

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 sci1977 - 25 Dec 2009 01:16

Eye,

I have not read the thread all day till now. WOW!!!! You are inspiring me to continue on my path even more!!!

KUTGW!!!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 25 Dec 2009 07:23

[sci1977 wrote on 25 Dec 2009 01:16:](#)

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Thanks

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 25 Dec 2009 07:31

Today is day 56. Gematria of "NU?!"

I just noticed something recently. I've been coming home for lunch, going to work a little on the computer (and check the forum a lot) and I've been able to help a bit at home too before going back to afternoon seder.

Not long ago I always felt so exhausted when I came home. I would be very irritable, and usually have to take a nap.

I owe the change to all the work I've been doing at trying to ward off depression, frustration, and tension. My energy isn't being drained by them (consciously or sub-consciously) all day long. I'm trying to accept God's will (part of the 12 steps); trying to be more flexible.

I just feel livelier throughout the day. I'm really amazed.

Have a good Shabbos everyone.

--Eye.

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Re: Eye.nonymous official count
Posted by imtrying25 - 25 Dec 2009 10:37

Lame but had to say it. :-\

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Re: Eye.nonymous official count
Posted by Dov - 25 Dec 2009 15:46

[Eye.nonymous wrote on 25 Dec 2009 07:31:](#)

Hey rockstar Your a really "live-eye"
Today is day 56. Gematria of "NU?!"

Love it!!

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Re: Eye.nonymous official count
Posted by silentbattle - 25 Dec 2009 15:53

GEG!!!

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Re: Eye.nonymous official count
Posted by sci1977 - 25 Dec 2009 17:06

I am happy to hear to you are feeling better while the day goes on.

KUTGW!!!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 26 Dec 2009 17:13

Today is day 57. These days are going by so fast!

Until GYE has a closed forum for married guys, I'll have to post this here (I think it's really important for us to realize just how deeply this lust addiction affects our marriages).

About a week ago, my wife and I were expecting to have a romantic evening. BUT, the baby was crying and had a fever. My wife was very concerned, and nervous about it.

A long while ago, I would have been rather pushy to go through with our plans. We would have, but there would have been much resentment afterwards.

A while ago, I would have said, "this isn't going to work out. my wife is too nervous." We wouldn't have. But, I would have blamed her for having hang-ups and for being obsessive and for sabotaging the evening. IN short, my thinking would have been selfish.

A week ago, I said with 100% earnest, "I understand you might be nervous about the baby's health, so it's OK if we take a rain check."

Instead, she gave me an ultimatum. If I can help out afterwards with the baby's medications etc, then it will be fine.

I was able to agree. And everything was OK.

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Re: Eye.nonymous official count
Posted by sci1977 - 26 Dec 2009 17:33

WOW!!! That was great eye. Dealing with our wives is very difficult. I am so happy for you. That showed amazing growth. KUTGW!!!! You keep inspiring me.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 26 Dec 2009 18:23

[sci1977 wrote on 26 Dec 2009 17:33:](#)

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Re: Eye.nonymous official count

Posted by Ano Nymous - 27 Dec 2009 09:09

Please READ and VOTE on this new poll I just created over here: rehab-my-site.com/guardureyes/forum/index.php?topic=1427.0

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