

Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 13 Jul 2009 21:08

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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 Eye.nonymous - 15 Dec 2009 21:00

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I was just thinking something recently.

When I first joined this forum I was thinking, "I don't have such a big problem. I just have a lot of trouble controlling my eyes on the street. But po\*\* and mas\*\* I just slip up on once in while, and it's really not my fault because I'm trying so hard to overcome it."

I've discovered, first of all, that the po\*\* and mas\*\* was actually more frequent that I realized, and that there were some major underlying issues feuling these two behaviors. I feel like I'm in a much healthier place now. I have uncovered frustration, worries, tension, depressed thoughts, and am doing fairly well at warding them off. I'm trying to focus on positive thoughts. On living.

But, regarding that first problem which, at first, was the only one I really admitted was a problem--controlling my eyes on the street. I feel like I haven't made any progress. My eyes seem just as hefker now as they were before.

What am I missing?

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Re: Eye.nonymous official count

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Posted by Dov - 15 Dec 2009 23:25

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Reb Eye,

Some possibilities you may wish to consider:

1) You may not be missing anything at all. That might just be the way life is. Deal with it. At least you are "a somewhat more humble, honest, and mature person - in other words: a more useful person," now. And you are still lusting out there sometimes. Did you really expect perfection?

....Or.....

2) You may be mistaken. Our "progress" is not readily apparent to us ***because we are looking at it from inside of ourselves***. We judge its seriousness/badness exactly by how frustrated/upset we are with it right now.

So, today, you may have a much higher standard, say, in how much pleasure you take from it, how much fantasy you attach to it, or how much guilt and self-loathing you spend on it (the guilt and self-loathing being perhaps even more damaging than the fantasy...). Progress in these areas is progress, too.

So if you *have* progressed, it is likely that you feel worse about doing even less that you did before, because of your current improved state of sanity.

Make any sense to you? (I posted someone about this idea last week, or so, but can't remember where....)

.....Or.....

3) I'd ask you if you are working the steps in order (with help from other recovering people). If yes, great! Look back at either 1 or 2.

If you are not intending to, then count me out, for I made no apparent progress before the steps and can't relate. Sorry. I still love you, if that matters to you.

....Or....

4) Maybe you are ready to start working on "controlling" your eyes in a new sort of way, now. Have a prayer to say for each and every one of the women you tend to stare at. (At least don't stare at them *while* saying the tefilla...). Then say it again if you still feel selfish. get worried about their lives, self-respect, health, connection with Hashem (it's really huge for *everyone* to have a relationship with Hashem, rather than be fooled by chazerai and living death, no? Not just yidden, right? Aren't you a nice guy? (Of course I am!) Don't you wish good for everyone? (er, sure...) So? Daven for her!!! Hey: and using her image to lust *is* caring? Ha! I doubt it. (.....ummm....)).

Also, you can try to give your eyeballs to the Ribono Shel Olam while you are driving/walking/swimming/floating/beaming (!) to work/yeshiva. I used to say the parsha of the Tomid (be'al peh, of course) while driving into work, instead of taking that "second look" at the first image of a woman that I noticed in an adjacent car (or walking/jogging by) every morning, and treated the ta'ayvo - that I excruciatingly painfully gave up - as a korban to Hashem. Made it real by saying the parsha, as Chazal tell us to do in lieu of giving the korban. BTW - it was very important for it **not** to be the parsha of an *ola* or a *chatos* - *it isn't kaporo I am interested in here at all*. Guilt/Teshuva and kaporo are all strictly Hashem's business, as they have proven to be far too poisonous for me. My natural approach to them was infected full of my old ways of sick thinking that got me screwed up in the first place. Chas vesholom for me to go back there, no matter how "frum" it may seem.

It's a korban tomid. Just a gift for Hashem, cuz He's my Best Friend, My G-d, and I serve *Him* - rather than *me* or Lust - as often as possible. A nice thing to do, no?

Besides, I found that setting the table well with giving up the very first "second look" made the entire trip to work safer for me! It was really nice eyeball upgrade, though temporary - it require daily rebooting and frequent refreshing for a few months till it becomes much more natural.

;D )

Rambling, yeah, but nu. Hope it helps somehow. It's not advice nor preaching, just one addict's personal experience.

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Re: Eye.nonymous official count

Posted by imtrying25 - 15 Dec 2009 23:29

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What can i say but.....DOV YOU ARE JUST THE **KING!!!**

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Re: Eye.nonymous official count  
Posted by Momo - 16 Dec 2009 08:04

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Eye, wow, 45 days!

Kol hakavod!

Keep it up brother, one day at a time.

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Re: Eye.nonymous official count  
Posted by sci1977 - 16 Dec 2009 16:00

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Keep on going with positive thinking and working on living. When on the streets or in stores, I have been trying to think about other things, not to think about what is in front of me. I just try to keep my mind busy all the time.

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Re: Eye.nonymous official count  
Posted by the.guard - 16 Dec 2009 16:01

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I made no apparent progress before the steps and can't relate

Reb Dov, numbers 1, 2 and 4 (above) seem to be in direct conflict with this (underlined)  
(And that's one of the things we love about you! :D)

(I posted someone about this idea last week, or so, but can't remember where....)

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Also, Reb Dov, I'm sure you probably thought of this before, but the words in Parshas Tomid, "*zeh ha'**Ishe** asher Takrivu LaHashem*" can be taken to mean "*this is **the woman** that you should sacrifice to Hashem*" :D

Does Parshas Ha'Olah have to do with kapparah/teshuvah? Isn't olah also a present for Hashem? And that's a beautiful parsha too - "*eish tamid tukad al hamizbe'ach lo sichbe*" - is Did you mean perhaps [here](#), Reb Dov? (A Talmid remembers his Rebbe's teachings brought down in some sefarim that saying those words is a segulah against lust (I think).

Eye, as the handbooks state, see tool #2, guarding our eyes usually takes a lot longer to learn than stopping our "bottom line" behaviors... Read that tool again in the handbook, and [here's a page](#) with lots of great tips and attitude ideas that can help with guarding the eyes out there (read top to bottom).

Be well and KUTGW!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 17 Dec 2009 13:31

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Thanks Dov.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 17 Dec 2009 13:43

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I'm on day 48.

Last night was a struggle. I ended up in a discussion with my wife that I thought went sour. I felt really bad about it.

Afterwards, I was at my computer working (or trying to work). I decided to goof off. I was looking for something COMPLETELY unrelated to po\*\*, but some showed up in the least expected of places. It was hard to look away (partly because it was so weird I couldn't believe it. It got by K9 high security undetected), but I didn't keep on searching and I got away from my computer quickly afterwards.

I was first going to send out an SOS here on the forum. I searched my old thread "I feel like I'm about to fall," and the chizuk already written there was enough. I felt in danger as long as I stayed by the computer, even if I was trying to use the forum.

I went to my book shelf and started browsing through some of the books I bought because they look interesting but I'll probably never ever read them.

But I still felt like I was going to lose it.

All the while I knew the struggle wasn't whether or not to act out, although I felt like acting out. I stepped back a bit and tried to un-do the depressing thoughts. I thought of an old friend in an appropriate time zone I might try to call and who I could trust with this topic if I decided to discuss it. No answer, but it helped me to feel better anyways.

A thought came to mind that I recently read in the beginning of Nesivos Shalom. Sometimes our job is just to serve Hashem from the darkness; He's always there. I definitely felt like I was in the dark, but it felt good knowing I could still serve Hashem from there. I didn't have to act out just because I was in the dark. ADARABA, my job was now to NOT ACT OUT in the dark.

I still feel a little shaky, but definitely much better than last night.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 17 Dec 2009 13:46

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Also, it did help knowing that I'd let down everyone in this match/double/90 day incentive if I would act out (and Guard wouldn't be able to afford the Woodford).

Also, BruceWayne's thread "the other side" came to mind. The thought that these people in the pictures AREN'T enjoying themselves and, to the contrary, they are totally abused for it, helped to make it all seem less attractive.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 17 Dec 2009 13:51

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After a dry spell I suddenly have a lot to say.

About a week ago an incident happened, which I'm still trying to figure out.

I got a job from an old female neighbor (I don't usually have anything to do with women in the course of my work). It was an emergency job and she was very appreciative of my efforts and really complimented my work (people usually just haggle with me over the price).

It was Thursday night, and I couldn't get this out of my head until Friday afternoon when the SHabbos/chanukah preparations went into high-gear.

Part of it, I think, is because I had 1 interaction with this women which was very positive.



But, real life, real relationships, have a lot of kinks to work out, just be it getting through the daily routine every day.

So, my addiction supposes that since 100% of my interactions with this woman are positive, then she must be this really amazing positive super woman.

I think I just have to realize that she and her husband probably have their own fair share of difficulties together (though not to wish any upon them).

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 17 Dec 2009 13:58

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...and regarding controlling the eyes.

I do try to run through the first few of the 12 steps to overcome this struggle.

But I could probably use some coaching on how to use the 12 steps on something that seems so subtle.

What has been helping a bit (at least since yesterday) is thinking this:

1. Yes, I am UNCONTROLLABLY attracted to these women. (I'm an addict, after all).
2. Yes, somehow I am getting some sort of pleasure out of this.

3. BUT, this is counterfeit pleasure.

4. I want to trade with G-d. I want to turn in this fake pleasure for real pleasure.

5. I cannot fathom at this moment what the trade-in will be. But, I will at least try to do my part.

I can't straight-out tell myself that I'm not interested, or that it's not enjoyable. I'd feel like I'm lying to myself. I feel I should acknowledge what my addicted self feels, and then nevertheless be willing to get rid of it.

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Re: Eye.nonymous official count

Posted by Kedusha - 17 Dec 2009 14:32

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[Eye.nonymous wrote on 17 Dec 2009 13:51:](#)

I think I just have to realize that she and her husband probably have their own fair share of difficulties together (though not to wish any upon them).

You're definitely correct. All wives (unless they're greater than Sarah Imeinu - see Bereishis 16, 5) at least sometimes give their husbands a hard time in one way or another, deserved or not (sorry ladies - but, no major Chiddushim here). It's part of the price husbands pay to have an intimate relationship with their wives. Does anyone disagree? (Some may argue that it's always deserved, but I think the rest of what I wrote is irrefutable).

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Re: Eye.nonymous official count

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Posted by Kedusha - 17 Dec 2009 16:24

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[Rage ATM wrote on 17 Dec 2009 14:53:](#)

[Kedusha wrote on 17 Dec 2009 14:32:](#)

[Eye.nonymous wrote on 17 Dec 2009 13:51:](#)

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i dont know if its necessarily a wife giving husband grief any more than it is a husband giving wife grief any more than it is a fact that there will never be any two humans in this world that have something to do with one another that will never have a conflict of interest...

You're right - I'm speaking from the man's perspective. Also, I'm referring specifically to people who have a sexual relationship. A certain sex addict, who was United States President for most  
( ), used to have fights over the phone with his mistress. Now let's get this straight - the leader of the free world is getting into petty fights with a White House intern? Answer: Yes - that's the price he had to pay for having a sexual relationship with her!

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of the 1990's (see - there's hope for all of us!

Re: Eye.nonymous official count  
Posted by Steve - 17 Dec 2009 16:49

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Hi, Eye.

Re. shemiras eitnayim, please check out my last post on **SUDDEN URGES!!! please help** (today). These suggestions helped me very much, tho they always need reinforcing...

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