

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 Eye.nonymous - 16 Jan 2010 17:52

Shavua Tov everyone.

Today is day 78.

Nothing to report today besides that.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 16 Jan 2010 17:55

[Momo wrote on 15 Jan 2010 12:04:](#)

Looking forward to attending your 90th party!

I think my grandparents are also looking forward to their 90th!

But seriously, my wife and I have been talking, and we might actually get up the guts to host it here. :o

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Re: Eye.nonymous official count
Posted by the.guard - 16 Jan 2010 19:23

eye, you are one of the most inspiring guys I know!

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Re: Eye.nonymous official count
Posted by silentbattle - 17 Jan 2010 01:28

As always, I regret not being in the holy land, now possibly more than ever...but I'll be celebrating here!

[Eye.nonymous wrote on 16 Jan 2010 17:52:](#)

Shavua Tov everyone.

Today is day 78.

Nothing to report today besides that.

That sounds like plenty to report! ;D

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Re: Eye.nonymous official count

Posted by BecomeHoly - 17 Jan 2010 10:03

Ok eye.... just 12 days... rumor has it theres a wedding in the holy city in 10 days.... go join the simchas :-) just count em down... day by day hour by hour... your Y"H will make it look like a mountain... but remember its a tiny super tiny little step at a time :-)

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 17 Jan 2010 12:48

[guardureyes wrote on 16 Jan 2010 19:23:](#)

eye, you are one of the most inspiring guys I know!

Thanks, Guard. :-[

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 17 Jan 2010 12:52

Today is day 79. Nothing more to report today.

BUT, I'VE ALWAYS WANTED TO SING THE PRAISES OF WRITING SILLY LITTLE MESSAGES THAT SAY, "TODAY IS DAY X." SO I'LL DO IT NOW.

It may seem silly, BUT

1. You feel much more accountable--every day you have to report your progress. And you're constantly thinking about the people that you don't want to let down.

2. You LOOK AHEAD AND THINK that you are going to post. You become more aware of your thoughts when they come up. You remember them better because you want to remember them until you get to the computer next. THEN they have a bigger impact because you were walking around with the idea for 2 hours instead of 2 minutes!

3. You get lots of chizzuk just knowing that people are with you (even when the responses are merely KUTGW!)

--Eye.

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Re: Eye.nonymous official count

Posted by silentbattle - 17 Jan 2010 14:44

I'd point something else out - you're reminding yourself that you're one more day clean - one more day of kedushah, pure, blinding light. One more day away from the bad habit.

Each and every day that you're clean is really a reason to celebrate. To smile at yourself, knowing that Hashem is smiling at you. As you eat breakfast, eat it knowing that you're nourishing a warrior in hashem's army.

That's worth posting!

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Re: Eye.nonymous official count
Posted by Dov - 17 Jan 2010 19:24

The biggest chizzuk I can have for my "day-count" is being able to dance a calm but happy little *tanseleh* with no one but HKB"H over the fact that I am sober today - even just **today!!!**

Dollars, one can count (and may you count many!), but how can we be masig the value of more than just one simple and single day of precious sobriety? Impossible, as far as I am concerned!!

Alei z'hatzlach!!

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Re: Eye.nonymous official count
Posted by Momo - 17 Jan 2010 19:29

79. Wow. I'm in awe.

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Re: Eye.nonymous official count
Posted by sci1977 - 17 Jan 2010 21:09

KUTGW!! Getting ever so close to the 90, you will need even more focus. Were here for you!!!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 18 Jan 2010 13:15

Today is day 80.

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Re: Eye.nonymous official count

Posted by WeWillNotBeForsaken - 18 Jan 2010 14:23

KUTGW ;D

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Re: Eye.nonymous official count

Posted by silentbattle - 18 Jan 2010 14:56

Thank you!

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