

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.

=====

Re: Eye.nonymous (Elyah) official count
Posted by Gevura Shebyesod - 22 Aug 2011 22:43

The posuk is from Eicha, Perek Gimel.

=====

Re: Eye.nonymous (Elyah) official count
Posted by Back on Track - 23 Aug 2011 00:17

I think with these types of inyanim it depends very much on the person and the corcumstances. All the maamarei chazal are true, and all the eitzos chachamim are true. The key is to know when to use each one and I think that when someone is honestly searching for the emess somehow Hashem dorects his actions on the right path with regards to this stuff. The person themseives also acts in a more calm way when their are motivated by good and this I think effects the way their actions are percieved/recieved.

=====

Re: Eye.nonymous (Elyah) official count
Posted by ur-a-jew - 23 Aug 2011 01:05

[guardureyes wrote on 22 Aug 2011 21:22:](#)

You may have been right in mentioning this to her... but... see this piece and you might decide

www.guardureyes.com/GUE/Images/galanti.gif
against it next time

[Back on Track wrote on 23 Aug 2011 00:17:](#)

I think with these types of inyanim it depends very much on the person and the corcumstances. All the maamarei chazal are true, and all the eitzos chachamim are true. The key is to know when to use each one and I think that when someone is honestly searching for the emess somehow Hashem dorects his actions on the right path with regards to this stuff. The person themsleves also acts in a more calm way when their are motivated by good and this I think effects the way their actions are percieved/received.

I agree with BOT and here is my reasoning. ??????? ?????? ??????? is a middos chassidus. ??
????? ?? ?????? and ?????? are both issurim. Sure we should work on getting to the point where
we dont respond by word or leave a grudge in our heart. But if we not yet reached that point
than Elyah's approach which counsels for responding in a calm and respectful manner certainly
beats keeping quiet but walking around with a grudge and resentment in your heart.

=====
=====

Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 23 Aug 2011 07:00

[ur-a-jew wrote on 23 Aug 2011 01:05:](#)

I agree with BOT and here is my reasoning. ??????? ?????? ?????? is a middos chassidus. ??
???? ?? ?????? and ?????? are both issurim. Sure we should work on getting to the point where
we dont respond by word or leave a grudge in our heart. But if we not yet reached that point
than Elyah's approach which counsels for responding in a calm and respectful manner certainly
beats keeping quiet but walking around with a grudge and resentment in your heart.

Nice cheshbon.

Another cheshbon is, though I mentioned an isolated incident, my wife has a tendency to be
excessively critical and negative. Even if I grin and bear it, it still affects the whole atmosphere
in the whole home, and I think has far-reaching repercussions for our children, too. It's a trait
that has been handed down from the previous generation and I think my wife has done a lot of
work to try not to repeat it--but this is a more subtle manifestation of it.

Also, I once heard a lecture from Rav Twersky on domestic violence. He said the abuse doesn't
start with the first punch, it starts with the first insult--when a lack of respect and appreciation
sinks in. Then, it's just a matter of time until it grows. There was one time my wife hurled a
direct insult at me and I said something like this, "We haven't spoken to each other this way our
entire marriage, and we're not going to start now."

Considering that this is likely more than a passing insult, and that this may very well be a whole
unhealthy pattern of behavior, and that there is a multi-generational pattern of abuse--especially
verbal abuse and psychological mind-games (though less subtle), and given that we both want
to heal from all this and that we--if possible--would like to spare our children from needing
therapy all the rest of their adult lives for these issues...

How much weight does this stuff get compared to kaparas ha'avonos?

--Elyah

=====
=====

Re: Eye.nonymous (Elyah) official count
Posted by mechazek - 23 Aug 2011 08:17

I was not following the whole discussion just wanted to add my brilliant ideas and everyone should say what a helpful insight it is.

"Shomim cherposon veinan meishivim"-meishivim the root is shov to return which might mean that you dont respond by being critical in return,when someones passion of criticism is lit it is hard not to go along with it.by the way wives have a special impact on us like that .but for you to say that was hurtful or its hard for me to listen to such talk is fine.When my wife is agitated or critical,my immediate reaction is to become enveloped with her spirit of criticism or necativity especially if it is directed towards me.

=====
=====

Re: Eye.nonymous (Elyah) official count
Posted by obormottel - 23 Aug 2011 19:27

I agree that bearing a grudge (which is an issur) while excersing midas chassidus of einon meishivim is counterproductive. But how do you ever develop this mida if you are never "eino meishiv"?

And to Elya's last question: kaporas hoavoinois is your personal thing. So if you're willing to forgo it for the sake of your kids' sanity, I think there is something positive to be said about it. But in Galanti's piece (who is he?) he talks about avoiding other types of kaporo (C"V and R"L) by allowing personal verbal injury. So which has more weight?

Perhaps the answer could be such: at the time of an argument, Galanti's and others' advice should be heeded. On the later, calmer occasion, family therapy and reconciliation of differences can be introduced.

=====
=====

Re: Eye.nonymous (Elyah) official count
Posted by ur-a-jew - 23 Aug 2011 20:21

[obormottel wrote on 23 Aug 2011 19:27:](#)

I agree that bearing a grudge (which is an issur) while excersing midas chassidus of einon meishivim is counterproductive. But how do you ever develop this mida if you are never "eino meishiv"?

The study of mussar and realizing that everything that happens to you even the insults you receive are from Hashem. Even in Elya's approach you are an ???? ?????? at least initially. By continuing to work on seeing Hashem's hand in everything it will become easier to not be ???? (whether in word or in the heart) even at a later time. These are life-long pursuits.

=====

Re: Eye.nonymous (Elyah) official count
Posted by obormottel - 23 Aug 2011 20:33

[ur-a-jew wrote on 23 Aug 2011 20:21:](#)

[obormottel wrote on 23 Aug 2011 19:27:](#)

I agree that bearing a grudge (which is an issur) while excersing midas chassidus of einon meishivim is counterproductive. But how do you ever develop this mida if you are never "eino meishiv"?

The study of mussar and realizing that everything that happens to you even the insults you receive are from Hashem. Even in Elya's approach you are an ???? ?????? at least initially. By continuing to work on seeing Hashem's hand in everything it will become easier to not be ???? (whether in word or in the heart) even at a later time. These are life-long pursuits.

sorry , ur-ajew, you misunderstood my question, although you got it right that my kashya was on you.

The Q was more of a rhetorical nature, and my (more straight forward) point is this:

if you keep answering back, you will never be able to practice the einom meishivin. So, yeah, it's a life-long pursuit, whether thru mussar, chassidus, or whatever else that suits you. We are more or less on the same page on this.

=====

Re: Eye.nonymous (Elyah) official count
Posted by Back on Track - 24 Aug 2011 11:53

What an important point. You know I don't know the situation well enough to opine on whether her problem is as you describe it. But if indeed it is so, and she is a thinking person, she should be willing to work on it and part of your life is also in helping her. Spouses- even addicts- are there to help the other . I don't mean to help by pointing out where the problem crops up... But by supporting her own efforts to improve.

So regardless of whether you are sober or acting out she is a separate person and if you can help her your doing a big mitzvah. You don't need to be clean for xyz days before you 'deserve to be treated like a human being.' If her criticism is rooted in unhealthyness it is bad for you, your children AND her. (Just as our acting out is bad for all 3).

=====

Re: Eye.nonymous (Elyah) official count
Posted by an honest mouse - 26 Aug 2011 13:59

[Eye.nonymous wrote on 18 Aug 2011 05:42:](#)

I'm on bein hazmanim now, and so are all the kids. So, we're busy doing family activities (fighting and yelling and screaming and various contact sports, such as hitting and smacking an

wacking and potching).

I'm not using the computer much, and, it's hard to believe, but I don't really miss it all that much either.

--Elyah

That's beautiful Elyah, thanks for sharing! Keep on growing, you're a real inspiration of how the program works.

=====
=====

Re: Eye.nonymous (Elyah) official count
Posted by Dov - 28 Aug 2011 04:29

You're all inspiring and beautiful!

=====
=====

Re: Eye.nonymous (Elyah) official count
Posted by YMG - 29 Aug 2011 20:16

Hi Elyah,

Meet Zev. He's sober for 21 years, and he hasn't been tempted in 17. He's made real change - as I addressed possible in my thread. If you read his posts, he touches up on a lot of the ideas that I mentioned there, such as, "I am powerless!" vs "I can do this with Hashem's help!" amongst other things. He's only posted a few times so far, but as I see it, this guy's got the gems! Talk to him and he might be able to give you some clarity on the things you private messaged me about. There's a lot to learn from this guy!

=====

=====

Take care
Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 01 Sep 2011 16:10

I'm undergoing a sort of lust detox exercise, which is helping me see just how deep this lust has affected me. It really has taken over my life and my mind.

I was under the impression that lust is just a sort of background noise which keeps creeping in whenever I am exposed to triggers--though often it may be that I am triggered. But I think, instead, lust is quite clearly in the FOREGROUND. It's my brain's default setting. It's the main thing I think about and it seems like the most important thing in the world.

So, as I try to recover from this, it's not just some occasional (or even frequent) slips and falls and lustful habits I need to give up. My brain needs a total overhaul.

--Elyah

=====

=====

Re: Eye.nonymous (Elyah) official count
Posted by obormottel - 01 Sep 2011 20:06

I would be extremely interested to know the details of this exercise. Any chance you will share?

=====

=====