

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 Dov - 09 Mar 2010 18:07

Reb Eyeball, shlit"a

Whenever I get resentful at my wife, I react by cleaning something in our house, vacuuming, doing laundry, or spending quality time with our children. I need to do it right away without thinking about it...there's just no other way for me to stay sane sometimes than giving selflessly - especially when I know that she's in no mood to be nicer to me as a result!

Get it?

Sounds like you have happenned upon this basic idea, already, oh great Optic one.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 09 Mar 2010 18:18

If I am Eye...

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Re: Eye.nonymous official count
Posted by Dov - 09 Mar 2010 18:38

[guardureyes wrote on 08 Mar 2010 21:03:](#)

[dov wrote on 08 Mar 2010 20:58:](#)

He does.

It's a befeirishah gemorrah in Sanhedrin, 40-something b:

Amar RYB"L: "Kol hazoveiach yitzro ...something, something...is better than all the korbanos"!
(or something like that....hey, I'm not a talmid chochom, just an addict in recovery, what do you expect?)

Here's something similar: www.guardureyes.com/GUE/Images/GUE.jpg

Just E-daf'd it - What I was quoting above is Sanhedrin 43b at the top, and Rashi is mashma that it applies even (or specifically) if he was already oiver in the past, as in "Fool me once shame on *you*, fool me twice, shame on *me*". Tell me what you think. I posted about it before once and connected the next gemorrah to this ma'amar, BTW. Seeya!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 10 Mar 2010 13:22

131.

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Re: Eye.nonymous official count
Posted by Steve - 10 Mar 2010 14:15

wow. that's a real mystical number. cuz it can be read backwards and get the same result.
Kabbalists just eat this stuff up.

Here's looking at YOU, Eye...

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Re: Eye.nonymous official count
Posted by Dov - 10 Mar 2010 22:37

eno ytriht eno?

Please nailpxe!

PS. Mazel Toova, Mr Eye!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 11 Mar 2010 13:32

132.

Which, in a different tziruf, is as easy as 123.

We're having some work done and we're really quite unimpressed about quite a few things.

It's really easy to just blast the workers with a ton of complaints.

I decided, "It's not going to accomplish anything. Nothing good will come out of it."

This got RID of lots of frustration and resentment.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 12 Mar 2010 08:30

133.

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Re: Eye.nonymous official count
Posted by Steve - 12 Mar 2010 17:49

Have a Great Shabbos on 134.

Do me a favor? Make sure that I never catch up to you, OK? like on a really scary rollercoaster, it's nice to see someone in the car ahead of you...

Peace, bro,

Steve

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Re: Eye.nonymous official count
Posted by briut - 12 Mar 2010 20:38

[Eye.nonymous wrote on 11 Mar 2010 13:32:](#)

It's really easy to just blast the workers with a ton of complaints.

I decided, "It's not going to accomplish anything. Nothing good will come out of it."

This got RID of lots of frustration and resentment.

Could you please speak a little more about HOW you turned RID into overlooking it? I seem to find a need to PUT that RID rather than dissolve it or banish it. And sometimes it's hard to find a place. (Kick the dog?? I don't have one, by the way.)

Was it really enough that you said "enough already" to yourself, or was there something more? Please PM if you can, too. Thx.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 13 Mar 2010 20:31

Today is 134.

Yes, it was a good Shabbos.

NOTHING WENT MY WAY!!! I love it!

I've been getting used to saying this:

"It looks like today isn't going to go my way!"

"THIS isn't going to go my way!"

I was just writing something on the computer and it crashed when I was just about finished.

"THIS isn't going my way!"

It's eliminating an awfully lot of anger and frustration... which eliminates lots of the "urge" to act out.

Funny, I'm always amazed at how often a piece of chizzuk I write to someone IS EXACTLY WHAT I NEED to save myself soon afterwards.

I just recently posted on a different thread that a root of our problem is anger, and the anger comes because THINGS DON'T GO OUR WAY!

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Re: Eye.nonymous official count
Posted by Sturggle - 13 Mar 2010 21:02

shkoyach, Eye!

that is great chizuk!

and a really helpful to view things.

gut voch!

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Re: Eye.nonymous official count
Posted by the.guard - 13 Mar 2010 21:04

unbelievable...

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 14 Mar 2010 12:24

135.

Today is yet another day that definitely isn't going my way.

I've had a little insight. Some people try to get rid of anger by saying, "This, too, is for the best... everything that Hashem does is for the best."

But, I think you need to make way for this. FIRST you have to accept, "Things aren't going to go my way." Sur M'ra, before Asei Tov.

Otherwise you say, "this is for the best ...BUT IT CAN'T BE BECAUSE IT'S NOT WHAT I WANTED!!!"

I've tried to think "this is for the best" before, but I haven't ever felt so much of a change as I feel now, thinking "things aren't going to go my way."

So, I think that's the explanation.

On a different note, I'll admit that I slipped recently.

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