

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.

=====

Re: Eye.nonymous official count
Posted by Sturggle - 18 Feb 2010 13:47

hey Eye, you truly are an inspiration!

KUTGW!

=====

Re: Eye.nonymous official count
Posted by sci1977 - 18 Feb 2010 14:44

wonderful post. I enjoy reading your take on how you deal with the "romantic" situations of marriage. KUTGW!!!

=====

Re: Eye.nonymous official count
Posted by the.guard - 18 Feb 2010 17:49

KUTGW!

=====

Re: Eye.nonymous official count

Posted by imtrying25 - 18 Feb 2010 18:43

[guardureyes wrote on 18 Feb 2010 17:49:](#)

KUTGW!

Now **THATS** a chiddush!!!

=====

Re: Eye.nonymous official count

Posted by Eye.nonymous - 19 Feb 2010 09:10

112.

I've been feeling these really powerful urges lately. It's kinda' scary.

-- Guard was here

I reassure myself that this is one of those "dark" moments. Just hang in a day or two, or maybe a week, and it will pass.

I remember reading once something in B'Nei Machshava Tova: People think we can't feel our soul. We CAN feel it, but we've been conditioned to misinterpret it. Sometimes you feel uneasy. You try to eat something or take a nap to alleviate the discomfort. But afterwards, the snack or the nap didn't help! Because your soul is yearning! It wants something spiritual!

So, I was wondering, maybe this lust is really the same thing. We've been totally conditioned when we get this powerful urge "I need to act out!" But, maybe this is just our yearning for Hashem--misinterpreted. We need D'veikus!

I can't say I've perfected this attitude yet, but I've at least started playing with it.

Have a Good Shabbos everyone,

--Eye.

=====

Re: Eye.nonymous official count

Posted by Ykv_schwartz - 19 Feb 2010 10:59

[Eye.nonymous wrote on 19 Feb 2010 09:10:](#)

So, I was wondering, maybe this lust is really the same thing. We've been totally conditioned when we get this powerful urge "I need to act out!" But, maybe this is just our yearning for Hashem--misinterpreted. We need D'veikus!

Yup, this is a popular yesod on GYE. Read the [attitudes handbooks](#), principle #17, Redirecting the power in our souls, where Guard directly discusses this issue.

Regarding your " powerful urges", I often found that simply sitting back and hanging in doesn't always do the job for me. I would do one of all of the following to crush the feelings:

1) Daven Daven Daven. Daven to Hashem to make them go away. Daven to Hashem to help you maintain your sanity during these times and never do anything stupid.

2) Say one kepital tehillim over and over again to express your desire to remove all barrios

between you and Hashem and your true desire to come close to Hashem.

3) Remind yourself over and over again the negative consequences of acting out. Do not let the thought enter even for a moment that there is a possibility to act out. The more you think that there is a possibility, the more the thoughts linger. When the possibility is NULL, the crave is very small.

4) Make sure you feel and say that you are 100% committal to sobriety.

5) Stay far away from any form of triggers. Even if you think the chances of acting are remote. You want to make sure the chances are zero.

6) And of course get out and do something productive.

7) talk to yourself in the mirror and remind yourself you are a real person with a real neshama. you really can destroy. there is something at stake. (This last stage is usually only necessary once the urge has gotten to the point that the addict is actually contemplating acting out)

8) Going forward, make sure to constantly increase your yiras shamayim and strengthen your commitment to sobriety. Too many people fall back into it just because they think it will never happen again and then forget about it. I continued to address my addiction for my first seven months of recovery. Even though I felt close to zero urges I needed to constantly grow and be consciously committed.

I know this sounds extreme, but when I used get these "attacks" I knew this was my life o the line. I valued it too much to rely on "I probably won't act out". I needed to make sure I won't act out. This is especially true since prior to my taking my sobriety seriously, my ignoring these subtle "urges" would often snowball into full blown addiction within hours. B"H, I am sober for more than a year and I have NO urges at all to act out in porn and masturbation.

Hatzlacha,

Good Shabbos

=====
=====

Re: Eye.nonymous official count

Posted by imtrying25 - 19 Feb 2010 11:12

Have a great shabbos Eye!

And YS THANKS for that post. Honeslt it isnt the type of post you see every day here on the forum, but it was really good. Thanks! I needed it!! Good shabbos!

=====
=====

Re: Eye.nonymous official count
Posted by sci1977 - 19 Feb 2010 15:00

Good SHabbos eye. KOT!

=====
=====

Re: Eye.nonymous official count
Posted by Eye.nonymous - 20 Feb 2010 19:45

113.

Thanks Ykv_Schartz for your helpful response.

I think, though, I was talking about something entirely different. MISINTERPRETING the urge, as opposed to REDIRECTING it.

To explain--redirecting means, it's really an urge for lust. But, I'm going to take a jog instead to use the energy in a positive way.

MISINTERPRETING it means, I THINK I'M LUSTING. Really, I am experiencing a very powerful desire. In truth, IT'S NOT A DESIRE FOR LUST!!! I only think it is because I'm so used to thinking of it in this way. It's REALLY a desire for a huge hisbodidus session or something (can you tell I'm moving along in Garden of Peace, with that "hisbodidus"). It's REALLY a desire to connect to Hashem.

I find the thought alone very liberating, without the jog.

On another note:

Bflat.

I love noticing these before/after differences. I'll say that BEFORE, when marital intimacy had some delays or other set-backs, I would feel that my whole self-worth was destroyed. I was consumed by this addiction. NOW, it doesn't seem devastating anymore; it's just another part of life.

NOTE: Please feel free to respond to part A of this post, part B, to BOTH, or to none of the above.

(Sometimes it can be confusing when a single post contains multiple topics, I know).

I'm getting silly.

Shavua Tov,

--Eye.

=====

=====

Re: Eye.nonymous official count

Posted by the.guard - 20 Feb 2010 20:40

Sometimes when we're out there in the big world surrounded by all the temptations wherever we seem to look, we cry out in our hearts "Dear G-d, where are you? I can't see you, I can't feel you! All I see is a beauty of a different kind, wherever I look!"...

But then the answer comes to our hearts from G-d, "my son, does there exist any beauty besides me? I am in the beauty you see as well!".

For G-d is indeed everywhere, and He - and only He - is the source of all beauty. The beauty that we see and crave here on this world is truly only a mere shadow of a manifestation of G-d's beauty. We need to train our minds to realize that there are no two types of beauty. There is only one source of beauty in the world. What we see in women is also the beauty of G-d. But, G-d has decreed that in order to merit perceiving His true beauty, we must first learn to turn our eyes away from the physical beauty that is only his creation, and instead turn our hearts to Him - to the SOURCE. In His great wisdom, G-d determined that only one who is ready to give up the physical manifestations of G-d's beauty should be worthy of experiencing the true beauty of G-d, in a much more sublime way.

=====

Re: Eye.nonymous official count

Posted by imtrying25 - 20 Feb 2010 21:40

I was gonna respond but then i had two problems! One, i dont want to write a short response cuz some guys on this forum will be upset at me. To write a long one, hmmmmmmmmmm i dont really have what to say. Two, **I** am one of those guys who gets confused when someone write multiple topics in one post, so im totally confused.

Ill just leave it to , Ah Gutte Voch and keep it rollin.

=====

Re: Eye.nonymous official count

Posted by sci1977 - 21 Feb 2010 03:53

responding to B.

I notice if a set back comes, it's OK to just let it go. It will happen at some point. As for when I have been doing my best to leave it in G-d's hands! Sometimes very hard to do that.

=====

Re: Eye.nonymous official count

Posted by Dov - 22 Feb 2010 01:05

Intrying has some anivus so he says little. Maybe it said all that needs to be said.

And here / go opening my big, fat mouth. Uh oh:

My sponsor once told me (when feeling lust/temptation to lust) to try saying: "Hashem, whatever it is that I am *really* looking for in that image, let me find it in You!", and *meaning* it and *trusting* Him to eventually do it. It really took the edge off and connected me to Hashem instead of to the lust object. I use it occasionally. Clearly, going after the lust doesn't even come *close* to satisfying me, the big hole inside remains - or grows, when lust is used. So it's clearly something *e/se* I was killing myself for. Mamesh b'nafsho yovi "lachmo"!

It sounds along the lines of what you are talking, and per what Guard posted above. It's a free tool. Go ahead, take it!

Incidentally, a while later, he told me he didn't really like that approach cuz it was too selfish for him and he prefers to just give up to Hashem and ask Him to help him be concerned with *His* Will, rather than with any of his desires, be they spiritual or otherwise. Nu. For everything it's time and harbei drochim laMokom!! As bards might say: "Truck first, make cheshboinos later". Efsher yoh?

Have fun, reb Eye!!

=====

Re: Eye.nonymous official count

Posted by Eye.nonymous - 22 Feb 2010 16:40

I think today is 115.

I have a lap-top which I use rarely, and for a very specific purpose. It's kinda old, so I couldn't find a filter that would work for it. I just used it and had some technical difficulty. I thought it was waiting for an internet connection or something, and frozen until it had one. I thought I needed to give it a try. So, I plugged it in, thinking all the time, "THIS IS POISON THIS IS POISON." After about a minute the technical difficulty wasn't resolved. I assumed my theory was false, and I unplugged the internet connection like it was death itself. I had this feeling like I was walking into the jaws of death--and I think this kept me sane.

By the way, I have a particular need, professionally, to be up on the latest news. I need REAL news, silly details, and not just the latest speculations about the global political situation. I don't want to have to keep visiting the CNN site, though. It's got too much stuff that I really would rather not know.

Does anyone know of a plainer and safer option--like a daily text E-mail.

I'd greatly appreciate it.

=====