

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 - 22 Jun 2014 17:07

Today is really not going my way. Totally stressed out and tempted to stay home the rest of this afternoon and get some work done instead of make the huge schlep to a meeting.

Despite all that, I'll probably go anyways.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by Pidaini - 22 Jun 2014 17:34

It's certainly a worth while investment, although that doesn't necessarily make the trouble any easier.

KOT brother!!!

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Re: Eye.nonymous official count
Posted by lavi - 22 Jun 2014 20:41

dear eye. i'm cheering you on. holding 15 days. lets do it

your friend lavi

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Re: Eye.nonymous official count
Posted by shivisi - 23 Jun 2014 01:48

YES lavi and Elya

Keep up the GR8 work!!!!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 25 Jun 2014 19:52

Thanks for all the encouragement there.

Went to the meeting.

Since then, I had this great idea that contacting this girl that I knew in nursery school would be great for my recovery. The thing is, she disappeared in kindergarten--their family moved away but I didn't know that--I was just wondering why she wasn't in my kindergarten. I remember walking through the school looking in the other class to see if she was there, but she wasn't.

I have this funny feeling that this incident was sort of like a primordial experience that gave rise to all future lust experiences--that desperate looking and searching to find someone or

something that seems to be missing.

This idea took hold in my brain and was growing stronger by the day. Luckily I gave my sponsor a call and he got me grounded in reality again. It took a little while but the idea did sink in that, no matter how much I believed this was a good thing to do, it most probably really isn't.

Still clean, day 8.

--Elyah

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Re: Eye.nonymous official count
Posted by gibbor120 - 27 Jun 2014 23:18

It's incredible what we can convince ourselves of without someone to ground us. On our own,
) think the dumbest things.

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Re: Eye.nonymous (Elyah) official count
Posted by ewards - 28 Jun 2014 17:52

I agree i am sorta a private guy and have discovered in the last couple years that telling others of the struggle helps a lot. There is a certain freedom that comes from that . I am trying to be more active on gye but site to me is sorta difficult to navigate (gives me somethin else to think

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 03 Jul 2014 10:24

Still clean, 14 days.

Yesterday started off feeling really overwhelmed, feeling like I was up against a lot of big problems.

After speaking to another friend in recovery, I realized that all I can do is take the next little action. I want to take a big action to make the whole problem go away, but I can only take the next little action which is my part in the big scheme of things. Also, I realized of all the things I am facing, one was a particularly high priority. So I focused on that and felt calmer knowing that the other things can wait 'til later.

--Elyah

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Re: Eye.nonymous (Elyah) official count
Posted by chesky - 03 Jul 2014 12:41

Hi Elya,

Just checked in after a long time. Good to see your thread is still alive.

Thank you for sharing and your honesty.

Just to share if I may, this morning at work something went wrong. I realized i had forgotten to take care of something and immediately felt guilty and blamed myself for what had happened. I went into a panic. I called a couple of friends. I could not get through but the action was enough to help me pray to HaShem.

After that I had the presence of mind to deal with the issue rationally and it turned out that what had happened had no connection with what I had forgotten.

Just a reminder that that my emotional reactions are totally disproportionate to reality.

May HaShem grant us a day of sobriety, sanity and serenity.

Chesky

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Re: Eye.nonymous (Elyah) official count
Posted by yehoshua - 03 Jul 2014 15:10

Why did you fall, can u write

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 05 Jul 2014 23:39

15 days. Still clean.

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Re: Eye.nonymous (Elyah) official count
Posted by Machshovo Tova - 06 Jul 2014 17:07

[Eye.nonymous wrote:](#)

15 days. Still clean.

Congratulations! Fifteen is a good number. Hashem's name Yu"d - He"y adds up to fifteen. Our sages say that this name was added to all the tribes in Egypt to signify that they were free from all forms of lust. May it be so for you too, and for all of us as well.

Hatzlacha

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Re: Eye.nonymous (Elyah) official count
Posted by Eye.nonymous - 13 Jul 2014 10:10

24 days clean.

I've been feeling really lousy lately. I thought maybe I was just run down and needed more rest, and that perhaps the change of weather had something to do with it. "What's wrong with me! I can't get enough rest!" After taking it relatively easy for a couple of days and still feeling awful, I realized I was just sick with something. I still felt sick but in a way felt better--all the self-pity disappeared. I went to the doctor to test myself for strep, which I didn't have (but it is rare that I ever go to the doctor, so that was a big step in taking care of myself). So hopefully it is just a virus of some kind and should pass soon.

On another note, I am in Israel and the sirens went off last night in my neighborhood for the first time I've lived here--which is 13 years, and probably as many wars. We also woke up to a siren early this morning and our whole family had to go out to the stair well of our building. The danger of being in Israel and being under fire never quite registered with me until now. My wife is appreciative that I am handling it very calmly and maturely, which I don't think I would have been able to do a few years ago (I probably would have denied that we are in danger and would have blamed my wife for being too worried if she tried to do anything to ensure our family's safety).

--Elyah

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Re: Eye.nonymous (Elyah) official count

Posted by ewards - 14 Jul 2014 02:14

Eye.nonymous

congrats on your 24 clean days I'm at 18 and hanging in there i don't know about 90 but hey i have made it this far and nothing bad has happened . I can't imagine having rockets flying around and being in constant state of fear(for lack of a better word) my prayers are with u I am safe in the states for time being but it could very well be here at some point

ewards

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