

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.

=====

Re: Eye.nonymous official count

Posted by Eye.nonymous - 01 Jan 2010 07:38

---

There was a discussion here a while ago about "pas b'salo." Whether this struggle is harder for a married guy or for a buchur.

I'll just say that "pas b'salo" doesn't make one bit of a difference for an addict. To my own surprise, I would even act out while trying to reassure myself, "hey! pas b'salo!"

Secondly, if you're married, the issues become much more confused. You can think you're doing the greatest mitzvah, but you're REALLY just feeding your addiction and abusing (and accusing) your wife.

If you're a buchur, you know that if you did anything lust-related, you shouldn't have done it.

Frankly, I think if a buchur overcomes this addiction, he's STILL going to have to work on the marriage aspects of this addiction after he's married. BUT, it should probably be easier then.

--Eye.

=====

Re: Eye.nonymous official count

Posted by habaletaheer - 01 Jan 2010 11:37

---

63?? 64?? 65?? It don't matter, you're somewhere in the stratosphere!!!

KUTGW!!!

=====

=====

Re: Eye.nonymous official count

Posted by sci1977 - 01 Jan 2010 13:22

---

I make sure I tell myself and G-d I am addict 10-15 times a day, if not more. KUTGW!!!

Have a GREAT shabbos!!!

=====

=====

Re: Eye.nonymous official count

Posted by imtrying25 - 03 Jan 2010 10:08

---

Hey Eyeballer whats up. Ive got what to respond to what you wrote earlier, but i thought i explained it to you when you were by my place ??? ??? ??? ??? ??? ??? ???

=====

=====

Re: Eye.nonymous official count

Posted by Kedusha - 03 Jan 2010 12:39

---

[Eye.nonymous wrote on 01 Jan 2010 07:38:](#)

There was a discussion here a while ago about "pas b'salo." Whether this struggle is harder for a married guy or for a buchur.

I'll just say that "pas b'salo" doesn't make one bit of a difference for an addict. To my own surprise, I would even act out while trying to reassure myself, "hey! pas b'salo!"

Secondly, if you're married, the issues become much more confused. You can think you're doing the greatest mitzvah, but you're REALLY just feeding your addiction and abusing (and accusing) your wife.

If you're a buchur, you know that if you did anything lust-related, you shouldn't have done it.

Frankly, I think if a buchur overcomes this addiction, he's STILL going to have to work on the marriage aspects of this addiction after he's married. BUT, it should probably be easier then.

--Eye.

If you're no longer feeding the addiction by looking elsewhere (or otherwise) I maintain that being married is a big advantage. Of course, marriage comes with its own set of challenges, as

=====

Re: Eye.nonymous official count  
Posted by Eye.nonymous - 03 Jan 2010 13:38

---

Today is day 65.

No major insights to report.

I just try to keep in mind I'M AN ADDICT, AND I'LL NEVER BE SAFE."

Though I had a few weeks when I felt like a completely different person, now I'm just trying not to do anything that will be a trigger.

As a whole, life really is much better. I shouldn't forget this. (Maybe the problem is I've just started getting used to this a little)

I feel like the first steps are the most reliable--stay FAR away from triggers, don't think about this struggle too much and just get on with life, and take it one day at a time. Maybe sometimes I have greater realizations, but I think real success in this struggle is just to stick faithfully to these simplest of guidelines. No matter how you're feeling.

Also, I'm trying to talk to Hashem a bit more often throughout the day.

=====  
=====

Re: Eye.nonymous official count  
Posted by Momo - 03 Jan 2010 13:40

---

[Eye.nonymous wrote on 03 Jan 2010 13:38:](#)

Today is day 65.

No major insights to report.

I just try to keep in mind I'M AN ADDICT, AND I'LL NEVER BE SAFE."

Though I had a few weeks when I felt like a completely different person, now I'm just trying not to do anything that will be a trigger.

As a whole, life really is much better. I shouldn't forget this. (Maybe the problem is I've just started getting used to this a little)

I feel like the first steps are the most reliable--stay FAR away from triggers, don't think about this struggle too much and just get on with life, and take it one day at a time. Maybe sometimes I have greater realizations, but I think real success in this struggle is just to stick faithfully to these simplest of guidelines. No matter how you're feeling.

Also, I'm trying to talk to Hashem a bit more often throughout the day.

This is unbelievable because I feel exactly the same way! The "high on life" feeling I had is wearing off.

I am reminding myself today to stick with my routine, stay way from triggers, and that my life was much worse before I started this even though at the moment I don't feel "high" with how I'm acting now.

=====

Re: Eye.nonymous official count

Posted by silentbattle - 03 Jan 2010 14:06

---

Excellent points - hashem gives us an extra burst of good feeling as we start, but as time goes

on, that wears off, and it's up to us to do the hard work to bring back that same feeling...

We've all heard that 1,000 times before, but that makes it no less true - and no less easy to forget...

=====  
=====

Re: Eye.nonymous official count  
Posted by imtrying25 - 03 Jan 2010 17:15

---

Keep on rocking dude. And although you dont still have the "high" its through the lows that we show our true colors. So keep on trucking.

=====  
=====

Re: Eye.nonymous official count  
Posted by sci1977 - 04 Jan 2010 03:43

---

Kepp it up. I am so happy for you that you have made it to 65 days. Give yourself to G-d and go from there. Your inspiring me more and more each day.

=====  
=====

Re: Eye.nonymous official count  
Posted by Eye.nonymous - 04 Jan 2010 13:07

---

Today is day 66.

One other thing I'll add--when trying to focus on other things, if possible, I have found it helpful to also try to ENJOY them. I think this keeps the "urge" a bit further away.

If I am preoccupying myself with life, but mainly as a tactic to escape the "urge," then I think the "urge" stays really close behind.

--Eye.

=====  
=====

Re: Eye.nonymous official count

Posted by silentbattle - 04 Jan 2010 13:11

---

Focus on actually living...

=====  
=====

Re: Eye.nonymous official count

Posted by sci1977 - 04 Jan 2010 14:17

---

Great point. Don't just live. Enjoy your living too. KUTGW!!!

=====  
=====

Re: Eye.nonymous official count

Posted by imtrying25 - 04 Jan 2010 19:30

---

:D :D :D :D :D

=====  
=====