

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 imtrying25 - 27 Dec 2009 12:57

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[silentbattle wrote on 27 Dec 2009 07:16:](#)

Maybe I'm wrong, Eye, but I think that maybe it's a good thing for single guys to gain insight into how this could affect us in the future. Not just our addiction, but being selfish, and how that can affect our marriage, particularly in areas involving lust.

And you also set a fantastic role model to have in our minds, so that when (iy" h) we're married, that's the image we'll have in our heads. Of caring for our spouse.

Although you guys may be right that there is alot for you to gain, Eye is stressing a different point. There are things he would like to express, but only feels comfortable expressing them to married men. Things that simply arent applicable to single men, or helpful to them.

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Re: Eye.nonymous official count  
Posted by silentbattle - 27 Dec 2009 13:16

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Well, I guess you need to take that up with Guard personally...

Things that would be triggers for single guys, though, would probably be triggers for married people, too...no? Maybe not. I guess that's guard's call.

Unless he's talking about a specific comfort level, nothing to do with triggers or not.

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Re: Eye.nonymous official count  
Posted by imtrying25 - 27 Dec 2009 13:50

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[silentbattle wrote on 27 Dec 2009 13:16:](#)

Well, I guess you need to take that up with Guard personally...

Things that would be triggers for single guys, though, would probably be triggers for married people, too...no? Maybe not. I guess that's guard's call.

Unless he's talking about a specific comfort level, nothing to do with triggers or not.

Yes you are very right. I hope eye doesnt mind me saying but he has removed posts in the past.

:D ;D ;D ;D ;D ;D ;D

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Re: Eye.nonymous official count  
Posted by silentbattle - 27 Dec 2009 13:53

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I understand the concern...both concerns, honestly. But does pas bisalo apply to us here?

Doesn't seem to have helped...

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Re: eye.nonymous

Posted by loi-misyaeish - 27 Dec 2009 14:01

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Funny you guys are talking about pas besaloi. That was half the conversation with r' schlachter last week. He told me, "if you'd think that it helps, why do i have so many married people sitting on the same chair as you?"

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 27 Dec 2009 17:43

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Today is day 58!

Regarding my message about married people: I tried to be discreet enough that anyone ought to be able to read it without it being a trigger. But specific enough that it might be helpful.

I hope I struck the right balance.

--Eye.

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Re: Eye.nonymous official count

Posted by Sturggle - 27 Dec 2009 17:45

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Eye,

Your balance is beautiful.

See you soon!

KUTGW!!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 27 Dec 2009 17:50

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[sturggle wrote on 27 Dec 2009 17:45:](#)

Eye,

Your balance is beautiful.

See you soon!

KUTGW!!

Thanks. :-[

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Re: Eye.nonymous official count  
Posted by sci1977 - 27 Dec 2009 18:11

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The balance was perfect!!! KUTGW!!!

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Re: Eye.nonymous official count  
Posted by imtrying25 - 27 Dec 2009 19:51

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[Eye.nonymous wrote on 27 Dec 2009 17:43:](#)

Today is day 58!

Regarding my message about married people: I tried to be discreet enough that anyone ought to be able to read it without it being a trigger. But specific enough that it might be helpful.

I hope I struck the right balance.

--Eye.

Yes you actually looked a little tipsy the other night. :D ;D :D ;D

But really dude youve got those eyes perfectly balanced.

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Re: Eye.nonymous official count  
Posted by silentbattle - 27 Dec 2009 21:06

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I can't speak for everyone, but I feel that for myself, that was a good balance...

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**GYE - Guard Your Eyes**

Generated: 5 April, 2025, 17:40

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 28 Dec 2009 15:05

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[silentbattle wrote on 27 Dec 2009 21:06:](#)

I can't speak for everyone, but I feel that for myself, that was a good balance...

You can speak for everybody some of the time, and for some of the people all of the time.

It's just you can't speak for everybody ALL of the time.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 28 Dec 2009 15:10

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Today is day 59.

It's been hard. BUT, I haven't had any urges to act out. I feel very thankful for this.

I've just been feeling knocked out, and trying to trudge through the day.

I think I'm recovering from the fast; for me I think I suffer more the day after.

I took morning seder one-line at a time.

And this afternoon my wife needs helps at home with the kids. Instead of being resentful, I'm looking at it as an opportunity to chill a little. I think this is also amazing that I can do this now.

Also, a ray of hope has been with me all through the day--thinking that I'll meet some of you in

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Re: Eye.nonymous official count  
Posted by sci1977 - 28 Dec 2009 15:19

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Sorry to hear you are having not the best day in the world. Just think that by getting through it, tomorrow might even be better. Just keep on going and stay positive. I find playing with my kids a great way to actually feel better. KUTGW and keep living.

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