

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 kutan - 25 Aug 2009 21:35

All decisions in these areas are left to the Honorable Sir Guard to rule.

But, I have nothing other than total respect admiration for you.

to me, what you write about was a 'bump' in the road. a little bump. we focus on the single bump, and ignore the miles of straight road. (Does not apply in NYC where there are no miles of straight roads)

BTW, did anyone see the sign on the Palisades Parkway: "BUMP", just before a bump in the road? Makes me laugh each time I pass it... imagine if they were to plaster 'bump' signs all over Brooklyn ;D

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Re: Eye.nonymous official count
Posted by battleworn - 26 Aug 2009 14:44

Eye, you're doing great!. That doesn't sound like a fall at all. Just a warning to step up your defences. Like talking to Hashem more often and posting as much as possible etc.

CHAZAK VE'EMATZ!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 27 Aug 2009 06:22

Thanks Kuten and Battleworn for your replies.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 28 Aug 2009 06:22

OY VAY! I just fell. After 21 clean days.

I've been having some pretty disheartening discussions with my wife. Basically, she needs time to recover after having our most recent child. Which is understandable. But, any measures that are available have failed us either in the past, or now (my wife is now suffering an ulcer and kidney stones as side-effects). So, the general tone of our discussions has been: abstinence until we find an option, but we're tried all the available options and none have worked.

And, our anniversary came out in the middle of all these discussions.

See how this could be frustrating?

I let my guard down a bit, but didn't realize how fatal this was until afterwards (hindsight is always better).

I think, though, we have gotten somewhere, and things are looking a little better.

Here I go again...

Day 1.

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Re: Eye.nonymous official count
Posted by the.guard - 29 Aug 2009 21:17

Use the fall to learn from... what can you do better next time?

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 03 Sep 2009 19:44

I made it to day six but, I'm sorry to say that I had yet another fall.

I deliberately searched for things on the computer that I shouldn't have.

"An expert is someone who made all the possible mistakes"
Still, it would have been much worse without the filter.

Something's wrong. Deep inside I feel that I really don't want to let go of lust. I need help figuring this out. Somehow, the attitudes, and the techniques, seem to be missing something here. Why, really deep down, can't I let go?

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Re: Eye.nonymous official count

Posted by SoHard,YetSoRewarding - 03 Sep 2009 20:02

Heiliger Eye,

I want to send you via email a very powerful video clip which will help you put all these falls into proper perspective.

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Re: Eye.nonymous official count

Posted by hoping - 04 Sep 2009 03:55

I wrote something on my thread that may help you. For me I had to concentrate on letting go *before* I felt the urge. Once the urge comes it is too late. I can't let go if the lust is holding onto me. I was most successful with working on my attitudes when I was having an easy period. Then the attitudes helped me when the difficult times arrived. I hope this is of some help.

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Re: Eye.nonymous official count

Posted by the.guard - 04 Sep 2009 09:21

[Shmilu wrote on 03 Sep 2009 20:02:](#)

Heiliger Eye,

I want to send you via email a very powerful video clip which will help you put all these falls into proper perspective.

The guy without the limbs? If it's a different one, send it to me too!

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Re: Eye.nonymous official count

Posted by SoHard,YetSoRewarding - 04 Sep 2009 17:29

[guardureyes wrote on 04 Sep 2009 09:21:](#)

The guy without the limbs? If it's a different one, send it to me too!

Yeah, you saw it too?

Very moving stuff, no?

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Re: Eye.nonymous official count

Posted by the.guard - 05 Sep 2009 18:35

Yes, someone sent it to me once. (If it didn't have some not-so-tznius teenagers in it, I would have sent it out on the chizuk e-mail list).

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Re: Eye.nonymous official count

Posted by kutan - 07 Sep 2009 01:02

[Eye.nonymous wrote on 03 Sep 2009 19:44:](#)

I made it to day six but, I'm sorry to say that I had yet another fall.

I deliberately searched for things on the computer that I shouldn't have.

Still, it would have been much worse without the filter.

Something's wrong. Deep inside I feel that I really don't want to let go of lust. I need help figuring this out. Somehow, the attitudes, and the techniques, seem to be missing something here. Why, really deep down, can't I let go?

OK. It doesn't happen overnight. it does not even happen over-week or over-month. We have been too conditioned the other way, for too long.

The key is, of course, **preparation** *not* during the nisayon.

Practice whichever technique talks to you.

But the main thing for me was to come out realizing that this business of lusting, of having this

I feel awful thinking that I do it , and again, and again, and cannot get this into control.

is despicable. >

That awful feeling is not to put me into despair, but rather to shake away the fake veneer that this silly thing seems to have to me.

and then, the first instant that the YH presents itself, I feel myself giving over my whole body and existence to Hashem. Hashem, take me, I'm yours.

When that kicks in, I feel happy being close to Hashem, and do not have an interest any longer to look. It seems silly to me... which is what it really is.

Does this work 100% of the time?

Nope.

or more accurately perhaps... not yet. But it DOES work, in the 90 percent + area.

The main things is that it is not a fight any longer. I come away calm.

There is nothing new here. I'm not writing anything you will not find on the rest of the forum. My point is just to reiterate that it can be done, and you will get there, even if it might take time.

and...

IT WILL BE WORTH IT!

k

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 09 Sep 2009 11:16

Lately I've been low-key about the forum. Not writing too much. No major chidushim. Not too many questions. Just scanning through the daily chizuk E-mails, glancing at some of the latest messages, and updating my 90-day chart. Trying to read through another GUE handbook lesson each day.

I just felt that maybe I needed to something about my decreased activity here.

I'm still here, though.

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Re: Eye.nonymous official count

Posted by Sturggle - 09 Sep 2009 11:29

hey eye!

good to hear from ya!

so how many days is that?

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