

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 Dov - 27 Aug 2013 02:26

[Eye.nonymous wrote:](#)

Just recently celebrated a year of sobriety. I've had some major ups and downs lately, but still holding on to recovery.

--Elyah

That's so sweet. Please don't bother having a sweet new year. I just wish you a real sweet Rosh Hashonah, and am sure that G-d will take care of all the year-arrangements.

Your sobriety is such a gift to us folks!

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 02 Oct 2013 00:28

A while back if I would have so much as thought of acting out, I would feel in danger and pick up the phone to call someone or do some writing or post on GYE. I think I've started to take recovery for granted a bit, which is dangerous. If a little slip comes along I somehow don't really

believe it's happening--it somehow doesn't register. It's part of the sickness.

Or, I sort of have this feeling, "Now that I've been clean for so long and I've got all these tools of recovery to deal with life, I could act out and still be okay." But, in reality, it would just be a matter of time before everything gets out of control again along with acting out.

Thank G-d I'm still sober, but I've been on shaky ground lately. I want to get out of this rut and stop taking recovery for granted.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by pischoshelmachat - 07 Oct 2013 01:16

Hi Eye,

I was just browsing for some chizzuk and I found it with your post. Mazel tov on your year. May the RBS"O grant you a long and sweet life of sobriety. Please daven for all of us that are inspired by you and want to copy you with our kinas sofrim.

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Re: Eye.nonymous (Elyah) official count
Posted by pischoshelmachat - 07 Oct 2013 02:16

Hey, Dov just called you Ketores in today's chizzuk email as well so i am in very good company.

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Re: Eye.nonymous (Elyah) official count
Posted by think good - 07 Oct 2013 11:45

Mazel Tov Eye.nonymous (Elyah) you are an example for all of us.

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 24 Oct 2013 16:41

Just got through a really intense disagreement with my wife.

It got a little ugly but, thanks to recovery, I felt like the damage was contained and losses were minimized. It was like a nuclear explosion, but in an isolated desert somewhere. We pulled through it, trying to see each other's point of view, and each getting guidance from our own program sponsors--that, I think, is what saved us more than anything. Although we were seriously at odds, we had some level of doing "the actions of love"--giving when we didn't feel like it, and communicating when we would rather not talk to each other. We managed not to split too far apart, and ultimately pulled back together again.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by gibbor120 - 24 Oct 2013 21:25

Fantastic. Thanks for sharing.

If I could use a golf mashal. The best golfers in the world are not the ones who hit *every* shot perfectly, stay in the fairway, out of the rough, and out of bunkers. They are the ones who hit *many* shots very well, but much more importantly know how to recover (pun intended) when they hit a bad shot.

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 20 Jun 2014 11:48

I've had a couple of falls lately.

I'd rather be honest than pretend to be a recovery superman.

I'm still going to recovery meetings, in regular contact with my sponsor, and working the steps.

Someone told me once, though, that the "easier softer way," most people think of as being something other than the program of recovery. Sometimes, though, it could mean doing recovery, but slacking off.

I think I did reach a point where I started taking recovery for granted and assumed I am a safe distance from acting out and it could never happen again. If I had a conflict in schedule, or simply had a rough day and was feeling like I needed to take it easy, I would more often skip a meeting instead of pushing myself to go.

Besides that, my work situation has improved. As "free-lance" which, for many years meant I was sitting in front of the computer pretending to work, more recently means that I actually have work to do and I am struggling to complete it in a timely manner. So, I would side in favor of work responsibilities instead of making time for step-work or program calls.

But I went to an extreme.

I am struggling to find a balance and to keep recovery as a high priority.

Thanks for reading,

Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by moish u.k. - 20 Jun 2014 14:47

Thank you for your honesty.

You have previously shown us that when you have worked the program you have gotten recovery.

You have now also shown us that when you haven't worked the program you relapsed.

These are both very important messages that i constantly need to be reminded of.

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Re: Eye.nonymous (Elyah) official count
Posted by Machshovo Tova - 20 Jun 2014 17:40

Hatzlacha going forward. And don't forget, regardless of yesterday, all we got is today. Let's make the best of it.

Have a great Shabbat!

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