute username much like nearly everyone else here.

I have decided to change my username.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by Stuart - 04 Aug 2011 03:17

This topic's been discussed before and it gets more intriguing each time (especially when "Dov" gets fired up about it). Can we just agree d'avid kemar avid?

Lots of continued Hatzlacha Elyah.
So, your cute username is now up for grabs? :

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 04 Aug 2011 06:32
Or are you gonna auction it off??

[Yosef Hatzadik wrote on 03 Aug 2011 19:21:](#)

Meeting fellow GYE guys *WHILE WEARING MY USERNAME ON MY LAPEL* felt much more **real** to me than sharing my first name to anonymous strangers via telephone or typing.

We did that once at a little GYE get-together. The fellow's wife was out for the evening, and so he had "some friends over." The nametags all fell off by the end of the evening, and his wife found them around the living room the next day.

Wasn't easy to explain "Holy Man" etc., nametags.

--Elyah

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