

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 Eye.nonymous - 10 Jan 2010 14:21

Wow, I just became a hero member.

I'm on day 72.

In line with the 12 steps, I'm admitting to myself that I don't have a sore throat. No. I'M SICK!!!

I stayed home this morning to watch the sick kids so my wife could go to her parenting class (which she doesn't usually get to go to because the kids are sick. Last time SHE was sick). I realized--I really ought to be home anyways. I managed to get the kids to nap and I napped too.

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Re: Eye.nonymous official count
Posted by 7yipol - 10 Jan 2010 15:05

Refuah Sheleima Eye to you and yours.

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Re: Eye.nonymous official count

Posted by OneLife - 10 Jan 2010 17:07

[Eye.nonymous wrote on 10 Jan 2010 14:21:](#)

Wow, I just became a hero member.

I'm on day 72.

you are really hero,

think that hit the 90 will give us great Chizuk, that we can too. (and the opposite ...)

so, you don't have any other chance, right?

behazlacha, holy guy. 8)

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Re: Eye.nonymous official count

Posted by sci1977 - 11 Jan 2010 04:57

FEEL BETTER EYE. Keep up the living.

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Re: Eye.nonymous official count

Posted by habaletaher - 11 Jan 2010 05:02

swish swish swish, that is the sound of me polishing one more HERO portrait to keep in my dining room and it's got your name all over it, Eye!!! Keep on Trukkin!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 11 Jan 2010 12:33

Today is day 73.

Feeling better, but still a bit under the weather.

Keepin' on truckin'.

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Re: Eye.nonymous official count
Posted by silentbattle - 11 Jan 2010 15:05

Refu'ah shelemiah...keep trucking, indeed! Keep your eyes on the road, your hands upon the wheel....

By the way, is the line "never let your guard down" an original from you?

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Re: Eye.nonymous official count
Posted by sci1977 - 12 Jan 2010 01:12

Glad your feeling better. Keep on going!!!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 12 Jan 2010 14:11

[silentbattle wrote on 11 Jan 2010 15:05:](#)

By the way, is the line "never let your guard down" an original from you?

Yes :-[

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 12 Jan 2010 14:12

Today is day 74.

I think I'm feeling good enough to go to a kumzitz. ;D

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Re: Eye.nonymous official count

Posted by silentbattle - 12 Jan 2010 15:22

Keep on rocking!

And nothing to be embarassed about, it's a great line! I'm actually thinking about writing a song, using your line (if you let)...it's also my gmail status message, occasionally...

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Re: Eye.nonymous official count
Posted by sci1977 - 12 Jan 2010 15:29

Glad your feeling better. KUTGW and just keep doing what your doing. It's worked now for 74 days!!!

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Re: Eye.nonymous official count
Posted by Steve - 12 Jan 2010 16:22

Eye,

Keep feeling better, and enjoy the kumzitz. Wish I was there in EY with you, and not just for the Kumzitz.

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Re: Eye.nonymous official count
Posted by BecomeHoly - 13 Jan 2010 04:59

Just 2 weeks left! Brain rewiring.... prepare for some sparks! ;D

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