

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 silentbattle - 09 Dec 2009 13:59

Congratulations - mazal tov!

And thank you fro letting me be a part of it!

You know that with hashem's help, you can go much, much further! And you will!

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Re: Eye.nonymous official count
Posted by Kedusha - 09 Dec 2009 14:58

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Re: Eye.nonymous official count
Posted by sci1977 - 09 Dec 2009 16:31

Mazel Tov on 40 days. Keep it going.

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Re: Eye.nonymous official count
Posted by 7yipol - 09 Dec 2009 19:41

Glad to hear youre feeling better

b'guf

and b'neshama!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 09 Dec 2009 22:11

I did have a thought about all this...

While I was working on shnayim mikra vechad targum this week, it was a great relief to read about Er and Onan and how they were "Evil in Hashem's eyes,"

40 is WOW in gematria!
And instead of feeling guilty of the same action myself,

I could feel happy that I have real hope to break free of this addiction.

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Re: Eye.nonymous official count
Posted by sci1977 - 10 Dec 2009 16:26

Keep going and growing.

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Re: Eye.nonymous official count
Posted by Kedusha - 10 Dec 2009 16:37

[Eye.nonymous wrote on 09 Dec 2009 22:11:](#)

I did have a thought about all this...

While I was working on shnayim mikra vechad targum this week, it was a great relief to read about Er and Onan and how they were "Evil in Hashem's eyes,"

And instead of feeling guilty of the same action myself,

I could feel happy that I have real hope to break free of this addiction.

Gosh, I've been there too!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 13 Dec 2009 06:15

Day 44.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 13 Dec 2009 06:16

Oh yeah. Happy Chanukah to everyone!

That would be:

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And also:

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Re: Eye.nonymous official count
Posted by silentbattle - 13 Dec 2009 07:45

Happy Chanuka, Eye!

You ARE the light!

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Re: Eye.nonymous official count
Posted by Dov - 13 Dec 2009 22:16

Love it!! :D

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Re: Eye.nonymous official count
Posted by sci1977 - 14 Dec 2009 03:10

Keep going. You are inspiring me to keep strong.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 14 Dec 2009 17:03

Today is day 45.

I would say another subtle improvement I have noticed.

I'm starting to get this feeling when irrelevant conversations come up. You know, like talking about what a stupid political blunder the Prime minister of a small country off the coast of Australia did--just because it happened to be in the newspaper.

Philosophising, speculation.

And then a half hour later realizing you were engaged in a futile mental sparring match. And feeling annoyed at wasting time on something so stupid.

BUT THEY FELT SO IMPORTANT. Isn't it a chance to hone the hasgafa?

I'm starting to say "oh."

And that's it. No big deal. Nothing lost except a stupid debate and some unnecessary frustration.

Not that these discussions were hostile.

But wasting brain power on something that's totally irrelevant just feels awful afterwards.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 14 Dec 2009 17:08

Another discovery. Somewhere recently along my journey I had these great feelings of inspiration, which was followed by a great crash.

I decided not to try to reach for this feeling anymore, although it was invigorating. I was working on just being even-keel.

I've been thinking that I miss it. It felt like a greater awareness of Hashem in my life.

So I've started playing with these feelings again.

BUT, instead of trying to fly around in SHamayim, I'm trying to keep myself hovering a few feet above ground. It's a good start.

I just read that sometimes our purpose is davka to serve Hashem from the middle of darkness (appropro for Chanuka). So, this image of a little candle in the dark I have found to be very inspirational.

Instead of UP or DOWN, it's really both at the same time--the light of inspiration through the darkness. And trying to serve Hashem b'simcha with both of them.

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