

Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 13 Jul 2009 21:08

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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 - 21 Nov 2009 17:54

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Your story is beautiful to watch. I keep sharing your experience in the chizuk e-mails, and I think this is an ACE too!

[Here's a pic](#) for you.

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Re: Eye.nonymous official count  
Posted by 7yipol - 21 Nov 2009 18:47

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Eye, Im glad its Guard who came up with the butterfly mashal.

It fits perfectly,

but if had said it, Id be branded a bigger flake than ever!

The only thing more beautiful than a chassidishe-litvak, is a sefardi-chassidishe-Litavak!

Youre bringing Mashiach Eye, keep going!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 21 Nov 2009 19:07

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[7Up wrote on 21 Nov 2009 18:47:](#)

The only thing more beautiful than a chassidishe-litvak, is a sefardi-chassidishe-Litavak!

Youre bringing Mashiach Eye, keep going!

What about a modern sefardi-chasidishe-Litvak B.T. from Yemen and he's also a non-Jew?

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Re: Eye.nonymous official count  
Posted by 7yipol - 21 Nov 2009 19:38

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Ger works well. Non-Jew; Im not so sure

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Re: Eye.nonymous official count  
Posted by imtrying25 - 21 Nov 2009 21:11

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Great post ~~eyeballs~~ butterfly. I really enjoy your posts and i feel that i get alot of chizuk from them. Alot what you write about is the same with me. So keep posting and knowing that your definitely helping out at least one jew. And btw im also litvishe. :D :D

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 23 Nov 2009 18:47

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I'm on day 26 now.

Since a day or two of feeling like I was in the clouds, a fall seems so weird now. Oh, I didn't feel like I was in the clouds. This is awful!

I know, I always have to be on guard. I still feel lust pulling at me; I'm just standing further away from it now.

I felt pretty frustrated today, and I got angry quite a bit.

I think I realized what went wrong.

I was definitely running on low. Worn out. Too little sleep.

So, today I'm not directly shayach to that super elated feeling. I tried turning to it, but it didn't work.

I'm on a lower level today.

I SHOULD HAVE used an earlier realization which was not quite as lofty. I think if I just remembered, "I'm feeling down, but remember there's still a lot to be happy about," then I could have pulled myself out of it. I turned to this thought this evening, and started to feel better.

It reminds me of an explanation I heard about a certain gemara:

If the yeitzer hara attacks you, first bring him into the beis hamidrash

If that doesn't work, then say the Shema (remember Ein Od Milvado)

If that doesn't work, then remember the day of death.

If remembering the day of death is so potent, why not use it first? Why take any chances?

The answer is, if you haven't worked up to it gradually, then remembering the day of death could be too powerful and it could backfire.

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Re: Eye.nonymous official count  
Posted by the.guard - 23 Nov 2009 21:30

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Eye, the feelings of success come and go... the feelings of emptiness and desire come and go... the feelings of anxiety, stress, depression, etc... come and go... We need to be stronger than these emotions. We need to duck our heads under the water and hold on to Hashem. And then the waves just pass right over our heads without knocking us down.

You can do it!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 24 Nov 2009 13:51

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[guardureyes wrote on 23 Nov 2009 21:30:](#)

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I think I heard once in a shiur on the Nesivos Shalom that this is the definition of being an eved hashem--to do what you know is right, no matter how you feel.

Shaul didn't have this middah, and his malchus lasted 2 years.

Dovid had this middah, and Hashem promised that his malchus would last forever.

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Re: Eye.nonymous official count  
Posted by Dov - 24 Nov 2009 22:17

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Thanks for your posts, eyeball.

Just an aside. Each person's avodah is like his Malchus, his very own aspect of Malchus Shomayim. I suffer from jealousy. Halevai i'd remember that "ein malchus achas noga'as bechavertah *afilu kemolei neema*"!!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 26 Nov 2009 18:19

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When I first started to battle against uptight-ness, somehow I ended up in the clouds.

I'm working now on trying to stay even-keel.

Or, Keep on truckingism.

Not to float too high, and not really to expect to.

And not to sink down, either.

Also, I'm going through a challenging time with my wife. We're abstinent for medical reasons; I think it's been almost two weeks. In the past I felt these were self-imposed and blamed them on my wife's baggage (though now I see it was really MY addiction that was fueling the problem). It was harder to deal with than Niddah, because it didn't seem exactly necessary.

Now I'm handling it really well.

When my wife approached me with this option, I said thanks to GUE we'll be okay.

I was even able to cheerfully consent to postponing a doctor's appointment due to circumstances beyond our control (too many sick kids at home), which also means the end of our abstinence has been postponed.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 26 Nov 2009 18:36

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I feel like the 90 day chart did a time warp---backwards.

I'm on day 27. I thought I was on 28 or 29.

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Re: Eye.nonymous official count  
Posted by kutan - 26 Nov 2009 19:23

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[Eye.nonymous wrote on 26 Nov 2009 18:19:](#)

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I was even able to cheerfully consent to postponing a doctor's appointment due to circumstances beyond our control (too many sick kids at home), which also means the end of



our abstinence has been postponed.

Reb Eye,

You are really an inspiration.

Thank you.

kutan

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Re: Eye.nonymous official count  
Posted by the.guard - 26 Nov 2009 22:17

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Beautiful!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 28 Nov 2009 17:08

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I'm on day 29, and doing pretty well.

You may have noticed that I've given up on trying to control my computer use. Actually, I finally got some translation work to do. So now I have to turn on my computer every day to do some work. But first I check in with the forum...

I'm not getting too much work done.

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