

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 Chaim - 20 Sep 2010 12:05

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Your chidush on the Taste of Water when it is stolen - proves that it is ALL in our heads!

For example:

If I were to eat a delicious piece of cake, really savoring each bite, - What tremendous Hanaah!

only to look down at the last piece on my plate to find some mushed bugs - it would all turn into disgust!

So also with regular pleasures - we can savor them and give thanks to HaShem - even for water.

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Re: Eye.nonymous official count  
Posted by sci1977 - 20 Sep 2010 20:46

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Hi Eye, been a while since I been here. How is everything? Wishing you and yours the best

for this year.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 21 Sep 2010 07:21

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Yeah, I've been really busy (like everyone else) with the Yomim Noraim, and getting ready for Succos. Actually planning a GYE Kumzitz here, so if you were wondering about coming to Israel for the holiday, here's an extra incentive.

--Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 24 Sep 2010 11:13

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118 days.

Just noticed something really amazing. We've had a bit of news lately that really upset my wife.

In the past, I would think "My wife is sad, so now I have to be sad, so now I'm resentful at her for having to be sad, and I wish I could make her just be happy." I'd usually end up acting out.

NOW, however, she can be upset, and I don't have to be upset. I can control my own response; I can take charge of my own emotions.

I noticed--hey, my wife is upset, but I'm still calm. I'm not brooding, and I'm not escaping into a fantasy world.

I don't have to depend on my wife to be happy! (So, if my wife isn't happy, I don't have to start thinking that maybe I would be happier with someone else)

I'm not being callous or blaming or belittling. ADARABA, I think I'm being sympathetic, understanding, and helpful.

My wife said to me this morning, "You're a changed man; can you help me to change too?"

So, I'm trying my best to introduce her to the 12-steps work, to a change in attitude. I've been sharing informally for months, but this morning we sat down for an hour together and did some more serious work.

Good Yom Tov, and Good Shabbos,

--Eye.

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Re: Eye.nonymous official count  
Posted by Sturggle - 24 Sep 2010 14:38

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Eye! Sounds great!

I was just having a conversation with my sister the other day and she was claiming that me being on edge was making her on edge. When I said that I'll be responsible for my emotions and she for hers and that I don't make her feel anything, she didn't take to it so well. I definitely have more to work on and I hope that more and more I can share my growth with others, so they can grow too.

Gut Shabbos!

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Re: Eye.nonymous official count  
Posted by Dov - 26 Sep 2010 05:03

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I love you, Reb Eye, and always have - please take it easy with the stepwork-with-the-wife business. It sounds like you are doing just that, but reminding you can't hurt.

I hope you let the relationship come first, and *her* recovery come second, to you. And of course, your **own** recovery comes before them all.

Kol she'**ish**to kodemes l'chochmoso, *sh'nei*hen miskaymos! As far as we are concerned, what they want comes first - *before* our 'big plans for them' does.

Help them work their own recovery? Sure. But we don't run their show, they do. Otherwise, we tend to slip back into putting **our** plans for them first - before what is really good for them, which only they can decide! Once we become their rebbis or sponsors, it's time to call the tidy bowl

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 26 Sep 2010 07:54

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Thanks Dov.

When I went through the steps for the first time and was all gung-ho about it, I was telling my wife alot about it, and explaining to her how it all works.

Then, I stopped. I want to be a husband, not a sponsor. And, I was forgetting my main job--just to clean up my side of the street. Telling someone all about how wonderful you're doing now

doesn't really fill that job description.

But something recently came up and my wife is horrified over it. She's now insisting I help her get through her resentments and fears. I'm not trying to change my wife. She's just so insistent on this. I'm just explaining how it works and letting her do whatever she wants with it.

For example, she asked at one point, "Can't I just be angry with this person?"

I said, "Yeah, you can do whatever you want. That's what we've got free will for."

It was actually that comment that struck her more than anything else.

I really would rather not be in this position, but there doesn't seem a viable option at this time.

Maybe you could suggest something?

--Eye.

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Re: Eye.nonymous official count  
Posted by kutan - 26 Sep 2010 16:46

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[Eye.nonymous wrote on 26 Sep 2010 07:54:](#)

Maybe you could suggest something?

--Eye.

It's called 7UP !

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Re: Eye.nonymous official count

Posted by trying123 - 26 Sep 2010 16:56

I can....

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[sturggle wrote on 24 Sep 2010 14:38:](#)

Eye! Sounds great!

I was just having a conversation with my sister the other day and she was claiming that me being on edge was making her on edge. When I said that I'll be responsible for my emotions and she for hers and that I don't make her feel anything, she didn't take to it so well. I definitely have more to work on and I hope that more and more I can share my growth with others, so they can grow too.

Gut Shabbos!

Sorry for interrupting the flow of the conversation here... I just had to share this....

I've recently been to The Meadows in Arizona (a week long workshop...)

The most significant thing I walked out with was the concept of boundaries. I am not responsible for the feelings of others and others are not responsible for my feelings. I believe that without this concept relationships become messed up and co-dependant and you become to reliant on others....

This Yom tov I got into a serious dispute with my brother who is probably the only family member that I have a relationship with....

I couldn't talk to him for a full day... Untill I mustered all the energy I had to sit down and have a talk with him. I explained the whole concept of everyone taking responsibility for their feelings and their hurt...

We had a good conversation and we were back together... It was truly amazing to me....

P.s. Eye may g-d be with you and may you find the right solution....

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Re: Eye.nonymous official count  
Posted by 7yipol - 26 Sep 2010 17:35

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[kutan shel hachabura wrote on 26 Sep 2010 16:46:](#)



[Eye.nonymous wrote on 26 Sep 2010 07:54:](#)

Maybe you could suggest something?

--Eye.

It's called 7UP !

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Re: Eye.nonymous official count  
can  
Posted by Dov - 26 Sep 2010 17:52

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My 2 cents:

If she considers her issue adjusting to life with you - a recovering lust-guy - then maybe she *should* seek out other women to talk to about just that, as some have suggested above. But I think that if her main issues are really about self-development and have little to do with adjusting to you, then getting involved with women who are brimming over with resentment and pain about being married to their husbands might just twist things up unnecessarily. Now, I have met many women in recovery who are really working the 12 steps and have come to see that their husbands are not their problem, at all - those women would likely be helpful to any woman anywhere....so do what you will, with that one.

If it's the latter, then consider letting her know that you love her so much that you want to be here for her in any way she needs you. In the same breath, you may also let her know that while recovery might be a great adventure you two can share, it might get between you. So do whatever she wants and share your program with her, but remind her that as soon as she sees stuff getting between the two of you, to let you know and take a break from it.

Remind her that recovery is what you NEED. As far as you are concerned, she doesn't need recovery - only to be in a good relationship with a sober person.

In this respect it's kind of like encouraging your wife to lose weight: some take the approach that they can encourage her without giving her the message that they think she is fat....and some just say, "Sweetheart, you don't need to lose any weight at all. For me, you are perfect. But if it makes you feel better to lose some weight, tell me what can I do to help yo get what you want and I'll try to do it." Just a thought.

You may also adopt a policy of only sharing what has actually been working for you so far. That may be safer for the relationship....then again, sharing some crazy stuff might scare her...it all depends.

Siyata diShmaya!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 27 Sep 2010 11:14

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I think it has been an issue for my wife--to adjust to a lust-a-holic husband. But I don't think that's the main issue.

I think the main issue is--she knows she has fears, and anger towards certain people. And, she sees that the 12-steps have helped me alot with my fears and resentments. She wants to know if she could get over her stuff too if she applied the 12-steps to life.

--Eye.

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Re: Eye.nonymous official count

Posted by Dov - 27 Sep 2010 16:45

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Though the entire derech is not my cup of tea, Rav Twerski has written a bunch of books designed to help non-addicts use and grow through working the steps. Maybe she'd enjoy those books?

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 27 Sep 2010 19:31

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[dov wrote on 27 Sep 2010 16:45:](#)

Though the entire derech is not my cup of tea,

If you don't mind my asking: Why not?

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