

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 Gevura Shebyesod - 09 Jul 2012 23:02

Oops. The filter here at work lets it through, I forgot that K9 blocks it. Anyways here's what it says:

1.	Sturggle	Verb: To be afflicted with a debilitating hangover to the point where you cannot speak. Usages: "Man, I'm totally sturggled right now" or "sturggle me" or "sturggle on" In fact, I was so sturggled when I posted this that I screwed it up multiple times.
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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 10 Jul 2012 20:45

First of all, I want to say that I feel like this wave of lust is subsiding. The writing helped, and I've been making a lot of calls these past few days.

On another note, here is a realization I have had recently:

I used to think of “journaling” and writing exercises as a way to clear my head when it's full of problems. Recently I have been using the Back to Basics book (with a live SA group) which says that the early AA groups used to use writing as a way to get into contact with their Higher Power.

Besides that, I never thought about it so clearly, but I know that the writing process somehow brings something deeper to the surface, which I've thought of as the subconscious until now.

But, putting two and two together, I started to appreciate that writing a journal is not just a way to dump out the noise that's in my head, but it's also a way to get in touch with, perhaps, my Higher Power. That those sub-conscious messages that come out are, perhaps, somewhat Divinely inspired.

So I started writing with this in mind for a few minutes in the morning (this morning I even started off with a perek of Tehillim before writing). I started looking at this sort of writing as something to look forward to—it's not just something to do when I have a problem, but it's something to do that I might find some clarity and guidance for the day.

--Elyah

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Re: Eye.nonymous (Elyah) official count

Posted by Eye.nonymous - 12 Jul 2012 14:07

I'm not sure if I mentioned this but, during my challenging time recently, I realized that if the tools I'm using aren't working at the moment, I probably need to go back to more basic tools.

For example, I wasn't able to surrender my lust anymore because I found that, once again, I just really wanted to hold onto it. So, I started davening that Hashem should help me to WANT that I shouldn't want to lust.

When I admitted to myself where I was really holding and asked for G-d's help appropriate to that, I felt it made much more of a difference.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by E-Tek - 12 Jul 2012 14:45

[Eye.nonymous wrote on 12 Jul 2012 14:07:](#)

For example, I wasn't able to surrender my lust anymore because I found that, once again, I just really wanted to hold onto it. So, I started davening that Hashem should help me to WANT that I shouldn't want to lust.

This is my problem. Now I just need to apply your solution.

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Re: Eye.nonymous (Elyah) official count
Posted by yehoshua - 13 Jul 2012 07:45

Writting does wonders for me, too bad that we can't have just one tool and we are saved. For instance, you know Kung Fu and you think, that you are invincible, vau. But then you meet a Mau Tai fighter and ... You see that Bruce Lee was right, *be formless, like water*. By that, I think what he really means, is to listen to yourself and that is what writting does for me.

So thanks Elya for that honest post.

P.S. I don't know Kung Fu or Mau Tai, I am just a fan of Bruce Lee... :o

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Re: Eye.nonymous (Elyah) official count
Posted by Dov - 30 Jul 2012 02:41

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 30 Jul 2012 16:08

[dov wrote on 30 Jul 2012 02:41:](#)

Dov, what a delayed response! In the true spirit of Kung Fu movies.

--Elyah.

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 14 Aug 2012 14:36

I must regretfully announce that I had a fall. It was not p*rn or m*sturbation, but something rather complicated and very confusing. Therefore, it was very tempting to ignore it and just call it a slip and say that I'm still clean. But I discussed it with my sponsor and after sorting it out with him, the final decision was that it was a fall and I should re-set my sobriety date.

So after 1 year, 2 months, and 4 days, I'm back to day 1.

One day at a time.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by tehylimzugger - 14 Aug 2012 14:41

We appreciate your honesty in admitting the fall, and we anxiously anticipate your future posts.

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Re: Eye.nonymous (Elyah) official count

Posted by Gevura Shebyesod - 14 Aug 2012 14:44

I can imagine how let down you feel right now. But you know what to do....

KOMT!!!!

Gevura!

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Re: Eye.nonymous (Elyah) official count

Posted by Yosef Hatzadik - 14 Aug 2012 15:01

Thanks for sharing, Elyah!

As we say: Keep Coming Back!!

It works if you work it, YOU are worth it!!!!

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Re: Eye.nonymous (Elyah) official count
Posted by rt - 14 Aug 2012 15:06

[TehillimZugger wrote on 14 Aug 2012 14:41:](#)

We appreciate your honesty in admitting the fall, and we anxiously anticipate your future posts.

I hardly could say it better. I feel always very bad after hearing that some1 fell and the problem is, i would like to do something, but what CAN I DO? grrrr.

I can't do even something for myself.

What reminds me of a nice eyn yakov. And I think TZ might appreciate it even more than the other chevra since he is learning avodas gilulim right now. So here we go.

You know the famous gemore about r. luzar b(en durdaya. so he goes to a certain place and starts to ask all kind of thing to pray for him. stars, earth, heaven, sun, moon and so on. And nobody wants to!! "We have to pray for mercy for ourselves first!"

so eyn yakov (if i remember correctly) asks, nuuu, common, we know that if you pray for somebody and you need it as well, you are answered first. So pray for him, and you will get first?!

OH! zugt eyn yakov, ala mai? they wanted that he would pray for THEM and HE will be answered techila! (he asked for hel and they takke wanted to help).

So, dear Elya, do you wanna pray for me ? :)

p.s. I am working my way through your "additional toolz" . shkoach for them.

KOT

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Re: Eye.nonymous (Elyah) official count
Posted by Shteeble - 14 Aug 2012 15:09

We appreciate the honesty.

We feel your pain.

Keep coming back.

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Re: Eye.nonymous (Elyah) official count
Posted by KiviYVY - 14 Aug 2012 15:13

[Eye.nonymous wrote on 14 Aug 2012 14:36:](#)

I must regretfully announce that I had a fall. It was not p*rn or m*sturbation, but something rather complicated and very confusing. Therefore, it was very tempting to ignore it and just call it a slip and say that I'm still clean. But I discussed it with my sponsor and after sorting it out with him, the final decision was that it was a fall and I should re-set my sobriety date.

So after 1 year, 2 months, and 4 days, I'm back to day 1.

One day at a time.

--Elyah

Sounds almost exactly like my story. Here's some perspectives that have kept me going

though.. This for the man who wrote the big book on perspectives. ... and shkoyach for that kuntres - I read it all the time!

H' gave us a huge present - over 1 yr of sobriety - WOW.. That won't even fit under the tree.. uh.. menorah! It's quite a Matana and I know I needed to be reminded that it was a Matana and not Kochi V'Otzem Yadi..

Another thing - like the Metzora.. Motzi Rah. Metzarah is fortunate to have his imperfections brought to light. Would he rather they fester inside of him and never know about them until it's too late? Ask a cancer patient, Lo Aleinu!!, who's cancer was caught early. B"H they know about it and can now address the problem!

Elyah - you've inspired so many, and I'm sure you inspire yourself. Keep welcoming H' into ever pore of your Neshama. As long as we're alive He'll continue to find His way into every part of us. I guess He's just making more space by cleaning up the Self. With his Mikdash inside of us, V'Shachanti Besocham, there's no doubt He'll shower us with daily gifts.

Can't wait to see what gift He's sending this time! Keep us posted!
YVY

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