

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 official count
Posted by kutan - 12 Aug 2009 13:27

Reb Eye,

Check out Dov's post yesterday to Momo... saying that he couldn't ever do 90 days... he just does one day... and he's been doing it straight for over 11 years now!!!

That was the most inspiring thing I've heard, in a long time!

kutan

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 13 Aug 2009 06:51

Just reached day 7; clean for a whole week.

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Re: Eye.nonymous official count
Posted by Tomim2B - 13 Aug 2009 06:52

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Re: Eye.nonymous official count
Posted by kutan - 13 Aug 2009 13:36

great!

Have you seen Dov's latest posts?

One of them is in Uri's thread. He promises anyone who reads it that they are a tzadik...

kutan

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 13 Aug 2009 19:29

[kutan shel hachabura wrote on 12 Aug 2009 13:27:](#)

Reb Eye,

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Hey, that sounds like something that Reb Guard should snatch for one of the daily Chizuk E-mails.

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GYE - Guard Your Eyes

Generated: 5 April, 2025, 23:05

Re: Eye.nonymous official count
Posted by Eye.nonymous - 16 Aug 2009 06:54

Somehow my last streak was 9 days, but I thought it was 12.

On my new streak I just made it to 10.

I had an unusual dream last night. I dreamt that I almost had an accident, but then I stopped myself because I wanted to keep up the clean streak.

When I woke up, the dream was still quite vivid, and I managed not to fall because of it (the first part of it).

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 18 Aug 2009 07:21

I had a slip a couple of days ago, but it was definitely a slip--something completely unexpected and completely out of my control.

I find this very liberating to distinguish between slips and falls. No need to eat yourself up over something that's not your fault.

Nevertheless, I've found one more thing to look out for in the future. Not to be caught off-GUARD.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 18 Aug 2009 07:27

It seems that there were really only two or three situations where I tend to fall, BUT these situations come up quite frequently. AND, I can't avoid them (just taking a shower would sometimes be challenging).

I used to feel THIS YEITZER IS SO HARD, I CAN'T KEEP FIGHTING IT.

Now I've been thinking, "I'll only be here for a few minutes. I just need to stay clean for a few minutes." Which doesn't seem so hard.

This has been very helpful. It puts everything into the right perspective.

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Re: Eye.nonymous official count
Posted by kutan - 18 Aug 2009 11:55

[Eye.nonymous wrote on 18 Aug 2009 07:27:](#)

It seems that there were really only two or three situations where I tend to fall, BUT these situations come up quite frequently. AND, I can't avoid them (just taking a shower would sometimes be challenging).

I used to feel THIS YEITZER IS SO HARD, I CAN'T KEEP FIGHTING IT.

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This has been very helpful. It puts everything into the right perspective.

RIGHT ON THE MONEY!!!

Don't forget, being at GUE and seeing so many people who were so much worse off, be clean, gives us confidence.

This site is wonderful!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 19 Aug 2009 07:53

I'm on day 13.

I had another slip. Definitely a slip.

But, I'm getting a little worried that I'm having so many big slips.

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Re: Eye.nonymous official count
Posted by kutan - 19 Aug 2009 14:58

[Eye.nonymous wrote on 19 Aug 2009 07:53:](#)

I'm on day 13.

I had another slip. Definitely a slip.

But, I'm getting a little worried that I'm having so many big slips.

Me TOO!

The secret is getting rid of lusting... its really easy once you do it!

Have you ever tasted that feeling?

k

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Re: Eye.nonymous official count
Posted by Holy Yid - 20 Aug 2009 00:37

Don't get worried learn something. If you are slipping then you are missing something in your rcovery life. Either your fences are to close or you lack fullfillment and focus in you life or you should be more invloved in learning about your desiese. Learn something and move on you are on the road.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 20 Aug 2009 12:56

[kutan shel hachabura wrote on 19 Aug 2009 14:58:](#)

The secret is getting rid of lusting... its really easy once you do it!

Have you ever tasted that feeling?

k

Getting rid of lust? Altogether? It seems like that is very far off.

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Re: Eye.nonymous official count
Posted by kutan - 20 Aug 2009 14:58

Seemed that way to me too.

I promise.

but it is like learning to riding a bike. its not a matter of 'work', its a matter of getting the technique right.

Gotta go now, but I promise it can be done, and is not 'hard work' either. (didn't say it is not 'work')

Search around the forum, read the handbooks.

kutan

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