

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 imtrying25 - 07 Jan 2010 17:35

Vi'hevar ayin! Vi'ha'asid ad ayin!! Vi'hahoveh ki'heref ayin!! **DA"AGAH**
MINAYIN????????????????????????????

=====
=====

Re: Eye.nonymous official count
Posted by Dov - 08 Jan 2010 01:20

There are a lot of bumps along the road. But living gets better and better, whether you like it or

Just stick with it R' eyeball.

And your wife is really a gem.

=====
=====

Re: Eye.nonymous official count
Posted by sci1977 - 08 Jan 2010 02:43

Wonderful post. Loved it. KUTGW!!!

=====
=====

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

[Momo wrote on 07 Jan 2010 14:12:](#)

...and especially for your honesty.

Can't recover without it!

=====
=====

Re: Eye.nonymous official count
Posted by Eye.nonymous - 08 Jan 2010 08:18

Today is day 70. AYIN!!!

I've been feeling a little sick the past couple of days and I got this new realization.

I've been feeling really tired and I have a really painful sore throat.

In the past, I would have focused on "OH, I feel so awful." And I would have been grumpy all day. OR, I would have done my best to ignore it, "I can manage!"

Yesterday it struck me--HEY, I have a sore throat and I feel tired. BUT, I don't have a headache; I can still think clearly. And it's a nice day. And I have a lot to be thankful for in life. I have a wonderful wife and children.

It was a balance; looking at the negative and acknowledging it. But also keeping it in perspective; weighing it up against all the good things in life.

THEN, I thought of a movie I saw a long time ago. STAND AND DELIVER, about a teacher who took a class of dropouts and turned them around. One part of the story was that they all passed the SATs with high marks, and the state made them take the test again because they thought the class must have all cheated.

It was based on a true story.

A story about an average class that stayed average wouldn't be interesting. And it's not a story to be proud of.

What IS a good story? When, against all odds, the heros overcome a challenge.

Then, I realized it's the same in life. By overcoming the difficulties we're going to feel much more fulfilled than if we just started off OK and ended up OK.

=====
=====

Re: Eye.nonymous official count
Posted by habaletaher - 08 Jan 2010 10:15

I Love that name, STAND AND DELIVER!

And as Yehoshiya Hamelech said ULAY LIHAKIM!!! It is on me to stand it up!!

Have a great Shabbos eye and know that you inspire all of us, may you go from 70 to 80, t0 90, and as Buzz Lightyear would say "TO INFINITY AND BEYOND!"

Have a Good Shabbos

=====
=====

Re: Eye.nonymous official count
Posted by imtrying25 - 08 Jan 2010 12:44

Thanks eye on giving us these updates. I learn so much from them!! I really appreciate it!!

Have a Good Shabbos and keep on truckin.

=====
=====

Re: Eye.nonymous official count
Posted by sci1977 - 08 Jan 2010 14:54

Have a great shabbos. Your post today is really reflective of how you have changed as a person since this journey has begun. Keep it simple, live life, be thankful and keep working. Stand and deliver is a great movie to teach you that honesty is the best policy and if we are not honest with ourselves in this struggle you wont get very far. You inspire me as always to continue on. I would tell you to feel better but I beleive even though your sick or not feeling right, you feel just fine on the inside. (But feel better anyway.)

=====
=====

Re: Eye.nonymous official count
Posted by imtrying25 - 09 Jan 2010 17:20

A Gitte Voch Reb Eye!!! Hope your feeling better!!

=====
=====

Re: Eye.nonymous official count
Posted by Eye.nonymous - 09 Jan 2010 18:04

I've still got the sore throat and feeling tired. You're right, Sci, I still feel OK on the inside.

Today is day 71.

I wanted to mention that something that confused me a while back was--how to relate to my daughter. She's a little short of 7 years old, but confusing nonetheless for a sex addict. On one hand kids need affection. BUT, what's normal and what's not.

I wrote a PM to guard on this subject back then, and he directed me to a couple of messages to look at from other people who have been dealing with this problem.

I decided on a few guidelines that I needed, and I have stuck to them since then. I feel much less confused now.

ALSO, I am also dealing with my addiction to computer use. Here too, I set up a few guidelines and I have been sticking to them. When I'm supposed to be working on the computer, I'm actually working. I haven't satisfied myself with pseudo work or with escapism. As a result, I have asserted myself; I have pursued a couple of possibilities that came up in the first place a long while ago. One was a small job, but I still feel good about it to be doing a real job. And the other is something I'm not sure what will come of it. I keep saying, "I was on the computer for 2 hours, and I was WORKING for 2 hours! I can't believe it!"

Good Voch to everyone.

--Eye.

=====
=====

Re: Eye.nonymous official count
Posted by imtrying25 - 09 Jan 2010 18:22

Sorry your not feeling good. :-\ :-\

Keep it up. I learn so much from your posts!! Did i say that already?? Well too bad. Its true. And its every post. So.....

Have a great week.

=====
=====

Re: Eye.nonymous official count
Posted by sci1977 - 10 Jan 2010 05:03

kutgw!!! feel better

=====
=====

Re: Eye.nonymous official count
Posted by Momo - 10 Jan 2010 06:05

[Eye.nonymous wrote on 09 Jan 2010 18:04:](#)

ALSO, I am also dealing with my addiction to computer use. Here too, I set up a few guidelines and I have been sticking to them. When I'm supposed to be working on the computer, I'm actually working. I haven't satisfied myself with pseudo work or with escapism. As a result, I have asserted myself; I have pursued a couple of possibilities that came up in the first place a long while ago. One was a small job, but I still feel good about it to be doing a real job. And the other is something I'm not sure what will come of it. I keep saying, "I was on the computer for 2 hours, and I was WORKING for 2 hours! I can't believe it!"

Shavua tov and refua shleima Eye!

Regarding what I quoted you, that's wonderful. As you know, I struggle with this too (not working at work). I wish I knew your secret how to work when you don't enjoy it and want to escape.

Do you enjoy your work?

=====
=====

Re: Eye.nonymous official count
Posted by habaletaher - 10 Jan 2010 08:03

I actually love my work, but somehow end up wasting soooo much time at work that I can't figure out where it all goes...

This troubles me greatly....

=====
=====