

My eyes are out of control !

Posted by geshertzarmeod - 16 May 2012 13:40

My eyes are totally out of control !

Please give any suggestions for what you have done that works.

I know we've discussed this b4 but i think a chazara and any new chiddushim would be helpful for everyone.

Thank you and Tizku L'Mitzvos!

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I thought I was doing well and then summer came along.

Re: My eyes are out of control !

Posted by ontheedgeman - 17 May 2012 03:49

you have spoken wisely and soundly, I'll go back to my corner now.

kol tuv b'ahava.

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Re: My eyes are out of control !

Posted by geshertzarmeod - 17 May 2012 08:01

thank you everyone for your words advice and yes vortim.

anyone and any thing that might help is welcome.

on the edge - ???? ?? ???

a bit on edge?

hang in there! dont go over the edge.

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Re: My eyes are out of control !

Posted by helpme! - 17 May 2012 08:47

[alexeliezer wrote on 16 May 2012 14:38:](#)

When driving, if there's a girl on the right, I'll close my right eye and turn my head a little to the left. This way I can still see the road (although I do lose some depth perception).

I think Ill have to disagree on this one: The Torah says 'vechay bahem' and not that on should die/risk his life for T&M. I think in that case, asking Hashem for assistance in driving carefully and having clean thoughts is enough. As long as when walking, etc we work on shmias haeynayim and everything being said in this post (i must admit i have not had time to read it all), and in a situation that could be life threatening (like slightly veering the head, closing one eye, while **driving**) we just have to keep our eyes on the road and if a girl pops into our eyesight on the side, we must continue to look at the road and cars, asking Hashem to keep us both alive

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Re: My eyes are out of control !

Posted by geshertzarmeod - 17 May 2012 09:08

decided to attack from a different angle

made some severe restrictions on my filter

to keep me away from websites that i think are ok

but they are really getting me into a goyish mindset

safe news sources that seem ok

but they get my mind away from where it should be
and clean at the same time. drive safely

but thats just the start....

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Re: My eyes are out of control !

Posted by jewish jew - 17 May 2012 09:33

There is a story (I don't know if its true) that the Imrei Emes of Gur met the Rogechover Gaon and after the Rogechover left the Imrei Emes said "he remembers all of his learning because he guards his eyes as it says ??? ????? ????? ????? ????? ?????... ???? ????? "

JJ

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Re: My eyes are out of control !

Posted by geshertzarmeod - 17 May 2012 09:34

another little trick that helps

Instead of saying to myself "I'm not interested"

which is a lie

I say "she's not interested"

for me thats a major factor in controlling my mind from looking for trouble.

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Re: My eyes are out of control !

Posted by geshertzarmeod - 17 May 2012 11:15

to the tech chevra out there

apparently when i "custom"arily blocked everything with k9

i must have blocked my avatar from showing up

how do i get it back?

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Re: My eyes are out of control !

Posted by Gevura Shebyesod - 17 May 2012 12:27

Is your avatar linked to an image on another site?

Instead try uploading it directly to GYE.

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Re: My eyes are out of control !

Posted by E-Tek - 17 May 2012 12:32

[ontheedgeman wrote on 17 May 2012 03:49:](#)

I'll go back to my corner now.

kol tuv b'ahava.

No, no! Stay! Stay with us!

Hatzlocha.

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Re: My eyes are out of control !

Posted by Dov - 17 May 2012 17:05

OnTheEdgeManYou, buddy, you wrote:

Why is that the people with the last experience handling their addiction are the loudest to

expound their lofty Torahs on how to cure their addictions.

It's ***always*** been that way. As long as the kli is being poleit, it will not have to actually be *boliyah* anything at all.

It's a way to remain in one's comfort zone - a filter against any real change.

Shutting up is the only way to really start to hear. It's why I stopped posting at all for three months. I probably need to shut up again, soon, too...

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Re: My eyes are out of control !

Posted by geshertzarmeod - 17 May 2012 19:04

[Gevura wrote on 17 May 2012 12:27:](#)

Is your avatar linked to an image on another site?

Instead try uploading it directly to GYE.

i tried but it says that its too big.

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Re: My eyes are out of control !

Posted by ontheedgeman - 17 May 2012 20:26

it's true... sometimes these forums can actually be a kind of acting out for me, in the sense of indulging and reliving my fantasies or my aveiros. why talk about the 12 steps of recovery when we can talk about how close we came to acting out, how we fell, how we can set up this and this geder.

step 1 is "we admitted we were powerless...". does that mean wear sunglasses? close one eye? Walk backwards? jump in a mikveh, take cold showers?

I guess my question is: how do 99% of these posts deal with the actual way out of addiction as opposed to more failed attempts to control.

What am I powerless over? I thought it was one thing, but it's more than that. I was powerless over alcohol. That I could admit and it's been 18 months and I haven't looked back. My cravings for booze are gone. but now my cravings have transferred to other things.

Step 2 - "Came to believe that a Power greater than ourselves could restore us to sanity". how many posts on this site are about the awesome Power of H" to restore us to sanity? I thought I did step 2 but I applied it only to alcohol. Eventually I came to believe that only massages could restore me to sanity. My step 2 was broken.

Step 3 - "made a decision to turn our will and lives over to Gcd..." truth is, despite being "sober" for 18 months, I have trouble doing this. how can the same Gcd who gave my wife cancer, seemingly cure it, only to have it relapse (and now finally in remission) how can He be trusted? He has blessed me a million times over since then... to be sure... but deep down I have that fear and sadness and mistrust... That's a real major crack in my emunah that I just haven't gotten over and I don't know how I can. more meetings, more discussions. tears come to the eyes as I think about recovery in this context. I want to have full emunah, I have a bookshelf of books on Emunah...

anyhow those are my thoughts. let's talk about the steps to the way out, no?

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Re: My eyes are out of control !

Posted by Benzi - 17 May 2012 21:14

(Ontheedgeman)

Why is that the people with the last experience handling their addiction are the loudest to expound their lofty Torahs on how to cure their addictions.

(Dov)

It's always been that way. As long as the kli is being poleit, it will not have to actually be boliyah anything at all.

It's a way to remain in one's comfort zone - a filter against any real change.

Shkoach for the toychocho, mekabel and maskim...

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Re: My eyes are out of control !

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Strange as it may sound to addicts who are doing really well with the 12 steps, there may be other ways to get better. And I need to believe that fighting - though it is certainly just plain stupid and often horribly destructive to families and lives - *might actually work* for many people, too. I'd sooner suggest they are not addicts, at all...but we do not have a monopoly on recovery nor on "quitting".

True, the lying and denial are rife in the ranks of those who who look down or hesitate to really use the steps, who often say things like:

1- "Really opening up to another real person *just doesn't work for me*" (really we are just ashamed, chicken, or know that admitting it to a real person *will jeopardize their ability to keep acting out their lust with the shred of 'self-respect' we have left!*)

2- "Use my real first name?! Too dangerous." (is my life in the toilet? My real name is all over the place, *and* much of my dirt. Veiter chicken...

3- "It'd be a chillul Hashem for me to go to a meeting with all those goyim there." (More chicken on the menu...this time the chicken begins to taste funny. If *Rav Amram Chasida* ["Noorah b'veis Amram!"] would have used *that* excuse [he obviously didn't!], we wouldn't have *had* an Amram Chasidah!)

4- "Iv'e been clean for a week after plotzing for more porn and masturbating for five years...and here is how I did it:" (Check please!)

..and lots of other goofy things. So? **They might actually be right!!** And besides, GYE is not only for addicts. As i repeat so often, contrary to what rav Avrohom Twerski implies he believes, i submit to you that a minority of the people who use GYE are addicts at all. There is also a YH for porn because it feels good, period. Nothing to do with living a double life, and they really **can** stop. This is normal people. There are still a lot of them, even in 2012!

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What sanity shmanity? The majority of people who look at porn or masturbate once in a while are not insane, but just stupid. Or just lack enough yir'as Shomayim. Maybe they don't need an infusion of sanity, but just a pat on the back and something to keep them busy....maybe. Who are we to know? Only trial and error really prove anything.

Stay cool, man. It is working for you? It ain't easy to be simple? You falter at times and wonder

where He is and what He is doing with you? Nu. We are not G-d. And you are probably doing just fine. It works of you work it.

Somebody said that a big difference between me and G-d is that **He** doesn't go around all day thinking He's *me*!

Give your wife a hug and a kiss, love her as best you can. You deserve it. In that, you will find a place for G-d and it'll grow from there, maybe. It does for me.

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