

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 - 20 Dec 2009 20:39

No need to feel bad rockstar. Like i said it always helps to chazer.

Oh and i must add; things are really getting bad if im remembering peoples post more than they are themselves. maybe i should take a break from the forum. :-\

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Re: Eye.nonymous official count
Posted by sci1977 - 20 Dec 2009 21:16

Keep on going. Stay strong and postive.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 21 Dec 2009 12:41

Day 52 (a full deck!)

I had another realization. Especially growing up secular, you get the idea that the ONLY worthwhile pleasure in life is S**. Nothing short of this registers. And this probably makes it so

easy to become obsessed about S**, and addicted to it.

So what I just started focusing on, to counter the addiction, is to appreciate life's small pleasures. At the risk of sounding like a flake... basic pleasures like the fresh air and sunshine as I walk down the street, or pausing for a moment to take in the sunset. There's plenty of real and healthy pleasures to appreciate throughout the day.

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Re: Eye.nonymous official count
Posted by Momo - 21 Dec 2009 12:50

It's not fake at all.

Read what Duvid Chaim wrote about A and W (awe and wonder) moments. It's about this kind of stuff, seeing HaShem thru nature and in our daily lives.

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Re: Eye.nonymous official count
Posted by imtrying25 - 21 Dec 2009 13:10

KEEP ON ROLLING EYEBALLER!!!!

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Re: Eye.nonymous official count
Posted by silentbattle - 21 Dec 2009 14:48

R' Avigdor Miller talks about that stuff all the time, seeing hashem in the smallest things, constantly realizing how much hashem does for us - for example, when we eat a slice of bread, think of how many people and steps were involved in getting that piece of bread onto my plate!

And it's a great way to be constantly involved with thoughts about hashem!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 21 Dec 2009 14:54

[Momo wrote on 21 Dec 2009 12:50:](#)

It's not fake at all.

Read what Duvid Chaim wrote about A and W (awe and wonder) moments. It's about this kind of stuff, seeing HaShem thru nature and in our daily lives.

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Re: Eye.nonymous official count

Posted by Sturggle - 21 Dec 2009 20:25

Hey Eye!!

Sounds like you're rockin'.

And what's the definition of flake anyway?

Has that already been discussed here?

Anyway, according to a dictionary I have here,

an informal usage of the word is defined as

a crazy or eccentric person.

Appreciating the everyday pleasure in this world

that are so often looked over is not crazy or eccentric!

I'm totally with you on appreciating these small pleasures.

I hope to learn to do so more and more throughout my life.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 21 Dec 2009 20:28

[sturggle wrote on 21 Dec 2009 20:25:](#)

Hey Eye!!

Sounds like you're rockin'.

And what's the definition of flake anyway?

What does your dictionary say about "frosted flakes"?

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Re: Eye.nonymous official count

Posted by imtrying25 - 21 Dec 2009 21:39

[Eye.nonymous wrote on 21 Dec 2009 20:28:](#)

[sturggle wrote on 21 Dec 2009 20:25:](#)

Hey Eye!!

Sounds like you're rockin'.

And what's the definition of flake anyway?

What does your dictionary say about "frosted flakes"?

Eye.nonymous

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Re: Eye.nonymous official count

Posted by Sturggle - 21 Dec 2009 21:42

[Eye.nonymous wrote on 21 Dec 2009 20:28:](#)

[sturggle wrote on 21 Dec 2009 20:25:](#)

Hey Eye!!

Sounds like you're rockin'.

And what's the definition of flake anyway?

What does your dictionary say about "frosted flakes"?

YUM!!

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Re: Eye.nonymous official count
Posted by Momo - 22 Dec 2009 06:17

[Eye.nonymous wrote on 21 Dec 2009 14:54:](#)

[Momo wrote on 21 Dec 2009 12:50:](#)

It's not fake at all.

Read what Duvid Chaim wrote about A and W (awe and wonder) moments. It's about this kind of stuff, seeing HaShem thru nature and in our daily lives.

OOOOps. :-[

Misread that. I guess it was my own insecurity talking.

Anyway, nothing wrong with being a flake.

Keep on rolling, Eyeballer!

Notice how you've inspired me to blee neder take on the 30-50-90 day challenge?

Mitzva gorreres mitzva!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 22 Dec 2009 12:29

[Momo wrote on 22 Dec 2009 06:17:](#)

Notice how you've inspired me to blee neder take on the 30-50-90 day challenge?

Mitzva gorreres mitzva!

Glad to see it.

--Eye.

