

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 7yipol - 27 Mar 2010 20:56

Shavua Tov Eye,

Gotta admit I havent read the mens threads for a while,

Seems youve been tested recently,

and learnt a lot from your challenges!

You are very right;

these 'non-adddiction' posts are very much in place here,

and tremendously helpful.

They remind all of us that there *is* hope for tomorrow,

and the day will come when we are so occupied with "life" and "living"

that addiction will not only on the back burner -

but the fire will be off underneath it!!

MAy all future nisyonos be only via smachos,

but decided to pop in here and say hi.

7up

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Re: Eye.nonymous official count
Posted by briut - 28 Mar 2010 22:04

[Eye.nonymous wrote on 27 Mar 2010 20:50:](#)

But, from the mono I learned a few lessons, which I needed to handle this more recent medical emergency.

And, I've really grown from the whole experience.

I actually see a design here.

You choke me up, Eye. Wow -- those moments of clarity where we see that our pity-able hardships etc are really blessings, part of His Divine plan. These moments don't come into my life as often as I sometimes feel I "need" them. But when I hear one of the GYE brothers sharing one, it gives me a little chapp, too. Consider yourself lucky that you get to see His pattern every once in a while.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 01 Apr 2010 11:47

153.

Good Moed.

Here are a few thought I had recently:

DON'T TALK, DON'T TRUST, DON'T FEEL

I realized another application of “Don’t talk...” As a father, it’s easy to be annoyed with the kids and just tell them to be quiet when I feel annoyed by them. I know, ideally I should work on this. But at least, I was thinking, “Oh no! Am I teaching my kids don’t talk, don’t trust, don’t feel”? And, this makes it easier to be patient.

A&W [Awe & Wonder] Moment

Before Yom Tov, we sent our son to write down the davening times at my usual shul. He’s 9, and the schedule can be a bit confusing. On Yom Tov Mincha, I thought I was arriving 5 minutes early, but I was 15 minutes late. I decided that I could let myself trust my son, even though he made a mistake. I looked for a plan B, and to find meaning and purpose in the change of plans. I found another shul with a later minyan. An otzer sefarim was next door, and I remembered I needed to look something up. I walked out of the otzer sefarim for the exact last minute of sunset—I saw the sun as it dipped beneath the horizon. That was an A&W moment.

TALK, FEEL, TRUST

One thing I have learned in the course of recovery is that s** is optional, and not mandatory. Due to our hectic schedule I have been more considerate of my wife. As we usually can’t manage to find time to rest, we end up having s** less often. It works out every two or three weeks now. I’ve come to accept that.

My wife and I were having a discussion about where to go for a day trip during chol hamoed. It ended up being a ridiculously long and involved discussion. Then, I thought, “WHAT AM I REALLY FEELING ABOUT THIS!” I realized the following, and told my wife:

“Due to our hectic lives, I understand we might not be able to have s** so often. I can be fine with that. And maybe I’m supposed to be above this, but I really would prefer to have s** more often. So, at this stage in our lives, I’m not really thrilled to plan a day long schlep and wear ourselves out even more. If we have the chance, I’d rather plan a simple, local trip, take it easy, and maybe have a little more energy for each other.”

She appreciated my being so up-front.

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Re: Eye.nonymous official count
Posted by Dov - 01 Apr 2010 16:21

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 04 Apr 2010 08:27

I had a nice thought recently:

I think it is Shlomo HaMelech who davened not to become poor and not to become rich. Either one tests a person's Emuna in Hashem.

I used to think: Most people are average, and some people are dirt poor and have the test of poverty, and some people are filthy rich and have the test of luxury.

Sounds like recovery in action, to me, chaver....

BUT NO! Every single one of us, at any moment, has some things in our life that are tests. Do we use these as an opportunity to come closer to Hashem, or not (and fill up our minds with RID instead)? AND, at any moment, every single one of us has things to be happy with. Do we appreciate them and fill our life with true joy (leaving no room for RID?)

ON ANOTHER NOTE

Recently I was feeling a lot of RID. So, I reached out to another fellow in DC's group.

This was the first time I reached out to help resolve the RID, long before the URGE came along. Which is a new step.

Chag Sameach,

--Eye.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 06 Apr 2010 07:04

I just sent out an SOS (Save Our Soul!) on a different thread.

For Details:

rehab-my-site.com/guardureyes/forum/index.php?topic=1251.msg60195#msg60195

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 07 Apr 2010 07:41

Baruch Hashem, I'm doing better now. (made it to 159)

I got a call from DovFromIsrael which was very helpful.

I guess I tend to be introspective, always analyzing my feelings and looking for deeper thoughts behind them. Here I was feeling the "urge" very strongly with no apparant cause.

I have heard that eating right and getting enough rest is important for staying clean. But DovFromIsrael gave a really nice explanation for this, a deeper explanation, yet so simple. I found it extremely helpful:

Sometimes we're really tired, we should have gone to sleep already, but we're still up. Or maybe we ate too much sugary foods and our minds can't relax and let our bodies go to sleep. So, our bodies send out the message "I NEED TO SLEEP!" And, "Well, how can I get some sleep!" If nothing else works, a lust hit has come in handy to knock out out in the past.

SO, we get this massive urge for lust, but we really just need to get some sleep.

Nothing deeper than that, but I thought that's pretty deep, too. It made a lot of sense to me.

Also, I asked someone a more general question about how to get rid of RID. This was the main part of the answer:

As addicts we tend to overthink everything and sometimes this can cause us more anxiety than we already have. Acceptance is the key.

Accept the feeling, feel the feeling, don't push it away or you give it MORE power. Accept it, take a walk and think it over.

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Re: Eye.nonymous official count
Posted by sci1977 - 07 Apr 2010 12:58

Keep on trucking my friend.

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Re: Eye.nonymous official count
Posted by Dov - 07 Apr 2010 21:38

Reb Eye, It sounds like you got a bunch of gold from your friends. KOT!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 08 Apr 2010 09:05

160.

I am really amazed at how powerful this is--to just acknowledge your feelings, accept them, and then let go of them. No analysis, no brooding, no guilt.

It's probably part of the "Don't talk, don't trust, don't feel" idea. We learned to feel guilty for having feelings. Instead of accepting them we tried to bury them. Our minds fought back, "NO, I REALLY HAVE A FEELING!" Which either drove us to act out almost immediately, or drove

us to get depressed and act out eventually.

I feel so liberated.

"OK. YES. I AM OUTSIDE AND I WILL PROBABLY LUST FOR EVERY WOMAN ON THE SIDEWALK NOW."

Okay, thanks for acknowledging that. You've never done that before. It's OKAY to have feelings, and you don't have to fight to get rid of them. You can go now.

Last night we had a woman over to discuss organizing our house. My wife really wanted me to be there for my helpful comments and ideas (I have somewhat of a knack for organization). The discussion lasted about 2 hours, (and I thought this woman was attractive). I was able to notice whenever I started feeling lust for this woman, acknowledge it, and forget about it. Instead of wrestling with lust for a straight 2 hours, I just had a few passing moments of lust.

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Re: Eye.nonymous official count
Posted by briut - 08 Apr 2010 16:00

Wow.

So there's really hope of a comfortable recovery.

Thanks for living a life that inspires me.

I'd suggest you write it up in some Jewish website somewhere, but I suppose it would be a little difficult to get it printed [grin].

Your posts convince me that you're a man of amazing insight and strength.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 09 Apr 2010 08:19

Thanks Briut.

Have a Good Shabbos everyone,

--Eye.

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Re: Eye.nonymous official count

Posted by Dov - 09 Apr 2010 16:44

Thanks so much, Reb Eye!

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Re: Eye.nonymous official count

Posted by Steve - 09 Apr 2010 18:17

In classic "Steve-ish", the response to your post is:

WOWIE!!!

Your profound insights have just shot me to the moon and back. FEEL, then GO. No guilt, accept that it's OK to feel, don't get down on yourself, and then move on.

Thank you, Reb Eye, again and again!

And Good VOCH!!!

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