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 Eye.nonymous - 07 Dec 2009 14:07
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Today's day 38.

nothing major to report (besides that).

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Re: Eye.nonymous official count
Posted by sci1977 - 07 Dec 2009 15:36
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Keep it up!! I thank you for your support. Keep on going. Everyday is another great day!!!

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Re: Eye.nonymous official count
Posted by Kedusha - 07 Dec 2009 15:44
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You're doing great! Two more days, and GYE gets its first installment ($40).

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Re: Eye.nonymous official count

Posted by imtrying25 - 07 Dec 2009 17:29

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[Kedusha wrote on 07 Dec 2009 15:44](#)**:**

You're doing great! Two more days, and GYE gets its first installment ($40).

Hey Kedusha i think that this is one time i have to disagree with you. ONE DAY AT A TIME! Dont think about installments and two more days and stufff. JUST TODAY. And if wondering why thats not in bigger font speak to Guard. He basically assured me from using big fonts anymore. Ok what can i do. Youll all just have to listen closely to hear my words of wisdom. ;D ;D :D

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Re: Eye.nonymous official count
Posted by Dov - 07 Dec 2009 18:04

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IT'g -

When it comes to _fundraising for GYE_, Reb Kedusha loses all sense of time. Time _is_ money, they say...

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Re: Eye.nonymous official count
Posted by Kedusha - 07 Dec 2009 18:52

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[imtrying25 wrote on 07 Dec 2009 17:29](#)**:**

[Kedusha wrote on 07 Dec 2009 15:44](#)**:**

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You're doing great! Two more days, and GYE gets its first installment ($40).

Hey Kedusha i think that this is one time i have to disagree with you. ONE DAY AT A TIME! Dont think about installments and two more days and stufff. JUST TODAY. And if wondering why thats not in bigger font speak to Guard. He basically assured me from using big fonts anymore. Ok what can i do. Youll all just have to listen closely to hear my words of wisdom. ;D ;D :D

Imtrying,

Point well taken - I'm a very big believer in "one day at a time." However, my point was, don't worry about 90 days, because you've got another short term goal with a payoff coming up. I :D
don't think there's anything wrong with having other goals to aim for, as long as we never lose sight of TODAY.

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Re: Eye.nonymous official count
Posted by imtrying25 - 07 Dec 2009 20:07

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Couldnt agree with you more Kedusha. Thers the long term and the short term goals. ~~TOMORROW~~ TODAY IS THE DAY IM GONNA CHANGE...........

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Re: Eye.nonymous official count
Posted by silentbattle - 07 Dec 2009 22:58

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Yeah, I can feel it in a-air...

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 08 Dec 2009 14:43

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[imtrying25 wrote on 07 Dec 2009 20:07](#)**:**

Couldnt agree with you more Kedusha. Thers the long term and the short term goals. ~~TOMORROW~~ TODAY IS THE DAY IM GONNA CHANGE...........

Why put off for tomorrow what you can do next week?

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 08 Dec 2009 14:45

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Today is day 39.

I'm actually sick today, just staying home in bed. This is really out of character for me.

Still, I couldn't help updating my thread.

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Re: Eye.nonymous official count
Posted by silentbattle - 08 Dec 2009 14:51

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Refu'ah Sheleimah, bro!

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Thanks for the update!

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Re: Eye.nonymous official count
Posted by sci1977 - 08 Dec 2009 15:02

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I hope you feel better and keep going.

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Re: Eye.nonymous official count
Posted by the.guard - 08 Dec 2009 15:37

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Refuah shelimah and stay strong!

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Re: Eye.nonymous official count
Posted by imtrying25 - 08 Dec 2009 16:59

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Keep it up bro. And feel better butterfly. And make sure your better in time for the kumzitz.
Expecting to see you there.

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