

Trying to elevate my shmiras einayim
Posted by Dave M - 26 Dec 2018 17:27

Hello,

I am trying to elevate my level of shemiras anayim. B'H, I do not go on inappropriate website, as that is a red-line for me. I have installed one of the jewish filters on my home computer. However, at work, I find myself periodically looking at things I should not be looking at.

Sometimes this leads to MZ"L. About a year ago I joined this wonderful organization, GYE. Through reading the articles on GYE and getting the chizuk emails, I've made a lot of progress in this area to the point that I can go multiple weeks without "acting out". However, usually after a few weeks I will have a fall. What prompted me to post today was that recently I had a pretty bad "fall" which devastated me. It showed that I am unable to beat this challenge myself. I am hoping by interacting with the fellow members, I can pick myself back up and "stay up".

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 23 Sep 2019 18:54

[Hashem Help Me wrote on 22 Sep 2019 03:15:](#)

Could a filter have helped you avoid this image?

Thanks for your response. I responded to you through PM.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 25 Sep 2019 20:50

I would like to share with the chevra a vort I recently saw in sefer Darchei Musser on this week's parsha Nesavim that pertains to Rosh Hashanah as well.

The first pasuk in the upcoming parsha says ?????? ?????????? ?????????? ?????????? - *You are*

standing today, all of you. (Devarim 29:9)

Rashi (29:12) brings a midrash that asked - Why is this parsha next to the the previous parsha that discusses the ninety-eight curses? The Midrash answers - Because when Bnei Yisroel heard these ninety-eight curses they turned pale, and said, "Who can possibly endure these?" Thereupon, Moses began to appease them. ?????? ?????????? ?????????? ?????????? "You have angered Hashem many times, yet Hashem has never destroyed you. Indeed, you are still standing before Him"

Darchei Musser suggests that's why the pasuk says ??????????. Because Bnei Yisroel were all together as one, that's why they were still standing. Because Hashem promise to never destroy the Jewish nation.

Darchei Musser quotes the following from the Alter of Kelm (R' Simcha Zissel). As individuals, we should be afraid as we approach Yom HaDin. Since individuals do not have this promise, they cannot rely on miracles. Therefore, the Alter gives the following advice. One should attach himself to the ????????? (community). Whether it's being involved in community needs or being part of a chaburah of growing yidden. By doing this, a person has the status of ??????????. As ?????????, we can rely on miracles as we approach Yom HaDin.

That's why the pasuk emphasizes ?????????? ?????????? ?????????? ??????????. Since each individual was part of the klal, that's how they merited to still be standing before Hashem.

I was thinking how this applies to us. As individuals we feel like dirt. We have rolled around in the "mud". We are embarrassed to look our wives and children in their eyes after the things we've seen or done. We feel like hypocrites as we stand before Hashem asking him to overlook our short fallings. Yet here we are part of the GYE community. We keep on falling and getting back up. We continue to post on the forum about our struggles and to be mechazik others in their challenges as well. We are ALL part of the ??????????. We are all working towards a unitary goal of achieving and maintaining an everlasting kedusha. This should be a zchus for us as we approach Yom HaDin.

May this be the year that we all are successful in defeating our lust behavior once and for all

K'siva V'chasima Tova

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Re: Trying to elevate my shmiras einayim
Posted by Hashem Help Me - 25 Sep 2019 22:01

Beautiful! Forward this to the guard to publicize!

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 26 Sep 2019 18:15

I just watched today's GYE Boost video that featured Rabbi Dr. Twerski

<https://gye.vids.io/videos/e89ddbb9101ce2cf60/gye-broadcast-500>

Unbelievable!

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 06 Dec 2019 16:21

Had a slip yesterday. B'H I was able to pull back before it get worst. Thank G-d Shabbos is here.

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Re: Trying to elevate my shmiras einayim
Posted by DavidT - 06 Dec 2019 16:31

[Dave M wrote on 06 Dec 2019 16:21:](#)

Had a slip yesterday. B'H I was able to pull back before it get worst. Thank G-d Shabbos is here.

Getting a hold of yourself in middle of a fall is even greater than holding back from falling! You are a great inspiration to all of us on GYE, keep it up!

David

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 09 Dec 2019 14:22

[DavidT wrote on 06 Dec 2019 16:31:](#)

[Dave M wrote on 06 Dec 2019 16:21:](#)

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Getting a hold of yourself in middle of a fall is even greater than holding back from falling! You are a great inspiration to all of us on GYE, keep it up!

David

Thanks David for your words of encouragement. However, I am disappointed that I put myself in that situation in the first place. Can't ever let my guard down.

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Re: Trying to elevate my shmiras einayim
Posted by DavidT - 09 Dec 2019 16:08

[Dave M wrote on 09 Dec 2019 14:22:](#)

[DavidT wrote on 06 Dec 2019 16:31:](#)

[Dave M wrote on 06 Dec 2019 16:21:](#)

Had a slip yesterday. B'H I was able to pull back before it get worst. Thank G-d Shabbos is here.

Getting a hold of yourself in middle of a fall is even greater than holding back from falling! You are a great inspiration to all of us on GYE, keep it up!

David

Thanks David for your words of encouragement. However, I am disappointed that I put myself in that situation in the first place. Can't ever let my guard down.

A person should NEVER put himself in a situation where he might fall. Hashem knows our strengths and weaknesses and when he sends a test we have the ability to overcome it, but when we put ourselves into a test, it might be beyond our ability to fight it...

But on a positive note, you turned that situation into a learning experience for the future...

Keep it up - you're an inspiration for all of us here!

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Re: Trying to elevate my shmiras einayim

Posted by Dave M - 10 Dec 2019 01:20

Weekend went well B'H. However, my "lust level" is still heighten due to the content I saw last Thursday. From past experience, I know I just need keep clean and be extra careful of my eyes. Eventually, the level should return to normal.

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Re: Trying to elevate my shmiras einayim

Posted by Dave M - 10 Dec 2019 14:37

Yesterday, I saw in one of my children's book, a small picture of the author on the back flap. For "normal" people, the picture was fine. For someone like myself that has these struggles, I found the picture to be inappropriate and triggering, so I ripped it out and threw it away. A small victory, but need to celebrate them as they come. Writing this helps me concretize this.

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Re: Trying to elevate my shmiras einayim
Posted by DavidT - 11 Dec 2019 18:09

[Dave M wrote on 10 Dec 2019 14:37:](#)

Yesterday, I saw in one of my children's book, a small picture of the author on the back flap. For "normal" people, the picture was fine. For someone like myself that has these struggles, I found the picture to be inappropriate and triggering, so I ripped it out and threw it away. ~~A small victory~~, but need to celebrate them as they come. Writing this helps me concretize this.

It's actually a **MAJOR** victory!

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 12 Dec 2019 14:03

I recently ordered a new computer that should be arriving today. Bli Neder I will not take it out of the packaging until my wife is home and we have a filter installed on the computer.

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Re: Trying to elevate my shmiras einayim
Posted by DavidT - 12 Dec 2019 15:07

[Dave M wrote on 12 Dec 2019 14:03:](#)

I recently ordered a new computer that should be arriving today. Bli Neder I will not take it out

of the packaging until my wife is home and we have a filter installed on the computer.

Please keep us posted on how it actually unfolded... We want to be proud and learn from you.

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Re: Trying to elevate my shmiras einayim

Posted by Dave M - 20 Dec 2019 16:10

Small observation on this week's parsha. I'm always amazed when I read the Rashi that brings down the machlokes between Rav and Shmuel. What does it mean when "*On that day, Yosef was going to do his work*"? One opinion was he was going to give into his taiva and live with Potiphar's wife.

We are talking about one of the greatest people to ever live. He had to go through an even harder challenge then what most of us do. And he almost gave in! The battles we go through are not simple.

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Re: Trying to elevate my shmiras einayim

Posted by Dave M - 15 Jan 2020 01:17

B'H I have recently passed the one year clean mark. I cannot believe I am writing these words. After struggling with MZ"L and Shmiras Einayim since my teenage years, I finally began to see success in this battle, when I joined GYE 2 1/2 years ago. In the beginning, I was able to stay clean for a few weeks at a time. Occasionally, even longer. The longest I went was 2 months. About a year ago, I had a fall and was feeling down. To pick myself up, I reviewed my history of clean days and falls and noted that I had fallen only 15 or so times in the last years. I was feeling pretty good about myself. In way that gave me a sense of false security. 15 minutes later, I was again hit with a lust attack and had my "worst" fall. I had never viewed content like this before. I had crossed a red line I set for myself. That day I sat on the floor and cried. I felt there was no hope for me and I would never get out of this mess.

Up until this point, I had not interacted with any of the other GYE members. My GYE participation was only through the daily chizuk emails and the various articles. I knew I had to go outside my comfort zone and start opening up to other members and be active on the forum.

That day I wrote my first post. Even though this forum is anonymous, It was terrifying putting my issues "out there". I was pleasantly surprised when I few people responded. One member even PM me (Thanks HHM!) Just knowing that there were people out there who actually cared, showed me that I'm not alone in this battle.

Given the extra momentum and energy that came from interacting on the forum, I had a relatively easy first couple of months staying clean. At around day 75, I was hit with such a strong lust attack. I knew I was going to fall. In my head I had already determined how I was going to "act out". Before I did, I PM someone and went for walk to clear my head. By some miracle, I was able to resist until the lust subsided.

This journey has had a lot of ups and downs. Just as a General during war time needs to constantly be evaluating the enemies' strategies and fine tuning his own when necessary, our battles are no different. Yes, I can say i was clean from porn and masturbation for 1 year. But can I honestly say I was totally clean from lust related behavior? Every couple of months I would have a slip. Every time this happened, I had to take an honest look within, and acknowledge that something needed to change. What led to this slip? And what do I need to do to prevent something like this from happening in the future. Along the way, I've reduced the amount of times I spent looking at secular news and have obtained from watching movies/tv shows.

Thank you to the GYE chevra for the support and chizuk you have provided. Just reading the other members' post about their struggles and triumphs has helped me in my own journey.

May Hashem continue to provide this wonderful organization with the needed resources and siyata dishmaya to continue saving thousands of precious lives.

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