

It's all in the name

Posted by eerie - 24 Nov 2022 19:25

Hi there all my anonymous friends!

I am on here for a while, most of the time just to sign in and update where I'm holding, but from time to time I do read around some posts on the forums, and I am really at a loss of words when I try to describe what I think about all of you. I'm simply awed into silence. You guys are all amazing, fighting the terrible urges, sometimes in such difficult circumstances, from complicated pasts, I stand humbled. I am so proud to at least be part of the same nation, even if I don't come close. Keep up the fight and may Hashem be with all of you and may you feel his closeness.

And now, Hi! I gave myself the name eerie because that's what I think about my situation. I am blissfully married to a really special person,(which, I learned from the posts on this site, is not to be taken for granted. It's something that so many of my dear friends here struggle with, their addictions creating issues in their marriage and the problems in their marriage further exacerbating their addictions) and we have a few wonderful kids. I really cannot imagine a better marriage, we respect each other, love each other, communicate beautifully, and my intimate life is wonderful. I believe my wife would say the same. I am a seriously respected member of my community, I am in a position of chinuch (and I think I do a pretty good job:)), so why oh why on earth am I here? What would the people think if they knew? Would I still have a wife? Would they let me talk to my kids? At that point would I even care about my job or my life's mission? I BH had a wonderful upbringing, loving and caring parents who are very proud of their "successful kli kodesh" son. What would they think if they knew? These thoughts were on my mind as I created my account and the feeling I had was "This is eerie. A mechanech. A talmid chacham. Sought after maggid shiur. This is totally eerie." So there you have it. It's all in the name.

A little about me. I think many of you would disagree but I don't think I'm addicted to P&M. I have normal urges like all healthy people. I have no smartphone (if you would only hear me speak about the downfalls), no computer at home. So where and when do/did I fall? I called a talk line by mistake, I was trying to reach a company. I was horrified. I hung up and told my wife about it. But, of course, my curiosity plus urge got me to call. This was probably 10+ years ago, called maybe 10 times total. Can't remember the last time I did that. Then my wife got a smartphone, and we blocked the browser entirely through parental controls, with each of us having half the code. Of course, when I was down I tried a few times and of course I figured out her half. Here and there I would go on really bad sites. Not long thereafter we got rid of that phone. That was also 10+ years ago/ But every once in a while I fall. I once found that one computer in the Yeshiva (!!!!) where I work had no filter. You read that right.. No filter, in the yeshiva computer! I would estimate that once in 2-3 months I went on really bad stuff there. One day I just realized that I need accountability, so I came to GYE. I know I have to answer to someone, I'm going to write it if I fall, and that helps me.

Now you might wonder, what am I writing this for? I am writing it first of all because I feel a kinship and I feel like it's "therapeutic" to tell my story someplace. Because even the people that I really trust, I can't tell them any of this. I sometimes wish there was an anonymous phone line where I could call and tell a Rav what I struggle with, to get it out of my system. When I was

bachur I was really close to my rebbeim, and I shared with them even my deepest secrets and struggles, I would tell my Rebbe if I M'd. BH I didn't struggle with that much, but I did do it a few times in my bachurishe years, and my rebbe knew/knows about it. Maybe I'm weird that I shared that with my rebbe, but that's me. If I felt an attraction to a bachur I told him, and he understood me, always helped me, never judged me. There's no question that having such a person in my life changed me in unimaginable ways. Alas, I don't think I'll ever have the nerve to go to anyone and discuss my normal struggles and mistakes at this point. What would a rav or even my rebbe, whom I am still very close to 20+ years later, think if a person in my position came and said "I struggle with this. Once in a while I can fall into watching P." I can't do that, so I'm saying it here. I'm a healthy person with normal urges and desires and it can happen that I fall sometimes. I try to avoid unfiltered machines, when I'm at my parents' house I don't touch their devices, I told them to never let my kids touch their things and I warn my children to stay away, not even to look at Grandma's phone. But I know that every once in a while I'll find a device, and my urges, desires and curiosity (yes, I am still curious as to what some tags on some sites are supposed to mean. Curiosity is powerful.) can get the better of me. I joined GYE so I have to give an accounting, and I even had a fall since I joined, which I reported. I have a life's story, like everyone else, and here I shared some. Maybe some more another time.

But another reason I write this is because I look at what other people have written here, and I realize how small I am. I, the guy who sits up front at dinners, the guy whom you may have even heard at a dinner or some other place, I look at you in awe. Because I am not torn to shreds like some of you are, I have a happy marriage, and so many of you are working so hard to just keep the pieces in place. You are brutally honest with yourselves, and in spite of being in places I have only read about, doing things out there....in spite of that you are here, trying mightily to get only closer to Hashem, to be good, to be clean. I also struggle, but nowhere nearly as much as most of the people here. And I wish I could shake your hand and tell you how proud I am of you. I am so proud, and I know that I can't imagine how proud Hashem is. Keep it up!!! In this world I'm at the head table at the dinner, but believe me, at the se'udas livyason you guys will be up there, I hope I'll at least be in the crowd!

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Re: It's all in the name

Posted by Eerie - 28 Aug 2023 21:28

Here's the thread I suggested you read

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/375452-Work-in-progress

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Re: It's all in the name

Posted by Eerie - 28 Aug 2023 21:36

I've seen the Rosh Yeshiva Reb Chaim O. mention many times that reading the thread of The Gardner Of Grodno is very powerful. I have not read it myself, but I will start now, beH. Just did page 1...hey, they give us 90 days here, don't they?

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Re: It's all in the name

Posted by Eerie - 03 Sep 2023 22:34

A while ago there was a Vayimaen video where the speaker quoted his friend that shared an idea that helped him work on shmiras einayim in the street. He said he bought himself a clicker counter, and every time he walks in the street and looks away, he clicks. This helps him in a few ways. Number one, it keeps him cognizent and on guard. Number two, one of the primary forces of the YH is the negativity that we feel when we do the wrong thing. And here we keep feeling that it's an exercise in negativity, and clicking and tallying the wins helps shift the perspective to an exercise in positivity, as it keeps track of the wins. I have shared this thought with some of my dear friends here

I write this today because a dear friend here, who does not post much, told me a few days ago that this literally changed his life! He added that for him it works so well because it turned shemiras einayim into a competitive sport that he can win, how many clicks can I get today? He works in places where traveling always present challenges. and this one piece of advice (which I suspect originally comes from a different friend that also hardly posts) changed it for him. And maybe it will do so for you too!

Clickers can be bought on Amazon. I make no commission.

www.amazon.com/s?k=manual+clicker+counter&crd=2NNZQRH3XN19P&srefix=manual+clicker%2Caps%2C184&ref=nb_sb_ss_ts-doa-p_1_14

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Re: It's all in the name

Posted by redfaced - 03 Sep 2023 22:36

[Eerie wrote on 03 Sep 2023 22:34:](#)

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counter, and every time he walks in the street and looks away, he clicks. This helps him in a few ways. Number one, it keeps him cognizent and on guard. Number two, one of the primary forces of the YH is the negativity that we feel when we do the wrong thing. And here we keep feeling that it's an exercise in negativity, and clicking and tallying the wins helps shift the perspective to an exercise in positivity, as it keeps track of the wins. I have shared this thought with some of my dear friends here

I write this today because a dear friend here, who does not post much, told me a few days ago that this literally changed his life! He added that for him it works so well because it turned shemiras einayim into a competitive sport that he can win, how many clicks can I get today? He works in places where traveling always present challenges. and this one piece of advice (which I suspect originally comes from a different friend that also hardly posts) changed it for him. And maybe it will do so for you too!

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www.amazon.com/s?k=manual+clicker+counter&crd=2NNZQRH3XN19P&srefix=manual+clicker%2Caps%2C184&ref=nb_sb_ss_ts-doa-p_1_14

Love it!

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Re: It's all in the name

Posted by mailer - 03 Sep 2023 22:54

Thanks for sharing this wonderful idea, will checkout the link!

Your commission is of the spiritual kind;)

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Re: It's all in the name

Posted by Eerie - 04 Sep 2023 02:11

Here's the Vayimaen video

www.torahanytime.com/#/lectures?v=219582

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Re: It's all in the name

Posted by true_self - 04 Sep 2023 22:34

Love the idea, when you first told me about it I started with checking on a paper, but it was not practical so it didn't last long, now that i see this link to get a clicker i'm positive to try it once again.

Perhaps we should make a clicker contest??

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Re: It's all in the name

Posted by Heeling - 05 Sep 2023 13:29

Original idea! But guys these only count until 9,999 so maybe you should get a few of them. Don't put yourself in a cap...

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Re: It's all in the name

Posted by eerie - 14 Sep 2023 22:31

Ah gut yuhr, my dear friends! This Rosh Hashana is like none other in my life, and it's thanks to you, my dear friends and brothers! Please have me in mind in your tefillos. I will BeH have you in mind in mine

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Re: It's all in the name

Posted by eerie - 18 Sep 2023 21:13

[Heeling wrote on 05 Sep 2023 13:29:](#)

Original idea! But guys these only count until 9,999 so maybe you should get a few of them.
Don't put yourself in a cap...

I just bought a clicker counter. You can reset them Or buy a few, save them so after 120 they'll
come clicking up there on your behalf. Maybe even be buried with them. The Chevra Kaddisha
might be wondering...

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Re: It's all in the name
Posted by eerie - 18 Sep 2023 21:15

[eerie wrote on 14 Sep 2023 22:31:](#)

Ah gut yuhr, my dear friends! This Rosh Hashana is like none other in my life, and it's thanks to
you, my dear friends and brothers! Please have me in mind in your tefillos. I will BeH have you
in mind in mine

I had everyone in mind, especially by the words "????? ???? ????? ??? ????? ????? ???? ??"

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Re: It's all in the name
Posted by 2152023 - 27 Sep 2023 11:33

I bought one too based on your suggestion eerie.

I'm getting 30 clicks or so on the way to work every morning.

thank you!

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Re: It's all in the name

Posted by eerie - 03 Oct 2023 04:28

[2152023 wrote on 27 Sep 2023 11:33:](#)

I bought one too based on your suggestion eerie.

I'm getting 30 clicks or so on the way to work every morning.

thank you!

Wow! Amazing! Thank you so much for sharing that. And it all goes to the zechus of Pvibes who told me how much it changed his life. And to the friend who told me about his check system. ????? ???? ????!

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Re: It's all in the name

Posted by eerie - 16 Nov 2023 21:59

It's almost a year since I started posting here. A year of learning from so many wonderful friends. I want to share a thought with you, my dear friends. I told this to a friend here yesterday. The YH is called "???? ??????". Why? Because sourdough takes a small clump of clay, a sticky mixture of water and flour, and it blows up to way past it's real size. Mostly using air. The YH does the same. He takes something that exists, something that we need, end he blows it, he fills it with air, he makes it look so much more important than it really is. We were created with a sex drive for a very specific reason, and yes, it's a naturally strong desire. But the YH, using the world out there as his lackeys, has created such an overblown picture, totally out of proportion, with so much air and nothingness in there. And I have been thinking about this recently, as Hashem has helped and due to good reasons my wife is off limits for a little while, and we still have some time to go, and I was so surprised that it was not bothering me! I really didn't feel anxious, denied, hungry. And so I thank you, my dear friends, and I tell those who came recently, you will see, those fantastic desires, those irresistible urges, they are the YH's concoction, and you will, beH, with work, succeed in putting a pin into his balloon, and you'll feel

free

Now, if you've noticed, I used the past tense in the last few sentences. And I feel I should make an admission here. I gotta say, it's hard. In some ways harder than my first post. Because now I have a reputation here, too. What will my friends think of me? What will those who I have encouraged think, are you the guy to help me when you do things wrong yourself? But hey, here goes. I BH didn't look at the worst things out there, but was definitely ???? ??????. I looked at things I know I shouldn't have, when I noticed that for some funny reason my filter let instagram through. And I see the air filling up the balloon. It's crazy how the media out there can make your YH grow. BH, I got the filter to block it. And I klapped al cheit. And I hope to never ever do that again. But I learned that if you let the YH, he knows how to make that dough rise quickly. If we stay away, the air will slowly dissipate. And know, that what you feel is the balloon, it's not your natural desire and drive

I hope my dear friends don't feel I let them down. And if I did, please accept my repentance, and together, let's keep on trucking!

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