

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 gibbor120 - 15 Mar 2013 16:52

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 21 Mar 2013 11:28

Hi Gibbor!

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Re: Eye.nonymous (Elyah) official count
Posted by gibbor120 - 21 Mar 2013 18:05

Haven't heard from you much lately.

Hi Elyah! (Can I say hi if this is not the "hi" thread???)

Have a chag kasher v'somayach!

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Re: Eye.nonymous (Elyah) official count

Posted by chaimcharlie - 27 Mar 2013 01:59

Hey, just wanted to say hello back. Do I know you from somewhere? ha ha

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Re: Eye.nonymous (Elyah) official count

Posted by Dov - 28 Mar 2013 21:22

Think you are funny....

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Re: Eye.nonymous (Elyah) official count

Posted by chaimcharlie - 28 Mar 2013 23:19

I want to say something smart and witty back, but I'm really bad at this stuff, so I'll just say that yeah, I think I'm really funny.

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Re: Eye.nonymous (Elyah) official count

Posted by Dov - 29 Mar 2013 00:47

Ask Elyah

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Re: Eye.nonymous (Elyah) official count

Posted by yehoshua - 28 Jun 2013 16:32

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Where is Elya anyway!????

Re: Eye.nonymous (Elyah) official count
Posted by yehoshua - 03 Jul 2013 16:13

Look it's an echo. EEEEEEEEEELYYYYYYYYYYYYYYYYYAAAAAAAAAA

EEEEEEEEEEELYYYYYYYYYYYYYYYYYAAAAAAAAAA

EEEEEEEEEEELYYYYYYYYYYYYYYYYYAAAAAAAAAA

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 14 Jul 2013 09:13

[yehoshua wrote:](#)

Look it's an echo. EEEEEEEEEELYYYYYYYYYYYYYYYYYAAAAAAAAAA

EEEEEEEEEEELYYYYYYYYYYYYYYYYYAAAAAAAAAA

EEEEEEEEEEELYYYYYYYYYYYYYYYYYAAAAAAAAAA

YODELEIDI YODELEIDI YODELEIDI HU!

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Re: Eye.nonymous (Elyah) official count
Posted by yehoshua - 15 Jul 2013 12:53

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 26 Aug 2013 09:47

You pronounced it all wrong, that's why there is no echo.
Just recently celebrated a year of sobriety. I've had some major ups and downs lately, but still holding on to recovery.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by Blind Beggar - 26 Aug 2013 19:33

Yay! One year right before Rosh Hashona.

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Re: Eye.nonymous (Elyah) official count
Posted by Gevura Shebyesod - 26 Aug 2013 19:54

Mazel Tov!! KOMT KVT & KIT!!!

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