

First posting

Posted by yxorwa - 30 Apr 2015 21:54

I have sporadically looked at the GYE site over a couple of years. This past week is the first time that I actually signed up (and joined the 90 day chart.)

Knowing myself, I've avoided getting an Internet connection at home. So for better or worse (and both are true!!), my primary connection to the Internet is at work. This hasn't stopped me from viewing inappropriate stuff. A mental health professional that I see has bluntly told me that I'm an idiot for viewing stuff at work, and I was glad to hear him say that. It's a reality check that soemtimes I can recall to help me.

I am attracted to same-sex images and thoughts. I wonder sometimes if I rationalize to myself that "well, this is not fully forbidden because it's not women", but I know this is simply the yetzer hara. For a long time, I've kept little markings in my personal pocket calendar showing when I have viewed inappropriate stuff or been motzi zera l'vatalah. My February was great; March was bad; Pesach pretty good, but after Pesach, it's been disastrous. That finally brought me to sign up here.

So this is my hello. Probably more will follow. But I really shouldn't spend time logging on to GYE all that frequently. But I expect I will catch up and read postings every once in a while.

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Re: First posting

Posted by shlomo613 - 18 Jun 2015 13:17

Well done XY

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Re: First posting

Posted by aryehdovid85 - 18 Jun 2015 21:13

Faithful good luck staying offline.

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Re: First posting

Posted by aryehdovid85 - 26 Jun 2015 18:08

how r u doing?

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Re: First posting

Posted by xyxorwa - 26 Jun 2015 18:51

I am really getting into the swing of the 90 days. Right now, I'm at day 22 and it's getting easier to avoid triggers.

Here's a motivator-- all those who are listening/reading can tell me if this is truly "cause and effect" or not. For a number of months, my house has been either broken into or an attempt made. In February, I saw tracks in the snow in my backyard that walked up to the back door of my house. Hmmm. Then, mid-March, someone did break in, rifled through my wife's purse, grabbed about \$60, and left. Apparently, he forced the (locked) back kitchen window open and reached through and unlocked the door. I think that this happened right after I had a fall.

The day after my latest fall-- June 4-- almost the exact same scenario happened. The window screen had been pushed up, my wife's purse and contents were scattered on the kitchen table, minus the cash. This time, my wife happened to have about \$250 dollars which she needed to pay a home-based business owner. That one hurt a lot.

But I-- with siyata d'shmaya-- committed myself back to the 90-day chart and keeping in control. Also, following the police's suggestion, my son placed a block of wood in the kitchen window to stop an intruder from forcing it open. (Hishtadlus.)

About a week later-- and I was still keeping clean-- I found the window screen pushed all the way up, but no one actually got in.

Last Sunday, the outside swinging door to the basement (not the kitchen this time) was left open, and I could tell from the inside that the door had been kicked or shoved. The latch was ripped out of the doorpost, but the deadbolt held. Again, no one got in.

I try to remind myself-- a fall, lose money; staying clean, no break-in. Of course, the whole thing is still scary, and we're considering what to do about security. But guarding the eyes is apparently also a part of the security system.

I think the message in the last attempts was to get me to really look at some of my crutches. I have committed myself-- and so far been successful-- to no seeking and viewing provocative materials and no hotza'as zera l'vatala. But I haven't been ready to give up looking around me at the men I come in contact with. If I thought about this at all, it would have been a "sometime in the future" when I've got the other stuff down pat. I'm a little embarrassed to say that I sometimes find myself walking the wrong way down a hallway or street, going back to a supermarket aisle that I don't need to go to just to get another look. And yes, shul can be mufkar for me to look around, and look again and again. But with these unsuccessful break-ins, I have to consider that I'm being guided to ratchet up the stakes a little. To aim for a higher level of kedushah. Or maybe that's the message-- that step one without step two is hardly any kedushah at all.

Disclaimer: These are just my musings, about how it all applies to me. I'm not saying these ideas, these goals should apply to anyone else. After all, bishvili nivra ha'olam.

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Re: First posting

Posted by stillgoing - 30 Jun 2015 20:10

Very interesting. Weather or not those things had any connection, it's kinof nice that Hashem is sending you reminders. Not that I wish those reminders on anybody. I'm sure it can be scary and tensefull.

Hatzlacha on those 90 days and beyond, and on catching that crook!

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Re: First posting

Posted by xyxorwa - 02 Jul 2015 14:53

I was going to delete my previous post as maybe no longer relevant, but I see that *stillgoing* responded to it. So I guess I'll leave it for continuity.

Well, last night, the burglar did break down the basement door. I don't think that yesterday was an especially bad "guard your eyes" day. (I did waste a lot of time at work, but I didn't think that this was the message.) So, I'm very disheartened about the break-in-- not much was taken, it looks like a pushka or two (even though he left some pushkas)-- but I'm still going on my road to progress here.

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Re: First posting

Posted by stillgoing - 02 Jul 2015 15:04

Hello. Long time no hear.

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Re: First posting

Posted by xyxorwa - 02 Jul 2015 15:10

Hey, all!

This is a private joke. *stillgoing* and I have been in contact several times today. (Sorry to spoil the joke.)

But overall, I'm plugging away, and doing OK.

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Re: First posting

Posted by aryehdovid85 - 06 Jul 2015 22:17

Please feel free to share some humor my way.

feeling the "down side" of sobriety.

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Re: First posting

Posted by Gevura Shebyesod - 06 Jul 2015 22:20

<https://guardyoureyes.com/forum/23-Just-Having-Fun>

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