

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 - 19 Jan 2010 14:10

Today is day 81.

We are planning another GYE Kumzitzs in the Holy Land in about a week (looking forward to erev day 90, the best we could do for logistical reasons). Wednesday Jan27, 8-10pm.

I know, you've got to take this 1 day at a time, but sometimes a little planning is necessary too.

Please PM for details.

--Eye.

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Re: Eye.nonymous official count
Posted by silentbattle - 19 Jan 2010 15:26

That is awesome...I wish I could be there!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 20 Jan 2010 14:41

Today is day 82.

(Gematria of PUB). ??? ??? ???

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Re: Eye.nonymous official count
Posted by silentbattle - 20 Jan 2010 16:36

Getting ready for the big celebration! :D :D

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 21 Jan 2010 14:52

83

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Re: Eye.nonymous official count
Posted by silentbattle - 21 Jan 2010 16:44

Chag!

That was an easy one, right?

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Re: Eye.nonymous official count

Posted by imtrying25 - 21 Jan 2010 18:29

Keep it rolling eYE. I dont want any cancelations!!! :D :D :D :D :D :D :D :D :D

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 22 Jan 2010 07:48

[imtrying25 wrote on 21 Jan 2010 18:29:](#)

Keep it rolling eYE. I dont want any cancelations!!! :D :D :D :D :D :D :D :D :D

If worse comes to worse, day 1 is also something to celebrate!!! :o

You know, not to feel too pressured with the number 90.

Anyways, today is 84.

I am really wondering, at one point I felt like a totally different person. Now, I feel like the same old Eye.

But, I do feel like I am less irritable, more patient, more flexible, more available to my kids. In small ways.

THEN, right now I just thought of a great mashal. I don't know if it's true, but it's really beautiful.

A spaceship takes all it's fuel to break through the atmosphere. Afterwards, it basically glides the rest of the way to the moon (at the same speed). So, at first the changes feel really radical--you're breaking through a barrier of old habit. Afterwards, you're only DRIFTING--BUT YOU'RE GOING AT THE SAME SPEED!

Have a good Shabbos everyone.

--Eye.

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Re: Eye.nonymous official count
Posted by imtrying25 - 22 Jan 2010 08:22

Great mashel Eye. Really enjoyed it!! Thanks for the eyeopening posts. I really get so much from them.

Good Shabbos.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 24 Jan 2010 12:50

Today is day 86. (I actually managed not to use the computer motz"sh).

I think I discovered the missing link--what is it that makes us feel like NEW PEOPLE!!!

I think what makes the difference is to appreciate all the pleasures in life that we already have. That's the difference between feeling GREAT about life, and just getting by.

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Re: Eye.nonymous official count
Posted by Ineedhelp!! - 24 Jan 2010 14:29

6 / 8

-Yiddle

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Re: Eye.nonymous official count

Posted by BecomeHoly - 24 Jan 2010 14:37

You're at the peak, just about to grab the top and pull yourself over. We're right underneath you pushing from below. We're here to catch you if you slip or fall, but we're also here to get you over that mountain in one try :-)

You're an inspiration to us all! A man of your stature will treat the yetzer hara as beneath his dignity :-) Thats right, when he comes knocking SLAM that door in his face!

:-D

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Re: Eye.nonymous official count

Posted by the.guard - 24 Jan 2010 15:35

[Yiddle2 wrote on 24 Jan 2010 14:29:](#)

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EYE!! Go EYE!! You Rock.

-Yiddle

Ditto :D

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Re: Eye.nonymous official count
Posted by OneLife - 24 Jan 2010 15:36

cant wait to the announcement from the manager at the daily email "congratulations for
EYENONYMOS that hit the 90"

go *gever* go. 8) 8) 8)

you gonna do that.

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