

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 silentbattle - 16 Sep 2011 13:40

Mazal tov oon 90 days, and mazal tov on **TODAY!**

Reading your thread is always thought-provoking. Thank you.

=====

Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 18 Sep 2011 13:52

[silentbattle wrote on 16 Sep 2011 13:40:](#)

Reading your thread is always thought-provoking. Thank you.

...what do you mean by that?

--Elyah

=====

Re: Eye.nonymous (Elyah) official count
Posted by silentbattle - 19 Sep 2011 00:33

huh? I mean that I like reading your thread, because you say smart things, and you make me think...

Was there another way to interpret that?

=====

Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 19 Sep 2011 06:05

[silentbattle wrote on 19 Sep 2011 00:33:](#)

Was there another way to interpret that?

...I was just making a thought-provoking statement.

=====

Re: Eye.nonymous (Elyah) official count
Posted by silentbattle - 19 Sep 2011 14:10

We need a "kick-in-the-shin" emoticon.

=====

=====

Re: Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 19 Sep 2011 18:56

...I guess I should be more careful playing mind games with a Ninja.

=====

=====

Re: Eye.nonymous (Elyah) official count

Posted by gibbor120 - 19 Sep 2011 19:02

Just be glad he didn't ask for a sword emoticon!

=====

=====

Re: Eye.nonymous (Elyah) official count

Posted by ur-a-jew - 25 Sep 2011 13:30

[gibbor120 wrote on 19 Sep 2011 19:02:](#)

Just be glad he didn't ask for a sword emoticon!

Complete ignorance of the ways of the ninja if he asked for the sword emoticon you'd know he's coming with the sword, instead he gets the kick in the shins emoticon and when you least expect it he comes at you with the sword. Kind of like the Yetzer hora.

Elyah glad that things are working out for you. Continued hatzlacha.

=====

Re: Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 26 Sep 2011 17:26

...and then after all that ninja stuff, he would probably demand that I bring a shrubbery! And also bang some coconuts together.

--Elyah

=====

Re: Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 26 Sep 2011 17:47

I think I hit a dead end in my career. I was all depressed and feeling hopeless for about two weeks. But, most of all, I was resentful at my wife because she was the one who had the consideration to point that out to me.

BUT, I was in denial. I was in blame-mode. After I realized my real problem was my resentment towards my wife, that I was really being self-centered and dishonesty BECAUSE SHE MAY VERY WELL BE CORRECT WITH HER OBSERVATION, then I felt a huge release, I could put resentments aside and take an honest look at my life and take a responsible look towards the future, and my life has started moving along.

I am taking bold new steps, exploring different possibilities, and able to let go of my old way of doing things. I have the courage to do this, instead of crawling back to my old way of doing things that were not quite in touch with reality, only thanks to being in recovery.

I wish you all a Shana Tova, K'siva V'chasima Tova, and may G-d grant you all serenty, peace

of mind, and true happiness and fulfillment in life.

--Elyah

=====
=====

Re: Eye.nonymous (Elyah) official count
Posted by gibbor120 - 26 Sep 2011 17:55

Thanks for sharing, elya. K'siva V'chasima Tova to you and yours.

=====
=====

Re: Eye.nonymous (Elyah) official count
Posted by Dov - 27 Sep 2011 23:21

See you at Camelot!!

Oh....and a ksiva v'chasima tova indeed!

=====
=====

Re: Eye.nonymous (Elyah) official count
Posted by 1daat - 27 Sep 2011 23:42

Still reading your thread. In lurk mode.

ksiva v'chasima tova.

See you next year

=====

=====

Re: Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 11 Oct 2011 14:06

I have been clean for just over 4 months now. I nearly fell yesterday but, thank G-d, I didn't.

Two days ago I had a great day putting up the succah with my kids. We worked almost all day and got almost everything done. There were just a few things left over, and I thought I would finish them rather quickly yesterday.

But, that didn't happen. Somehow, the day schlepped on and it was just an hour before the last chance for mincha and I was just starting to work on the Succah. I was rushing and, of the two little tasks I was hoping to do, neither came out right and one had to be re-done. I was overall frustrated and angry, and outwardly expressed these feelings in ways that I thought I had left behind with Yom Kippur viduy.

Also, I nearly acted out. My wife went out for the evening. I was on the computer for legitimate reasons, but tried searching for some indecent material. Nothing I tried got past my filter, though.

I was feeling really low. And, one thing I have resolved to do, is try talking to Hashem daily--following a basic outline that is presented in Rav Arush's book "Garden of Riches." I felt like dirt, like who am I to talk to G-d.

But then, I thought--who set up this filter? I did, at a time when I was thinking more clearly, and for exactly such situations. Though I had been searching frantically for p*rn, it was I who put up the filter so that I wouldn't be able to find anything in a moment of weakness.

True, it's not the ideal, it's not great sobriety, to be searching for scantily clad women. But, it was a positive way to view the situation, considering the situation. I was able to carry out my little conversation with G-d after all, though a condensed version.

I have been more active lately with the folks from my live 12-step group than I have been with the forum (though a couple of the guys in the group also started off on the forum). I called a couple of fellows when I felt weak.

In retrospect, I see what went wrong. I knocked myself out 2 days ago building the succah. I should have taken it a little easy, tried to leave something over for the next day. I think, honestly, I had very little energy left to do anything yesterday. Or, I could have realized that I knocked myself out, and I'll need a chance to recharge.

I expected to be equally as productive the next day, when that wasn't realistic. So, I set myself up for disappointment.

Today was better. I worked with my son this morning to finish up the Succah. Then we went and made a trip to get some things we needed from the hardware store. Then I stopped for lunch. Then, I stopped for a nap.

I don't expect to really do anything else today. I'll try to learn. My kids want to put up the succah decorations, which only needs minimal supervision from me. I'll probably pick up some hadassim and a lulav for my oldest son on my way back from ma'ariv (did manage to get myself a lulav and esrog, and an esrog for my oldest son, yesterday).

Chag Sameach to everyone,

--Elyah

=====
=====