

Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 13 Jul 2009 21:08

I'm new to this forum, but not new to this struggle. I signed up to the weekly E-mail lists a few months ago. I often just glance at them, as I'm trying not to spend so much time reading E-mails. But, even with this, I have gotten chizuk through the themes that keep repeating themselves.

I grew up secular, but did Teshuva in college--I came to Yeshiva in Israel and never left. Now I'm married with five children (our oldest is eight and our youngest is a month old).

I was in the habit of staring at girls, I remember even in nursery school. I just liked the way they looked. Things got worse when I was 10 or 11. My sisters had a "facts of life" book with indecent pictures and crooked ideas, and I found it. It described Mast... as a fun thing to do, and so I followed the instructions. I've been stuck ever since.

I was a member of a shul youth group around the age of my bar-mitzvah. The youth group leader gained my trust very early on, and I could discuss anything with him. Luckily, I learned early on that mast... is wrong. I've been fighting it ever since, sometimes more successfully and sometimes less so. I think now I go two or three months clean, and then I tend to trip up a few times close together. I always feel that the yeitzer hara tricked me, and somehow it's strategy was different than last time. Also, I view it as tripping up for one "phase," instead of multiple times. So, I manage not to get too depressed about it, and can pick myself up again pretty quickly.

I would like to be able to stop altogether. But, I am more concerned with controlling my eyes. I feel that it is impossible to walk down the street without taking a look at every woman along the way. I think the trickiest part is that, in my neighborhood, everyone is dressed so tznius that it's hard to feel that I'm really doing anything wrong.

Besides that, I slip up every once in a while with the internet--probably a few times a year. But then, I feel that I was somehow outsmarted again by my Yeitzer. I wasn't looking for indecent pictures... I was just curious about such-and-such an actress... I wasn't expecting to find such indecent pictures...

I see the progress is still very slow on my own, and that's why I decided to become more involved in this forum.

But, I find this is also a challenge. I think my own situation is rather mild, and I find that by seeing other people's stories which are more involved than my own, I end up getting thoughts instead of getting rid of them. Any advice on this point would also be helpful. Thanks.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 26 Oct 2009 21:22

Just checking in again. On day 13 now.

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Re: Eye.nonymous official count
Posted by the.guard - 26 Oct 2009 21:43

KUTGW!

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Re: Eye.nonymous official count
Posted by G38 - 28 Oct 2009 17:49

Dear friend

I just went over your thread from the beginning, Phoe your a tough fighter man!

A good piece of advice for intimacy is... helping your wife!

She will feel indebt AND usually once you start you are not so tired anymore + you get a much

better sleep after that.

TU (thumb up that is, not thank you)

G

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Re: Eye.nonymous official count
Posted by kutan - 28 Oct 2009 18:26

Not so much that she feels 'in debt', but she feels **close** to her husband when he helps.

Which is the basis of intimate relations for women.

And guess what, we men can learn a lot from them in this regard.

We can experience it, with some 'simas lev'.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 29 Oct 2009 12:59

So the secret to intimacy is scrubbing the toilets?

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 29 Oct 2009 13:00

Checking in again. Now on day 16.

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Re: Eye.nonymous official count
Posted by G38 - 29 Oct 2009 13:02

[Eye.nonymous wrote on 29 Oct 2009 12:59:](#)

So the secret to intimacy is scrubbing the toilets?

Don't jump into the deep end straight away.

Start with washing the dishes when she doesn't expect it.

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Re: Eye.nonymous official count
Posted by kutan - 29 Oct 2009 13:52

By helping out, we feel closer to the person. We feel more 'part of the team'.

Don't resent it. That won't help! do as much as your able, and a little bit more each time.

But the idea is to feel closer and closer to the person, and as R' Dessler is famous for teaching, giving to the other person, or to the family unit, actually promotes the ahava.

true ahava, that is.

the satisfying type.

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Re: Eye.nonymous official count
Posted by G38 - 29 Oct 2009 15:42

Which is why people would rather give than receive, as it gives them a feeling of being indebted.

In our case it's a good trick usually ignored by those who would benefit the most i.e the husbands.

As the saying goes "chesed starts at home".

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 30 Oct 2009 06:59

This is starting to feel more like a count-down instead of a count-up.

I fell again. I just had this feeling that my whole life is skidding out of control. No matter how hard I try, I'm always off schedule and falling behind in every area of life. I have set reasonable goals, but even these keep slipping away from me.

I just got overwhelmed by this feeling of depression. No control. Hopeless. I lost it.

Day.

1.

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Re: Eye.nonymous official count
Posted by G38 - 30 Oct 2009 12:04

[Eye.nonymous wrote on 30 Oct 2009 06:59:](#)

No control. Hopeless. I lost it.

Day.

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Hey, oxymoron again?

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Re: Eye.nonymous official count
Posted by kutan - 30 Oct 2009 12:53

Hey Eye.

Sorry about your fall. Really.

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Keep in mind though... the road may be bumpy, but we are heading higher.

Have a GREAT shabbos!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 02 Nov 2009 13:31

Checking in again. Clean day 3.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 05 Nov 2009 14:20

I'm on day 6.

My schedule has been totally out of wack, and just when it seems things might get back in order, everything falls apart again.

Today I woke up late. I was an hour and a half behind my ideal schedule. I was fine with it, but

on my way out the door I got this sinking feeling in my heart--OH NO, I'M NOT GOING TO GET ANYTHING DONE TODAY!

I started to get caught up in it. THEN I recognized--this is that depressed feeling that starts to eat me up, and keeps on eating me up, sometimes for days or even for a week until I eventually fall!

I thought, instead, that I'll manage to do whatever I manage, and be happy with it. After all, I still have a full day ahead of me. An hour and a half isn't the end of the world.

This realization cheered me up, and put an end to that sinking feeling.

I had a feeling that, at least for today, the yeizter has been defeated.

Thank God.

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