

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 ZemirosShabbos - 02 Feb 2011 20:55

Eye, it sounds like you have a really good attitude. knowing what is within our capabilities and what is not is something to be thankful for.

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ps. how are the kids doing?

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Re: Eye.nonymous official count

Posted by Dov - 02 Feb 2011 21:55

Just take the actions of love, that's all. Hatzlocha.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 05 Feb 2011 17:52

I've been really on edge lately. At the brink of acting out, for the past few days.

There's just so many things going on. I feel totally overwhelmed, uncertain. Completely frustrated. Exhausted physically and emotionally.

I feel like I'm gliding down hill. I don't know how to surrender. I don't know how to stop this.

As a father, husband, free-lance worker, avreich. I feel like I'm doing very poorly in all areas.

--Eye.

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Re: Eye.nonymous official count
Posted by Dov - 06 Feb 2011 05:31

May Hashem help you get some good, quiet sleep tonight, and do the best you imperfectly can along with the rest of us, all day tomorrow.

We love Reb Eye!

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Re: Eye.nonymous official count
Posted by ZemirosShabbos - 06 Feb 2011 06:06

[dov wrote on 06 Feb 2011 05:31:](#)

We love Reb Eye!

definitely absolutely positively!

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Re: Eye.nonymous official count
Posted by Sturggle - 06 Feb 2011 07:38

Hey Eye.

Checking in.

Hoping you're having a good day.

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Re: Eye.nonymous official count
Posted by ToAdd - 07 Feb 2011 06:16

There are ups

and there are downs

don't feel sad about the downs

big hug

have a good week, a good month

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 08 Feb 2011 06:06

I'm not posting as often as I used to, but I really appreciate everyone who still checks in here.
Thanks.

I am trying to do something new with my free-lance business. I realize I'm putting in too much effort where it won't help anything; trying to take control. Yesterday I decided that, even though there's something that seems urgent, I won't make it go through any faster my checking my E-mails more often and obsessing about it. I'll take it easy, do whatever I reasonably can, and not let other obligations slide because of it, and if the deal doesn't go through, it doesn't go through. I have done every reasonable effort, and Hashem can just send me something else.

I started thinking that way yesterday, and I have felt much more at ease; much less RID.

--Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 08 Feb 2011 06:09

...also, I have been going crazy with work-related stuff and have been staying up rediculously late, like until 2am.

Then, I get up too late the next day and I'm way off schedule.

I admit, this was also a major source of RID--if not THE MAIN SOURCE right now. I am now seriously trying to get to bed by a reasonable hour, as close to 11 as possible. (often ends up later, but at least it's much better than 2am). I am starting to see this is much more important; whatever I manage to accomplish after that really only turns out to be a loss.

--Eye.

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Re: Eye.nonymous official count

Posted by an honest mouse - 08 Feb 2011 22:43

way to go eye!

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Re: Eye.nonymous official count

Posted by Yosef Hatzadik - 09 Feb 2011 18:53

[Eye.nonymous wrote on 09 Feb 2011 18:14:](#)

Gotta love that SCI!

Gotta love that EYE too!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 18 Feb 2011 09:46

That business deal in the end fell through. I was actually relieved.

Besides that, my wife and I had a recent run-in with a particular beurocracy. Without going into details, these people are really evil. We tried to prepare for this, but we were out-manipulated. We won't know if anything good came of it for a week or so.

It took me about a day or two, but I have come to terms with the experience, trying to accept that we did our best, and that Hashem is running the show. I managed to greatly reduce my

RID levels and I feel much better about it.

I have been dabbling in some Chassidic sefarim, particularly Bnei Machshava Tova and a few ma'amarim at the back of Chovas HaTalmidim.

Part of the 12-steps, achieving serenity, as I understand it, depends on becoming more aware of Hashem in everyday life. Well, in B'nei Machshava Tova it says that, if we could develop our true senses, we would quite literally see Hashem right in front of us at all times, and that this world is a mirage--we are really standing all the time in the middle of Gan Eden basking in Hashem's presence.

I can't say I have fully integrated this into my consciousness, but it has made a little impression at least.

You know how to relax, one way is to close your eyes and imagine a beautiful scenery. We'll, I've been trying to imagine that I really AM in the middle of a beautiful scenery, even with my eyes open, even though I'm in a cramped space with a couple of crying children.

It feels a lot different thinking, "oh no, the kids are impossible, this is hell!" And between, "I'm in gan eden, and the kid is crying." If you go on a picnic to a beautiful park and your kids are whining, it doesn't bother you so much. You can handle it pretty well. So, I'm trying to get that feeling about life all the time (or at least whenever I remember to), and I am finding it very helpful.

I think my wife thinks I have gone insane, though.

--Eye.

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Re: Eye.nonymous official count
Posted by Sturggle - 18 Feb 2011 12:38

love you Eye!

Gut Shabbos!!

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Re: Eye.nonymous official count

Posted by ZemirosShabbos - 18 Feb 2011 16:13

[Eye.nonymous wrote on 18 Feb 2011 09:46:](#)

I think my wife thinks I have gone insane, though.

great to hear from you Eye, good for you on reducing the RID

can we come along on the picnic? is it BYOB?

have a great shabbos!

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