

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 - 22 Dec 2009 12:40

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[imtrying25 wrote on 22 Dec 2009 12:37:](#)

Nutty Frosted Flake.

I think that's called muslix. ;D

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Re: Eye.nonymous official count  
Posted by the.guard - 22 Dec 2009 12:56

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[Eye.nonymous wrote on 22 Dec 2009 12:32:](#)

Day 53. Still going. Baruch Hashem.





Posted by Eye.nonymous - 22 Dec 2009 21:21

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I was fishing around to see if I ever posted my story here.

This is basically it (provided I managed to copy the link correctly):

[rehab-my-site.com/guardureyes/forum/index.php?topic=634.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=634.0)

For the sake of completion, I thought I would tag it onto this thread.

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Re: Eye.nonymous official count  
Posted by the.guard - 22 Dec 2009 23:00

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Re: Eye.nonymous official count  
Posted by sci1977 - 23 Dec 2009 01:28

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Eye,

Keep up the good work!!!! Stay positive and keep going.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 23 Dec 2009 18:06

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[guardureyes wrote on 22 Dec 2009 23:00:](#)

Hey Guard, that was really amazing. Thanks.

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I merged your original story thread with this one. How's that?

Re: Eye.nonymous official count  
Posted by Eye.nonymous - 23 Dec 2009 18:30

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Today is day 54.

My wife and I were discussing taking a family day trip for a while, but we didn't come up with anything definite yet.

This morning, we realized that today would be a good day.

But, then we discussed all the drawbacks, and all the difficulties in getting ready on such short notice.

A while ago I would have just given up in frustration.

But, with all the work I've been doing on myself through this forum, I was able to calmly face the challenge AND enjoy the trip. I really tried to relax and enjoy the pleasure of being with my wife and children (instead of focusing on the difficulties of dealing with them, and on what I would

have been accomplishing if I just stuck to my normal routine). Some parts were frustrating, but overall, I did pretty good. And I have no frustration or regrets about all the learning I didn't do today. I'll just try to make up for some of it whenever I get a chance.

I enjoyed the trip much more than I ever would have before.

--Eye.

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Re: Eye.nonymous official count  
Posted by imtrying25 - 23 Dec 2009 18:37

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Lucky you Eyeball. Happy to hear you were able to get away a little. And with the frustration. Now thats what i call a chilled trip. :D

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 23 Dec 2009 18:38

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Funny thing...

I've been trying to "do the 12 steps" for a while. And often I try to keep the first 3 steps in mind.

But, I've neglected to really look at the other 9.

So I recently wrote them down to carry around with me, for frequent review.

I considered the "Moral inventory," and I wrote a bunch of character traits that I think need work.

It's all the things that trigger this lust addiction.

...and it was a day after I first made this list that I remembered...

...Hey, "LUST," should also be on this list!

I didn't make a superficial list. I just was thinking of "lust" so much as being a symptom, and the other character traits--the triggers--as being the real problem, that I overlooked lust in the first round.

--Eye.

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Re: Eye.nonymous official count  
Posted by sci1977 - 23 Dec 2009 19:31

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Cool insight. Just keep working and thinking positive. Those steps are tricky things and I for one keep saying, "Oh, I'll do step 3 today ." It never works that way for me no matter how hard I try.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 23 Dec 2009 21:33

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I have k9 filter and my wife has the password and Guard is the E-mail address for it.

This evening I accidentally found the password. I was looking through my wife's daily planner to find the number for the doctor where she took our daughter because I needed to reach her. On one page I saw written, "Password: etc."

I went to work at the computer. The thought entered my mind to see if this was really the computer password. But, I feared one thing would lead to another. Besides, I really felt that IT'S NOT THE POINT TO PLAY "BEAT THE SYSTEM." THE POINT IS--TO STAY CLEAN!!! I'm not just trying NOT TO LOOK at this stuff, I'm trying to work on myself SO I DON'T WANT TO LOOK at this stuff. And, I feel that I have made significant progress.

I didn't want to let my GUARD down.

My wife came home, and right during dinner I told her that I think I discovered the k9 password. Right after dinner I asked her to go to the computer and change it.

She said I should write about it on the forum.

--Eye.

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Re: Eye.nonymous official count  
Posted by Dov - 23 Dec 2009 22:50

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Reb Eye,

You are quite possibly the luckiest man in the world. It's so obvious why, that there is no need to spell it out.

But just in case you are sufferring from the dreaded "intermittent brain numbness", here goes:

You recongize your powerlessness;

## GYE - Guard Your Eyes

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You call out for help when you need it;

Your survival is more important to you than your kavod from others;

You are open with your wife;

You have a wife who truly loves you;

You have a wife who is smart;

You use your *problems* to draw you closer to others and to Hashem.

How bad can things *ever* get for a person with gifts like these?

Though you may do or have none of these perfectly, at least you've got 'em. You are going places!

Precious.

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