

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 - 13 Jan 2010 14:19

[BecomeHoly wrote on 13 Jan 2010 04:59:](#)

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

Actually, I'm trying to prepare myself in advance. I know the more I let any success go to my head, the more in danger I am of falling.

I am trying to focus on "one day at a time," and realizing that, even after 90 days, I have to keep on thinking, "one day at a time."

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Re: Eye.nonymous official count
Posted by sci1977 - 13 Jan 2010 14:25

Wonderful attitude Eye, one day at a time. I am so happy you are doing well. Keep up the amazing work as we all are inspired by your ride to 90 and beyond!!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 13 Jan 2010 14:26

Today is day 75.

I noticed that I keep making a mistake with the 12-steps. I keep mistaking the symptoms for the illness. The mistake is less obvious now; I just picked up on this. I know that I have to be working to improve MYSELF, and I need to let Hashem be in control of my life.

But, just because I am not acting out, and just because I have recently become productive on the computer (instead of wasting all my time on it) is NOT the real issue. It is NOT recovery YET.

I was really impressed by the "kumzitz" last night. It was different than the previous ones, but also great. In particular, Duvid Chaim was very inspiring to hear.

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Re: Eye.nonymous official count

Posted by silentbattle - 13 Jan 2010 14:30

One day at a time - absolutely...that is how we live, and I need to remember that, too!

Very, very true.

Do you mean like you feel like as long as you're not acting on the illness, it seems like it's not there?

WHy do you feel that it's not recovery yet?

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Re: Eye.nonymous official count

Posted by OneLife - 13 Jan 2010 21:49

[Eye.nonymous wrote on 13 Jan 2010 14:26:](#)

I noticed that I keep making a mistake with the 12-steps. I keep mistaking the symptoms for the illness. The mistake is less obvious now; I just picked up on this. I know that I have to be working to improve MYSELF, and I need to let Hashem be in control of my life.

EN i think 90 its just a number,

to heal from few(??) years of illness maybe take a little more than 90 (or 75) days, its a proccess,

you need just try to implement the 12 steps, the success will come soon and you gonna feel it.

hazlacha raba!

we trust you *gever!*

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Re: Eye.nonymous official count

Posted by sci1977 - 14 Jan 2010 10:44

Keep on working. I'm finding 90 days is just 90 days. We have changed but it must continue to 91 or 120 or 365. I think the steps lead us above and beyond.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 14 Jan 2010 13:20

[silentbattle wrote on 13 Jan 2010 14:30:](#)

One day at a time - absolutely...that is how we live, and I need to remember that, too!

Do you mean like you feel like as long as you're not acting on the illness, it seems like it's not there?

WHy do you feel that it's not recovery yet?

I feel that the recovery isn't from LUST. LUST is just a symptom. The real sickness is all the problems that lead to lust. I like DuvidChaim's definition [which he mentioned at the kumzitz], I think it sums up all the negative character traits beautifully "immaturity."

I may not be acting out, and I may be more productive at the computer now.

But these are two SYMPTOMS.

My overall attitude is really still immature.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 14 Jan 2010 13:23

Today is day 76.

I was doing some neatening up recently and I found my long-lost copy of "WAKING UP JUST IN TIME," by Rabbi Twersky. "A therapist shows how to use the Twelve Steps approach to life's ups and downs." I started looking for it since I joined this forum (about half a year ago) and assumed I lent it to someone who forgot to give it back.

I read it once, but now I'm reading it again. It strikes home a lot more now.

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Re: Eye.nonymous official count

Posted by BecomeHoly - 14 Jan 2010 14:17

Awesome - hashem is sending you tools to make it over the hill and STAY over the hill... grab em, use em, and DON'T LET GO!

KUTGW :-) You're doing great :-)

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 15 Jan 2010 07:33

Today is day 77--the same backwards and forwards.

I've still been having slips here and there, but getting out of them quickly.

I am still thinking about DuvidChaim's explanation, that the root of our problem is IMMATURITY.

Reading the AA Big Book (on my own, I haven't participated in DC's groups yet), when it comes to "make ammends for the damage you have done," it's easy to track all the damage caused by drinking.

But, from lust, it's hard to imagine that so much damage was done from acting out every so often and not controlling my eyes on the street.

BUT, if you have to scrutinize the damage done by IMMATURITY, the REAL problem...

That's a heavy blow.

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Re: Eye.nonymous official count

Posted by habaletaher - 15 Jan 2010 10:08

I don't know if they have a step for this, but I would think the one I would apologize to is myself, or at least the self I was supposed to be without all this dreck.... I'm not an expert in AA doctrine so I can't speak, but that would seem right. You can write that other self a letter... who knows

77 DAYS!!!!

How do you spell total awesomeness?

Hmmm... Oh! I remember! 7 and then um.. uh.. oh yeah... one more 7!!

KUTGW!!!!

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Re: Eye.nonymous official count
Posted by Momo - 15 Jan 2010 12:04

Eye, I can relate so much to how you're feeling, even though I'm way behind you (day 39).

I also slip here and there, but recover while before a slip meant just a matter of time before a fall.

Is it realistic for us to try not slip any more? Do you slip on purpose? Sometimes I do.

Love the number 77. Looking forward to attending your 90th party! Just 2 weeks away,...

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Re: Eye.nonymous official count
Posted by sci1977 - 15 Jan 2010 15:00

Hey Eye, Keep on going and remember always one day at a time.

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Re: Eye.nonymous official count
Posted by silentbattle - 15 Jan 2010 15:33

KOT!

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