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

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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 Hashem Help Me - 15 Jan 2020 03:59

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Inspirational post! Honest yet positive. Keep it up b'ezras Hashem. One can only imagine the Simcha this one year anniversary is causing in shomayim!

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 03 Feb 2020 15:49

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Doing well B'H. But I know today, shemiras einayim will be more challenging as I've noticed that some of my coworkers are not dress appropriately. I need to be extra careful today to avoid placing myself in a triggering situation. I'm posting here to create more accountability. I'll post again tonight.

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Re: Trying to elevate my shmiras einayim
Posted by DavidT - 03 Feb 2020 16:31

Dave M wrote on 03 Feb 2020 15:49**:**

Doing well B'H. But I know today, shemiras einayim will be more challenging as I've noticed that some of my coworkers are not dress appropriately. I need to be extra careful today to avoid placing myself in a triggering situation. I'm posting here to create more accountability. I'll post again tonight.

Dave, thanks so much for this post!

We are waiting to hear how your day went so we can learn from you and grow together!

Keep strong pal!!

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 04 Feb 2020 01:02

Just checking back in. B'H I was able to get through the day without looking at places that I shouldn't. I had moments of temptations, but was able to over power them.

Thank you DavidT for your post. It provided much needed chizuk today.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 06 Feb 2020 13:56

Yesterday was a real battle. Unfortunately, my level of shmiras einayim was not where they should be. Part of what makes this battle frustrating, is when I "win" a fight, I don't feel any gratification or euphoria. If I "lose", the feeling is horrible and I feel like dirt. It's not an equal balance. Yes, I know, much have been written about this, how the Y'H doesn't want us to feel good when we win and to feel in the dump when we fall, in order that we should give up. But knowing this on an intellectual level doesn't make it easier.

In any case, from past experience, I know that I just need to ride this stretch out. If I stay strong and keep fighting, this too shall pass.

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Re: Trying to elevate my shmiras einayim
Posted by ??? ???? ???? ??? - 06 Feb 2020 14:11

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Dave M wrote on 06 Feb 2020 13:56**:**

Part of what makes this battle frustrating, is when I "win" a fight, I don't feel any gratification or euphoria. If I "lose", the feeling is horrible and I feel like dirt. It's not an equal balance.

I also experience that as such a challenge. I'm right there with you.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 07 Feb 2020 12:48

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Yesterday was a better day. Have some moments of urges, but I was able to ignore them. Looking forward to Shabbos.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 25 Feb 2020 01:04

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Past few weeks were good. But today was a tough one. Need to stay strong. Working in front of a computer presents its challenges. What do you when you get triggered and then need to work on a computer?

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Re: Trying to elevate my shmiras einayim
Posted by Onceandforall - 25 Feb 2020 11:17

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Dave M wrote on 06 Feb 2020 13:56**:**

In any case, from past experience, I know that I just need to ride this stretch out. If I stay strong and keep fighting, this too shall pass.

hi Dave M

hope all is going well. Just reviewed your thread again as I am back fighting again. Mazel Tov on staying clean for one year!!!!! So amazing it really deserves a Simcha with massive ballroom with a 20 piece band and with all of your friends dancing together! While that won't happen- I feel like I can dance with you from afar.

I wanted to quote this post above though because to me that's the bigger message I take away this morning. While you had such an amazing successful accomplishment, it's never over. I need to hear that stuff. It will be the same urges and you still got to make these accountability posts to stay strong. I guess it never really gets "easier", but we just get stronger at fighting.

Mazel Tov again, and can't wait to "dance" with you at my Simcha of my clean year anniversary

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 25 Feb 2020 14:19

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Dave M wrote on 06 Feb 2020 13:56**:**

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Mazel Tov again, and can't wait to "dance" with you at my Simcha of my clean year anniversary

Thank you for your response. It was exactly what I needed to hear this morning. I also owe you Hakaras Hatov. Since your post in the summer, I have not watched any movies/TV shows since then.

Happy to hear you are back on GYE. Please keep us posted on your journey.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 25 Feb 2020 14:24

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Dave M wrote on 25 Feb 2020 01:04**:**

Past few weeks were good. But today was a tough one. Need to stay strong. Working in front of a computer presents its challenges. What do you when you get triggered and then need to work on a computer?

B'H a new day and a fresh start. Yesterday was a very close call for me. I am b"h 425 days clean, but came "this close" to giving in. B'H I was able to pull back in time. The trigger came out of the blue. Feeding it certainly did not help. It goes to show that without Hashem help, this battle cannot be won by myself.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 26 Feb 2020 13:42

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Yesterday went well B"H. Will post later.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 26 Feb 2020 20:43

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In general, curiosity is a good trait. One who is curious will always strive to learn more and not accept things at face value. Certainly, this middos is helpful when it comes to growing in avodas Hashem and in Limud Hatorah.

In my journey to improve my shmiras einayim, I found this trait to be one of my pitfalls. Sometime, I'll hear of a concept, or an idea will pop into my head, and I'll think "Hmmm, I wonder what that is" or "I want to learn more about". Inevitably, there are times that this curiosity has led to some bad results.

Although, it is counter-intuitive to suppress this curiosity, there are times when it needs to be done. Part of being honest with oneself in this battle, is knowing deep down what the reason behind this curiosity is. It's hard to resist this, but building the gevurah and the stamina to say no to this, is crucial in winning this war against lust related behavior

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Re: Trying to elevate my shmiras einayim
Posted by doingtshuva - 27 Feb 2020 10:11

Dave M wrote on 26 Feb 2020 20:43**:**

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My curiosity was killing me, ask George.

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Re: Trying to elevate my shmiras einayim
Posted by Dave M - 27 Feb 2020 15:20

Still feeling the urges. It was a mistake to even "open the door" a bit to allow my body to fill up with lust. Will take a few days to subside. Just need to tap into additional gevurah to withstand the temptations.

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