

Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 13 Jul 2009 21:08

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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 Dov - 04 Feb 2010 22:29

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I am rolling indeed - right into bardy's pub!

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Re: Eye.nonymous official count  
Posted by bardichev - 04 Feb 2010 22:31

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[dov wrote on 04 Feb 2010 22:29:](#)

I am rolling indeed - right into bardy's pub!

REBBEREPPER=DOV

BRING MOMO ALONG

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Re: Eye.nonymous official count  
Posted by Dov - 04 Feb 2010 22:32

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 05 Feb 2010 08:18

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methinks he is sleeping....sweet dreams, Momo!  
Day 98.

I was thining that this AA, forever vulnerable, seems to be very much in line with Chazal.

1. The yeitzer is misgaver on a person every day.
2. Without Hashem's help, we can't withstand it.

I don't mean "vulnerable" like paranoid vulnerable. I mean "vulnerable" in a sobering sort of way. Like, if you know that you'll get electricuted by touching the socket with wet hands, you're afraid to do it AND you won't do it. You're not paranoid about electric sockets all day long. But, I've uncovered a lot of triggers for what they are--electric sockets. I'm done playing games "If I only do this, it won't be a problem," "If I stop at this point, I'll be okay." STARTING, and starting ANYTHING distantly related to lust is a trigger.

Much earlier in my struggles, like when I was 15 or something, I did lots of introspection and lots of thinking about how bad this addiction is (I had a really influential youth group leader/rav). I realized that THINKING ABOUT IT was driving me TO DO IT, though I was trying to analyze it and avoid it.

I decided for a long time NOT to think about it.

I built myself up in other areas.

After a long time I had a strong enough self image to give some thought to this struggle again.

I could try my best not to act out, but shrug it off if I did mess up.

I think if way back then I would try to do what I was doing NOW, it might have just broken me further. No matter what, I would have interpreted any imperfection as, "you're no good!"

On another point, I see a great benefit in this "vulnerable" feeling. I am turning to Hashem informally, and much more often than I used to. I feel my emunah is growing in a very real way, though slowly. I have never felt before so tangibly that Hashem is actually a part of my life. And, if this is the result of vulnerability, I'd gladly keep it.

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Re: Eye.nonymous official count  
Posted by imtrying25 - 05 Feb 2010 09:38

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Its funny that as we get along in this struggle what we come up with. R Shlomo Wolbe in a letter to a bochur struggling with tese issues writes that the number one thing is not to think about it!! Baruch shkivantah!!

Have a great shabbos, and i love you man. Im learning so much from you and for that i wanna thank you! THANK YOU!!

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Re: Eye.nonymous official count  
Posted by sci1977 - 05 Feb 2010 14:35

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Eye, thank you for giving us a window into your thinking. It really helps me. KUTGW!! I love that you are walking with G-d and realize it. Have a great shabbos.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 06 Feb 2010 20:50

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Today is day 99.

I slipped recently. One of those things that you don't realize how stupid it was until after the fact.

Definitely a slip though. Not getting down about it. Just will try to be more careful in the future.

--Eye

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Re: Eye.nonymous official count  
Posted by imtrying25 - 06 Feb 2010 21:02

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The fact that you notice your slips and are taking them into account shows how far youve come!!

Keep on rollin my dear friend!

A gutte voch!

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Re: Eye.nonymous official count

Posted by sci1977 - 07 Feb 2010 04:11

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kutgw!!! 99 WOW!!

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Re: Eye.nonymous official count

Posted by Momo - 07 Feb 2010 06:25

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Hi

A couple of things.

Dov, I love you too, and I'm always fine with whatever you say. Thanks for your clarification and acceptance of different approaches. I wasn't trying to say which is the "right" approach either, because I don't think there is one. Each person has to find the approach that works best for him/her. I'm so glad you found an approach that works for you. You're right; I am trying the best I can. However, I'm still trying to find the approach that works for me where I am at now. I'm dabbling with a couple of things, and we'll see what happens.

Eye, since you like the vulnerability feeling and use it to get close to HaShem, it sounds like this is a good approach for you. But, listen to your heart (Y"hatov).

Eye, good you noticed the slip and stopped yourself. The biggest trick of the Y"H will be to tell you either that since you slipped, you might as well fall, or, that your slip was really a fall, so just fall further. Both are LIES, so don't listen to him!

Do as you're doing. Think how you slipped, make a better geder in that area, and keep on trucking.

99 is soooooo cool. 100 is cooler!

All the best,

MOMO

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 07 Feb 2010 13:43

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Re: Eye.nonymous official count  
Posted by bardichev - 07 Feb 2010 13:52

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KEEP ON TRUCKIN 100

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Re: Eye.nonymous official count  
Posted by Dov - 08 Feb 2010 00:53

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[Eye.nonymous wrote on 05 Feb 2010 08:18:](#)

On another point, I see a great benefit in this "vulnerable" feeling. I am turning to Hashem informally, and much more often than I used to. I feel my emunah is growing in a very real way, though slowly. I have never felt before so tangibly that Hashem is actually a part of my life. And, if this is the result of vulnerability, I'd gladly keep it.

This idea and the way it was expressed require a big, fat l'chayim!!

What more could we ask for in those moments, Reb Eye? Nutin!

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Re: Eye.nonymous official count

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Posted by sci1977 - 08 Feb 2010 01:58

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KOT!!! and inspiring us!

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