

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 imtrying25 - 03 Dec 2009 18:09

Thanks Dov for that really usefull post. And thanks eye for bringing up the questions that many of us young ones wanna ask but dont usually get the chance. Im trying on working on this aspect in my marriage to. To try and feel out my wife for her needs and give them to her. Like Dov said TO LOVE HER. And ive already gotten comments from my wife like, things just feel so much better. Why? i ask. Dont know, says wife. Just feels that way. And then this makes me feel like nothing else in the world.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 03 Dec 2009 18:48

Today is day 34.

...happy I could be helpful.

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Re: Eye.nonymous official count
Posted by Dov - 03 Dec 2009 22:17

A nice gematria! L"D is the shresh of productivity (leidah), and the opposite of having nothing (dal)....just having some fun...congratulations, chaver!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 04 Dec 2009 08:55

[dov wrote on 03 Dec 2009 22:17:](#)

A nice gematria! L"D is the shresh of productivity (leidah), and the opposite of having nothing (dal)....just having some fun...congratulations, chaver!

Hey, it's also the gematria for "The hand of G-d." YUD-DALED, and then another two YUDs.

Today I'm on day 35.

It's the same gematria for two of the names of G-d. (See above, and change DALED to a HEH).

It's also the gematria for "Hey G-d!"

How's that?

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Re: Eye.nonymous official count
Posted by Kedusha - 04 Dec 2009 15:22

Great work, Eye. When you hit 40, GYE gets its first installment - \$40, I think.

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Re: Eye.nonymous official count
Posted by silentbattle - 04 Dec 2009 18:19

Please keep it up - i want the chance to be part of your success!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 05 Dec 2009 18:19

Day 36 now--I'm a lamed-vav-nicker!

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Re: Eye.nonymous official count
Posted by 7yipol - 05 Dec 2009 19:43

[Eye.nonymous wrote on 05 Dec 2009 18:19:](#)

Day 36 now--I'm a lamed-vav-nicker!

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Mazal Tov on 36, but watch out for plagerism; Lamid Vavnik may feel possesive!

Re: Eye.nonymous official count

Posted by imtrying25 - 05 Dec 2009 21:46

Keep it up ~~eyeballer~~ i mean butterfly or caterpillar. do you know what the gematria of 37 is????

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Re: Eye.nonymous official count

Posted by Kedusha - 06 Dec 2009 01:14

[silentbattle wrote on 04 Dec 2009 18:19:](#)

Please keep it up - i want the chance to be part of your success!

Me too!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 06 Dec 2009 09:07

[imtrying25 wrote on 05 Dec 2009 21:46:](#)

Keep it up eyeballer i mean butterfly or caterpillar. do you know what the gematria of 37 is????

YaZiY, as in YaZiY does it!

Now on day 37.

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Re: Eye.nonymous official count
Posted by imtrying25 - 06 Dec 2009 11:53

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 06 Dec 2009 13:04

[imtrying25 wrote on 06 Dec 2009 11:53:](#)

I'm good at this sort of thing. I think I really have a Chasidish sould trapped inside a Litvish

~~Happy to see you figured it out. I was having a pretty hard time figuring it out myself.~~

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Re: Eye.nonymous official count
Posted by Dov - 06 Dec 2009 14:24

[Eye.nonymous wrote on 04 Dec 2009 08:55:](#)

[dov wrote on 03 Dec 2009 22:17:](#)

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Hey, speaking of "Hey G-d", I have a friend who taught me to make it habitual to say "Hi" to Hashem when I get into my car - yoyu know, the way we tend to have a ritual flicking on of the radio, instead of that, flick on reality and just say "Hi G-d"....he didn't know he was "teaching" this to anyone, but when we share, we never know who's gonna pick it up and run with it...feel free to run w/this one if you'd like! ;D

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