

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 the.guard - 03 Aug 2009 11:31

A filter is step #1!! Are you reading the GYE handbook? This is very important.

May Hashem be with you. You are bringing Moshiach!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 03 Aug 2009 12:18

... I was in denial.

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Re: Eye.nonymous official count
Posted by Holy Yid - 04 Aug 2009 01:42

I can tell you from experience that everyone here is in denial. Denial has many layers. We become aware that we cannot control ourselves on the internet but it hasn't really hit home yet. We may still take risks that we should not. The best is to get guidelines from someone else and stick to them no matter what.

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Re: Eye.nonymous official count
Posted by Tomim2B - 04 Aug 2009 03:16

-- deleted --

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 04 Aug 2009 16:04

I just had a fall playing with the new internet filter.

On the other hand, I saw some indecent pictures, but I didn't mast***, which is what I thought I started this count for.

Does this set me back to day 1?

Or do I make 3 charts? 1 for mast**, 1 for seeing indecent images, and one for seeing women on the street (which seems by far the hardest to judge).

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Re: Eye.nonymous official count
Posted by the.guard - 04 Aug 2009 22:38

Please see rule #8 on this page: guardyoureyes.org/woh/WOHRules.php

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Re: Eye.nonymous official count
Posted by kutan - 05 Aug 2009 16:23

Eye.N,

I'm with you on this trip.

Sounds like you had a slip, not a fall.

In any case, it takes time to change.

Main thing is to work on getting rid of the denial, realizing how putrid this habit is (that was the first word that came to my mind..) and working on stopping the lusting, period.

Take someone's thread and go through it from the beginning. It is an amazing source of chizuk. Anyone on this forum is gold, although some will speak to your neshama more than others.

I personally love Berdichev. His unsophisticated way of saying it the way it really is...

There must be an investment of time doing these things... can't expect years of negative investments to go away without the opposite... but the redeeming factor is that this effort will be REALLY enjoyable... once you get into it.

And of course, review the handbooks if possible.

with much admiration

kutan

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Re: Eye.nonymous official count

Posted by bardichev - 05 Aug 2009 16:38

There must be an investment of time doing these things... can't expect years of negative investments to go away without the opposite... but the redeeming factor is that this effort will be REALLY enjoyable... once you get into it.

WELL SAID !

I personally love Berdichev. His unsophisticated way of saying it the way it really is...

I LOVE THAT LITTLE MONKEY TOO!

YES HERE IS ONE LAST DOSE OF UN-SOFISTICATION

I LOVE MYSELF SO MUCH I WILL NOT HURT THE PERSON I LOVE THE MOST.. MYSELF

IN ALL HUMILITY

b

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 05 Aug 2009 18:01

Does look more like a slip than a fall.

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Re: Eye.nonymous official count

Posted by Noorah BAmram - 05 Aug 2009 18:54

The next morning I was working at my computer alone in the house. I realized the danger of this situation, finished what I was doing, **and ran out of the house as quickly as I could.**

Usually these thoughts persist, even for weeks, until I eventually lose.

Then, I realized the obvious answer... I HAVE TO sign up for an internet filter. There's nothing innocent about an addiction, no matter how infrequent the falls may be. I am now in the process of signing up for K9.

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GEVALD Mamesh Yosef Hatzadik! ;D ;D ;D

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 06 Aug 2009 04:48

I had a fall.

But it was an all new yeitzer.

I feel like, in some ways, this struggle has gotten worse since I started posting. This whole struggle just takes up so much thought.

I have been discussing it with my wife, which I never did before so directly. We were taking about the problem, and about possible solutions. I guess we took a turn in our conversation that we shouldn't have, at least not now. It was too explicit for me, and I ended up having zerah l'vatala.

I made it to day 12. Now I'm on day 1 again.

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Re: Eye.nonymous official count

Posted by kutan - 06 Aug 2009 11:45

Phenomenal!!!

not the fall, of course.

But you've started over, so the fall is ancient history anyway.

Whats phenomenal is that you can speak about this with your wife! That is a great asset.

This little one is VERY impressed.

But remember please that she is a woman, and can only understand you from without, not

within. (usually).

And since you are treading on new territory, you need to keep an eye out for what works, and what doesn't.

Best wishes,

kutan

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 11 Aug 2009 19:57

I've more-or-less gotten over the novelty of the filter. There's no substitute for self-control. Plus, I added about another fifty URL key words to block.

Also, after finding this forum, I made the mistake of doing too much at once. I try not to think about this struggle much now. And, I've picked one of the handbooks to read and only one lessen per day. Only afterwards I'll look at one of the others.

In addition, the idea to just LET GO OF LUST has been very liberating. I was trying to figure out what is different between this and trying to avoid the yeitzer. This is what I have come up with:

I used to feel that when the first thought came to mind or the first sight came into view, you were already engaged in a struggle with the yeitzer hara. True, you could try to evade him, but the wrestling match had already begun. Now, it seems more like the first thought or sight is merely the yeitzer hara SENDING AN INVITATION to join him. He hasn't laid a finger on you yet.

You can just ignore it!

I would be interested to hear from the more experienced members of this forum if this explanation sounds at all accurate. Thanks.

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Re: Eye.nonymous official count
Posted by kutan - 11 Aug 2009 20:56

[Eye.nonymous wrote on 11 Aug 2009 19:57:](#)

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Your on the way!!!

all your points are EXCELLENT... Slow but sure wins the race... can't undo ____ years of habit overnight. But don't worry, it won't take ____ years either, because the mehalech you are now embarking on is EMES, and integrates with you much more quickly.

The yesod is to view yourself as a person who DOESN'T LUST.

in yiddish, one could repeat " meh' lust nisht " which of course has a double meaning.

in my small opinion, you've got it right... KEEP ON GOING!!!

:D :D :D

k

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