

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 Eye.nonymous - 18 Oct 2010 18:34

Things have been really complicated here lately. Really stressful.

Basically, we have some close relatives that are trying to come to Israel and visit us. However, they're not invited; we don't want to see them.

We've gotten some advice from some really helpful people (who I have met either directly or indirectly through this forum), and we're about as happy as we could be expected to be about the way things are turning out.

It's about setting boundaries. And, I wanted to write a little about it here because it's very liberating. I've noticed that this has been far more stressful than anything that would usually cause me to act out, but I haven't been feeling much of an urge.

I've been feeling "I'm disappointed." "I'm angry." I don't know, maybe it helps to just recognize your feelings.

But that's not the amazing part.

Here we are, people that are coming un-invited.

We started off our discussions with them basically as whether or not it's feasible for them to come; trying to convince them.

BUT, you can't convince anyone. You can't CONTROL what they do.

So, we thought we just had to accept whatever they do. AND THIS IS THE MAJOR THING WE LEARNED.

You can't control what people are doing, but you don't have to let them do it TO YOU!

They might visit, but we still have the option not to open the door. Or to call the police. Or to go hide out in a friend's house.

AND, if we don't have to convince anyone, that means WE DON'T HAVE TO EXPLAIN ANYTHING. WE DON'T HAVE TO ARGUE.

We say "this is what I'm capable of, and I can't discuss it now." "If you respect it, fine. If not, we're just going to leave."

So, in accepting that I'm not out to convince anyone or control anyone, I feel more empowered than ever before. If I don't like what they do, I don't have to win a three-hour debate to make them agree with me. I can just leave, which is a million times more simple.

Stupid, never realized this before.

I don't have to waste any energy thinking of what to say. I'll just say, "I'm not willing to go into this now."

WOW

--Eye.

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Re: Eye.nonymous official count
Posted by Dov - 19 Oct 2010 04:04

That was beautiful, reb Eye!

We'll be over at 11 tomorrow night with the kids and the dog (and the fish), to celebrate, OK?

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Re: Eye.nonymous official count
Posted by kutan - 19 Oct 2010 12:28

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Re: Eye.nonymous official count
Posted by Kedusha - 19 Oct 2010 15:40

All right, Eye, if you're so against it, I'll find somewhere else to stay with my family!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 19 Oct 2010 15:56

I'm sorry, but due to extenuating circumstances, I am unable to discuss this any further.

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Re: Eye.nonymous official count

Posted by trying123 - 19 Oct 2010 19:19

This party is starting to seem exciting...

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Re: Eye.nonymous official count

Posted by briut - 20 Oct 2010 02:50

Eye, amush:

You reminded me of a silly grownups cartoon book that was lying around the house. The main character gave advice saying, "If you ever don't feel like doing anything, just say to them, 'I'm afraid that would be simply impossible.'" In theory, that line leaves NO OPENING for further discussion. None. Kloom!

I'll supply cigars for the boys.
And the advice goes on to say that if someone doesn't get that and tries to push back, do NOT give them ANY information as to WHY it's impossible. That simply opens the door for something sticky. Simply STICK TO YOUR GUNS, says the cartoonist, and repeat the line as often as needed, "I'm afraid that would be simply impossible."

Somehow in the cartoon, it seemed sorta mean or at least naive. When you share the same thought, though, it comes out very centered and empowering and all that.

I think I'll give it a try. Thanks for your insights. (As always.)

(Does this mean I can't bring the family for seder? :-

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Re: Eye.nonymous official count
Posted by Dov - 20 Oct 2010 03:05

One of our party just asked me to ask you: Are there enough couches to lay on there, or is it going to be 'the same old story'....then he insisted I tell you that he is done shedding *and* was :-X

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Re: Eye.nonymous official count
Posted by kutan - 20 Oct 2010 14:26

[Tried-123 wrote on 19 Oct 2010 19:19:](#)

This party is starting to seem exciting...

recently '*tutored*'. Well, that's what **he** calls it.... :o ???

Ooooooh! I'm crashing!

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Re: Eye.nonymous official count
Posted by trying123 - 20 Oct 2010 19:49

[dov wrote on 20 Oct 2010 03:05:](#)

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Ok ??? ???

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recently '*tutored*'. Well, that's what **he** calls it.... :o ???
Re: Eye.nononymous official count

Posted by Dov - 21 Oct 2010 02:57

[Tried-123 wrote on 20 Oct 2010 19:49:](#)

[dov wrote on 20 Oct 2010 03:05:](#)

One of our party just asked me to ask you: Are there enough couches to lay on there, or is it going to be 'the same old story'....then he insisted I tell you that he is done shedding *and* was :-X

Ok ??? ???

...it was our *dog* that wanted to know....(get it? 'couches,' 'same old story'....?)

Anyway, we'll be there.

(woof)

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 25 Oct 2010 06:41

I was feeling lots of RID not too long ago, and in my mind I was blaming my wife for it all.

Then, I broke it down into its components. We have a lot of stressful things going on.

1. My mom is visiting.

Not my wife's fault. And, it's only for another couple of weeks.

2. Difficult situation with in-laws.

Also not my wife's fault. And, we've made a lot of progress with this. The crisis is basically over.

3. I'm totally off schedule.

Partly because of 1 and 2. Also, because I've been making the DC calls, which used to work out nicely. But, we went to daylight savings time while the US hasn't yet. It's been a bit rough. BUT, this is also a temporary situation. And, it's also not my wife's fault.

I managed to get rid of the resentments I was feeling towards my wife.

And, looking at all the stressful situations we are under, I came to terms with the things I cannot

change, and I made whatever change I could. I started leaving kollel about 15 minutes earlier than I had been and switched to an early Ma'ariv before coming home. Then I can come home for the evening, instead of having to run out again some time later to daven. Not such a big change, but enough to make my evenings feel more managable. And, it was my evening work plans that were suffering the most.

So, overall,I'm feeling much better about things.

--Eye.

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Re: Eye.nonymous official count
Posted by frumfiend - 25 Oct 2010 09:20

Thanks for sharing that. You really helped me. Its good to be reminded
that everybody goes through the same things. I always think my wife is to blame for everything.

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Re: Eye.nonymous official count
Posted by Dov - 26 Oct 2010 03:55

Wow! That's not fair! My wife knows that I really *am* to blame for everything! Boo hoo!

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