

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 (Elyah) official count
Posted by Eye.nonymous - 09 Jun 2012 18:51

As of today, June 9, I am 1 year sober.

I day at a time.

Thank G-d.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by the.guard - 09 Jun 2012 23:12

Mazal Tov Elya. You've been an inspiration to us all for many years already.

May Hashem continue to work his miracles through you!

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Re: Eye.nonymous (Elyah) official count
Posted by ImGonnaWin - 10 Jun 2012 02:13

Mazal tov Elya!

You really are an inspiration for me.

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Re: Eye.nonymous (Elyah) official count
Posted by Gevura Shebyesod - 10 Jun 2012 04:31

WOW! Mazel Tov!

Your wonderful tips are so enlightening. Keep on posting and keep on Trucking!!!!

Gevura!

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Re: Eye.nonymous (Elyah) official count
Posted by obormottel - 10 Jun 2012 05:06

Mazel tov!

I love your participation on the forum.

Thank you and keep coming back!

Mottel

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Re: Eye.nonymous (Elyah) official count

Posted by Dov - 10 Jun 2012 05:36

Mazel Tov and siman Tov!!

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Re: Eye.nonymous (Elyah) official count

Posted by Blind Beggar - 10 Jun 2012 06:29

Well done Elyah! You are an inspiration to us all.

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Re: Eye.nonymous (Elyah) official count

Posted by 2nd-chance - 11 Jun 2012 20:32

mazal tov

iyh by us all

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Re: Eye.nonymous (Elyah) official count

Posted by Machshovo Tova - 11 Jun 2012 20:58

Dear Elyah,

One of the greatest advantages that I found in joining GYE was the fact that after so many years of wondering whether it is really possible to become sober, we finally 'meet' people in the same boat that have been through the same cycle of despair, and yet have managed to get out of it. You are one of those who give us hope that we too can be"H reach such levels of sobriety.

Congratulations and thanks for being an inspiration. May you keep up the good work for another day, each and every day.

MT

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Re: Eye.nonymous (Elyah) official count
Posted by jewish jew - 12 Jun 2012 07:32

Mazal Tov Elya!! just wait a year and you will see me there too ;D

JJ

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Re: Eye.nonymous (Elyah) official count
Posted by ZemirosShabbos - 12 Jun 2012 20:22

Mazel Tov Elyah!

it is a bracha to have you on the forum

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 13 Jun 2012 12:24

Thank you. I really appreciate all your responses.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by gibbor120 - 13 Jun 2012 16:17

[Eye.nonymous wrote on 09 Jun 2012 18:51:](#)

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I day at a time.

Thank G-d.

--Elyah

Wow, I haven't been on the forum that much lately so I missed this. MAZAL TOV! and many more happy anniversaries! Our anniversaries are one day apart. Mine is June 8th. At least that's when my wife found out, and B"H I have been sober since then. Your posts are very helpful, I often read them first. Thanks!

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Re: Eye.nonymous (Elyah) official count
Posted by alexeliezer - 13 Jun 2012 17:07

Happy Birthday Elyah!

That's a lot of consecutive right decisions!

Kein yirbu

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