

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 - 20 Feb 2011 19:54

[dov wrote on 18 Feb 2011 17:19:](#)

Take it easy Reb Eye!

I was starting to think the same thing.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 04 Mar 2011 06:55

I'm not doing so well. I've been stressing out all week, and besides this I've had some sort of cold or something. Probably related.

I've been slipping all along. Last night I finally tried to call someone. But, I think I should have tried quite a few days ago.

This morning I fell.

So, back to day 1. Back to step 1.

God help me.

I wasn't sure if I ought to tell my wife, but I did. I told her that I'm not doing so well with the 90 day thing. She said, "I know. It was obvious."

Scary.

--Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 07 Mar 2011 06:31

I realize now that, before my recent fall, the RID had actually been building up for a couple of weeks. I was getting overall too uptight about life without any room to breath.

I realize that the 12-steps aren't supposed to be emergency care. "Help! I'm about to fall!"

What I was missing was, to make sure I was constanly working on my relationship with other fellows in the group, opening up to them, and also working on my relationship with G-d.

I need to check in with myself daily (and probably a number of times throughout the day). Am I growing, or stagnating, or starting to fall?

--Eye.

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Re: Eye.nonymous official count
Posted by Sturggle - 07 Mar 2011 09:34

Eye!

Sounds like you're still your good old self
and are really trying to work things out here.

All to grow further and further.

A true inspiration.

Hope to speak soon,

and I am available to talk,

been meaning to call you for a while now,

hope to speak soon.

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Re: Eye.nonymous official count
Posted by an honest mouse - 07 Mar 2011 13:58

sometimes Hashem brings us to fall coz He wants our relationship, if we try to keep that up on a
consistant basis, then we wont need to fall - keep on trucking EYE, u teach us so much and we
really appreciate you for it!

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Re: Eye.nonymous official count

Posted by ZemirosShabbos - 07 Mar 2011 16:09

[an honest mouse wrote on 07 Mar 2011 13:58:](#)

keep on trucking EYE, u teach us so much and we really appreciate you for it!

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Re: Eye.nonymous official count
Posted by fire - 14 Mar 2011 19:01

EYE I'm pretty new here but I must say I have been reading through ur log a bit and I can tell that u are a fighter. Every time u fall u get back up. And do u know why u get back up? Bec u realize that there is a light at the end of the tunnel, that success is within ur grasp if u put forth yourself completely. All u have to do is put on the right binoculars and toward the light, bec deep down we u know that if ur not truckin toward the light ur truckin the wrong way!!! So get up stop crying and telling urself u can't and its to hard. Its a new day! Make something of ur self.! bec deep down u know u have what it takes to succeed!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 17 Mar 2011 19:34

Thanks for the chizzuk.

--Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 18 Mar 2011 09:19

Last week I had a few days when I was really thrown off schedule. I handled it pretty well.

BUT, I realized something about myself--even when I handle life's challenges gracefully, afterwards I have a tendency to look back and start feeling bad about not having accomplished what I would usually accomplish.

SO, last week I think my recover stepped up a notch. I made a few calls to some GYE and DC fellows, "I'm feeling fine now, but I know I will feel badly afterwards, and I wanted to share that." Basically, that's how I started. The calls really helped to avoid the impending negative feelings.

On another note, a big part of the program is about changing our perspective.

Today I was helping my baby fall asleep. He was crying, very determined to resist. Then, I showed him his face in the mirror. Instant smiles.

So, if a baby can change his emotions that quick, then really anyone ought to be able to.

--Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 20 Mar 2011 07:23

Happy Purim!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 22 Mar 2011 20:31

Today I came across a book on how to write, and it started off with a chapter about a writing exercise about writing your raw thoughts, trying not to process them; usually when we start to think what to write and how to write it, we filter our thoughts a half-dozen times before putting it on paper.

I was reading this in a waiting room, and there were some ladies in the office that I was struggling not to look at.

I said to myself, "I've been thinking of this as a struggle whether to look or not to look. BUT, hey, I'm probably filtering these thoughts. WHAT'S REALLY GOING ON!"

A surge of lust shot through me; I couldn't believe it. Well I could, but I was still surprised. This really powerful feeling came to the surface, a feeling like I want to pounce on this woman (to leave out all the triggering details).

So, I've been trying to surrender this desire to look at women to Hashem, and I haven't felt it was making any difference. Why? It's like disarming, turning over a pop-gun, and holding on to the nuclear weapons.

THIS is what I need to surrender to Hashem. This deep feeling that I want to pounce on every woman.

Now, I have had this realization before--that really there's more to it than just wanting to look at women. But, until now it has all been very logical. THIS was the first time I REALLY FELT IT.

For the first time I really felt there's not this little habit which, given years to develop, will lead to something I'll regret. NO, I feel this REALLY POWERFUL AND DANGEROUS surge of lust within me. THIS is something I need to get rid of. This is something, NOW, that is very

dangerous.

I tried to surrender THIS to Hashem. I felt it made a difference.

I feel like I've uncovered a new layer of truth to myself. I feel like I've tapped into my emotions yet a layer deeper.

And, in DC's group, we discuss changing our perspective to overcome RID. Instead of seeing the world through selfish lenses, trying to view the world through a selfless perspective. I see now it's not supposed to be mental gymnastics. We're supposed to take these powerful emotions that are TRULY driving us to lust, this selfishness, and pour it all into trying to help others instead.

--Eye.

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Re: Eye.nonymous official count
Posted by ToAdd - 25 Mar 2011 05:26

Isn't it amazing that every now and then a deeper layer within us finds its way to the surface.

Just when we think we've got the hang of it, there's something new to deal with.

Isn't it great that we don't have to deal with everything at once?

We're supposed to take these powerful emotions that are TRULY driving us to lust, this selfishness, and pour it all into trying to help others instead.

Well, you've been helping me, many thanks.

Keep up the good work.

ToAdd

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Re: Eye.nonymous official count

Posted by ZemirosShabbos - 29 Mar 2011 21:37

hi Eye,

how are you doing?

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Re: Eye.nonymous official count

Posted by Sturggle - 01 Apr 2011 09:01

hey Eye. checking in. hope all is well.

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