

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 Dov - 17 Dec 2009 18:33

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

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. 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.

Reb Eye - This made me laugh hard - not a derisive laugh, c"v, but one of bitersweet, stupid memory. You describe exactly the way my body (that's what I call it) racts to a woman smiling. First of all, she usually isn't just "smiling" - she is smiling *at me*. (Ha!) Second, she isn't just being pleasant and normal to me but wants me. (Ha!!) Thirdly, if I lust a while, I believe it's because in the back of my mind it is only because I (secretly - shhh!) entertain it as a real possibility that she is somehow lusting after me. Lusting to be lusted *after*.

The whole thing is totally NUTTY!!!!!! (the word "GOOFY" *feel/s* better, though). Nu. That's the way I am. No use struggling or trying to deny it. The only thing that matters is what I'll **do** with it.

And that's why I love the the next thing you wrote so much:

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).

If that isn't nutty thinking, what is? (I **love** your clarity and honesty here!!). You are very fortunate. You are double fortunate because you are good-hearted enough to *not* wish ill on her. So, if she ever becomes an issue for you again I'd hope that you'd daven to Hashem for her health, sholom bayis, freedom from money and children tzaros, for Hashem to help her and her husband have a true relationship with eachother rather than one based on lies and deciet - for honesty between them and real togetherness in this life. Oh, and to come to know Hashem closely and truly, in the way only they are destined to know Him - for each of us have a unique chelek in Torah, which means understanding of Hashem. In short, daven for her for everything that you believe is good for a person. This way, any lust will be a trigger for a positive, giving activity that will leave you *healthier and less self-absorbed* than you were *before* you felt that temptation to lust! Good deal, no? :D

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

Now, that's a gem to me, too. When I lust it's because life isn't fulfilling enough for me, not exciting enough, whatever. It's nuts!!! One, (my life right now) is *real* and the the other (fantasy and my 'James Bond' acting out) is *fake* at best! The real thing is slipping away every second I take to wish it'd be different! Waaaaa!!!!

I answer the nutball thinking with a calm look at my life. No deep cheshboinos, life-changing planning or resolutions. No.

It means specifically this: ***What can I do better for the people around me today?*** Period. That is all that matters. That is the crux of the third step. (Others includes Hashem: "rei'acho ve'reia avicho" -mishlei - my Best Eternal Friend, and *He* seems to be of the opinion that we need to do for people as much as we do for Him. Half the luchos ben odom lachaveiro, you know...)

And it works 100% of the time to improve my own life and keep me out of trouble....oh, with help from my friends. Can't do it alone.

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Re: Eye.nonymous official count

Posted by imtrying25 - 18 Dec 2009 01:23

All i can say EYE is that.....YOU ROCK THE FREAKIN HOUSE. And please dont be mad at me for keepin you out so late. :-\

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 18 Dec 2009 08:15

Wow, I was darshaned by Dov. I feel so honored. :-[

And Imtrying25, I'm not mad about being out so late. I just reminded myself that if I wasn't at that kumzits, I otherwise would have been **GIUEd** to the forum until about the same time. (I was just a little worried because I hadn't davened Ma'ariv yet.)

I've had another realization about the women on the street.

After I admitted to myself that I am getting pleasure from it, I realized that it's the type of pleasure that someone gets from drugs or pain killers.

I don't know exactly what pain it is trying to relieve or cover up.

I don't care right now; I just know I don't want to be taking drugs and pain-killers.

I'm sure the real issues will eventually come to the surface and then I'll face them.

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Re: Eye.nonymous official count

Posted by habaletaher - 18 Dec 2009 09:00

[Eye.nonymous wrote on 03 Aug 2009 10:12:](#)

I guess this is the proper forum for keeping track of one's ninety day progress.

To summarize, I used to think there was some chemical build-up or something that made it almost impossible to stay clean from mast*** for more than a month or two. I'd feel that the yeitzer was just impossible to defeat (or, to avoid).

But, now I want to do better than that. So far, I'm working on day 10.

We all have an imbalance in us, it can manifest itself chemically, but mostly I like to call it for what it is, the Y"H. Ain adam choteh ela im kein nichnas bo ruach shtus. We could use the insanity plea, the way some people use the chemical imbalance plea, but ultimately that won't help us get to where we need to go, it will only let us feel less guilty for about a week or two, and then we're back to where we were. Today, scientists have found genetic markers for alcoholism, which means that some people have a chemical imbalance that makes them predisposed to alcoholism. They can blame their life on chemical imbalances and drown their life away in a bottle of peach schnapps or they can get up and make life happen. Clearly you are one of the people who chose the latter.

Keep it up!

Haba

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Re: Eye.nonymous official count
Posted by imtrying25 - 18 Dec 2009 09:35

Wow, I was darshaned by Dov. I feel so honored.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 18 Dec 2009 13:15

Yeah i feel the same way. But im only zoche like once a month or something. Too bad on me.

[Steve wrote on 17 Dec 2009 16:49:](#)

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...

Thanks Steve. Those suggestions can really help someone get out of a pickle!

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Re: Eye.nonymous official count

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

Day 50.

Still going.

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Re: Eye.nonymous official count
Posted by imtrying25 - 19 Dec 2009 22:33

50?? Did you say 50?? Wow that sounds like light years. Your just totally awesome eyeballer.
Keep on rockin.

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Re: Eye.nonymous official count
Posted by Momo - 20 Dec 2009 10:57

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

Day 50.

Still going.

Great job Eye, you're an inspiration for all of us!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 20 Dec 2009 13:11

Thanks IT25 and Momo.

Today is day 51. (Like the goy who got started counting Sefira).

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Re: Eye.nonymous official count

Posted by 7yipol - 20 Dec 2009 19:54

GEG

Go

Eye

Go!

Forgot to tell you that I love your chick and swan...

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 20 Dec 2009 20:13

Thanks 7up.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 20 Dec 2009 20:18

I've been thinking a bit more about controlling my eyes on the street.

I was thinking some more... this is an addiction.

So, looking at women, whatever false pleasure I get out of it, is exactly the same as taking drugs or pain-killers.

I've been telling myself "I'm going to walk down this block and I don't want to take any drugs or pain-killers along the way."

This doesn't feel like the negative messages "don't look don't look don't look don't look"

I feel like I am recognizing this for what it is--somehow some sort of escape--and I am declaring that I don't want it. I want real life, real feelings, and a real relationship.

It actually feels quite positive.

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Re: Eye.nonymous official count

Posted by imtrying25 - 20 Dec 2009 20:33

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