

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 DovInIsrael - 15 Apr 2010 19:31

your YH is just hanging on by his claws - trying to intimidate you ...he knows he does not stand a chance.

re: rosh chodesh

I thought the point was to live in the present - not the past, not the future.

Focus on today..ad where you are right now!

btw - rosh chodesh also comes after a period of darkness - so maybe we are celebrating the LIGHT in our life !

Chodesh Tov!

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Re: Eye.nonymous official count
Posted by Dov - 16 Apr 2010 03:00

I love the eyeball guy.....

There, I feel better now.

Thanks!

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Re: Eye.nonymous official count

Posted by Steve - 16 Apr 2010 05:25

I second the eyeballer love motion.

Here's a nice chiddush. i'm gonna try this this shabbos.

Im gonna take all my kids into a big group bear hug before shalom aleichem. And say out loud howe much i love them all. Then each one will get a hug and a kiss b4 and after their beracha, to really feel how special they are as an individual to me. And I'm gonna schedule JUST US time with my wife - a walk, a talk, a game of backgammon or bananas (and i'm gonna let her) !

We have a lot to be greatful for. Lets not take it for granted anymore...

HAve a GREAT SHABBOS, Eye.

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Re: Eye.nonymous official count

Posted by sci1977 - 16 Apr 2010 15:58

Good shabbos my friend. KOT!!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 18 Apr 2010 13:38

170.

I feel like G-d keeps giving me the same sort of tests OVER AND OVER again, hoping I'll eventually get it right.

One test where I blew up was an involved home-improvement project.

Friday I had a repeat. But I kept stopping every so often to check myself--is this getting out of hand? Am I trying to do too much right now? Has everything gotten too messy that if I should have an unexpected interruption I wouldn't be able to stop without getting frustrated? I was constantly adjusting my course of action, and managed to stay calm throughout.

Another test was that I blew up at a plumber/contractor who seemed to evading responsibility. Actually, I did this twice.

This morning, I realized I still have to try to get a plumber to fix the problem. SO, maybe the plumber won't come (even if he says he will). So, it's not the end of the world. I can live with the problem for a little while longer if necessary. AND, I can forget about this plumber--I don't have to rely on him. If he keeps breaking his word, I can just as well try my luck with a different plumber.

Since this morning, I haven't thought about this much, which means I've stayed calm about the whole thing.

Over shabbos I found it hard to get the whole thing out of my head. I decided, "Why do I have

to fill my head with thoughts of incompetant plumbers. If I MUST be reflecting on something, why not change it for something positive--the mind doesn't usually have room for more than one thought at a time." So, I thought of times when my kids were laughing, and times when my wife was laughing. (I had a good example, since Friday night I was being silly and managed to get my 5-year old boy to spit chicken soup out of his nostrils). Motzei Shabbos after Ma'ariv I was pulling up the same memories. I felt much more positive than I usually do about heading home and facing the commotion.

--Eye.

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Re: Eye.nonymous official count
Posted by trying123 - 18 Apr 2010 19:19

Great lessons....

Thank You...

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 21 Apr 2010 11:21

173. No big chiddushim lately.

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Re: Eye.nonymous official count
Posted by Dov - 21 Apr 2010 17:04

Here's one for you:

Q: How do plumbers get high?

A: Plumber's crack.

You deserve that, admit it....

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 23 Apr 2010 11:03

175.

Have a good Shabbos.

--Eye

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 25 Apr 2010 12:25

177.

About this RID, I thought of an interesting vort:

When we are angry with others, we want to make war with them (LoCHeiM).

If we're honest with ourselves, we'll realize that much of the resentment is dreamed up in our own heads (CHaLoM).

After we realize that, we are able to forgive (MoCHeiL).

We make war instead of forgive because we're mixed up!

--Eye.

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Re: Eye.nonymous official count

Posted by the.guard - 25 Apr 2010 12:51

[Eye.nonymous wrote on 25 Apr 2010 12:25:](#)

177.

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--Eye.

(LeCHaiM!) ;D

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Re: Eye.nonymous official count

Posted by DovInIsrael - 25 Apr 2010 13:13

of course we are mixed up - the ego thinks its running the world.

I have a name for this disease...INVERT-Ego...becasue like Vertigo everything spins around you, but with INvert-ego, the EGo spins and thinks its on top!

The ego thinks:

I become U,

and

U become ME.

urme (are you with me)?

Do u c ?

crazy, huh?

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Re: Eye.nonymous official count
Posted by Dov - 25 Apr 2010 19:11

The keppee is spinning round and round, but at least it has a big smile on it! Thanks!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 26 Apr 2010 22:00

[guardureyes wrote on 25 Apr 2010 12:51:](#)

(LeCHaiM!) ;D

Nice addition.

I suppose, with a shtreimel like that, you ought to be the world's expert on these sort of drashas.

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