

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 Momo - 05 Jan 2010 13:45

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**Keep up the good work!**

**Don't you dare fall on us now!**

**Go Eye Go!**

**Lead us to the promised land!**

:D :D :D :D :D :D :D :D :D :D

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Re: Eye.nonymous official count  
Posted by Dov - 05 Jan 2010 13:52

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[Eye.nonymous wrote on 05 Jan 2010 13:20:](#)

I realized--NEVER THINK YOU'RE SO GREAT THAT YOU DON'T NEED THE SAME TACTICS THAT YOU NEEDED MONTHS AGO!!!

But, I still noticed a difference. About a month ago I would have been keeping an eye on the clock until tommorow arrived.

Now, I was able to put it out of my mind and just get on with life. It was over with.

I realized deeper meaning in "1 day (or minute) at a time." Just make the most out of THIS moment. Don't worry about what you WANTED TO DO. Here's a minute, and here's the situation you're in. Forget about everything else and just make the most of it.

Pure Gold. Gold!!! You lucky duck, you.

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Re: Eye.nonymous official count  
Posted by jerusalemsexaddict - 05 Jan 2010 14:08

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This was truly a beautiful post,eye.

The best summary i saw of the live by the minute is when someone i forgot who it was said

"Breathe in.Breathe out.Don't lust in between."

For some reason that really hit me nicely.

I think part of it at least for me is that when i watch porn i enter into a fantasy world.I was thinking about it and i was like "wait,im running away from my dad to this.this girls prob have at least 2 times the problems my dad has!they are probably not enjoyable to be with at all(besides for maybe sex).

In other words,I escape into a fantasy world,an imagination where there is no RID.

Breathing and focusing on that helps me stay in tune with reality.The here and now.

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Re: Eye.nonymous official count

Posted by sci1977 - 05 Jan 2010 14:29

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Wow, what a great post. It really describes the minute to minute feelings. It also is great to hear that you are doing what you set out to do. Keep up the great work and remember positive feeling will lead to something great, life.

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Re: Eye.nonymous official count

Posted by silentbattle - 05 Jan 2010 17:22

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Well said, Eye - one day (or minute) at a time isn't just about lust - it's an approach to life!

Keep on rocking!

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Re: Eye.nonymous official count

Posted by imtrying25 - 05 Jan 2010 20:44

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Keep up the good work eye'stein!!!

And i really do think the quote "take it one day at a time" is alot deeper than it seems! BUt you seem to be getting a better understandig of it!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 06 Jan 2010 20:07

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[imtrying25 wrote on 05 Jan 2010 20:44:](#)

Keep up the good work eye'stein!!!

That's eye'stien.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 06 Jan 2010 20:09

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I really appreciate all those responses on my last post.

Thanks Dov, Uri, Sci, MOMO, Silentbattle, & IT!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 06 Jan 2010 20:22

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Today is day 68.

I was thinking today "oh no I wasted today!" I left kollel very early for something urgent and never managed to get back. I wasn't expecting I'd miss the whole day, and I thought I made a really bad judgement call.

But then I thought, "Maybe I did what Hashem wanted me to do today." (more-or-less)

On another note, I was wondering:

As a lust addict, I feel that I might tend to be romantic with my wife, even if we're not really up for it--too tired, too worn out from taking care of sick kids.

On the other hand, this is an important part of marriage. I would think that even NORMAL people who have lots of little kids to take care of have to sort of push themselves in order that they don't neglect this.

First of all, is this correct? And if so, how can you know if you're pushing for it because you're an addict with a warped perspective, and how do you know if you're pushing for it is completely reasonable despite difficult circumstances?

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Re: Eye.nonymous official count  
Posted by Dov - 06 Jan 2010 23:01

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You can bite the bullet, tell your wife that you love her and then ask her what *she* really wants to do together this evening and accept it as your priveledge.

If you have trouble with that (which is perfectly natural for us types), call a safe friend who will understand you and just admit it straight out. Then thank him for listening and get back to really loving your wife.

PS. I did this kind of thing for a long time, and life was acceptable....and when it finally hit a snag, we were both ready to communicate and let eachother know what we each like. Then we worked it out together with Hashem's help.

We are still far from perfect, but are generally acceptable and useful to eachother, and love eachother more every year, for sure.

For me, that's sobriety.

The old way was just plain hell.

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Re: Eye.nonymous official count

Posted by imtrying25 - 06 Jan 2010 23:06

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Keep on rocking eye. Im learnig so much from all that you write.

And Rebbi you may be far from perfect, but at least your far. Some of us arent even  
far..... :-[ :'(

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 07 Jan 2010 13:40

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[imtrying25 wrote on 06 Jan 2010 23:06:](#)

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 07 Jan 2010 13:49

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Today is day 69. This last 30-day stretch felt like it was going to be so difficult. Maybe that had something to do with those really rough times. The antidote basically seemed to be--live in THIS MOMENT. Forget about what just happened a minute ago, and don't think about what's going to happen in another minute.

But, looking backwards, these past 9 days haven't really been so bad.

I've had a couple of little slips recently. But I catch myself and say, "Hey, you're an addict! If you keep this up you're going to fall!!!" And then I stop quick. I used to think, "Well, a little bit won't hurt." And then I would keep on going until I fell.

I ran my question by my wife. She gave an answer:

She thinks every couple reaches a point where they say, "Hey, it's been too long already." But, whether you're an addict or not will determine how you deal with it. The normal way to deal with this is to say, "Okay, it's been a while. What can we do to manage this situation?" And it may take another couple of days to work things out. An addict will say, "It's been so long; we've gotta just go ahead with it already!"

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Re: Eye.nonymous official count  
Posted by Momo - 07 Jan 2010 14:12

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Eye, I learn so much from you. I see you as my 90 day mentor!

Thanks for your posts, and especially for your honesty.

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