

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 sci1977 - 24 Jan 2010 18:02

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Keep on going!!! Almost there, just remember to take it one day at time and the 90 is just a stepping stone.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 25 Jan 2010 15:01

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Today is 87. (in contrast, I hope OE anonymous counts DOWN).

Last night I was feeling really upset about something. Months ago, I probably would have acted out. More recently, I would have told myself, "don't act out. don't act out."

Now, I've had a lot of success with

1. Catching these bad moods before they start and warding them off.

And some success with

2. Trying to reflect on positive thoughts.

But I felt stuck already. Instead, a new realization came to mind:

3. I'M REALLY UPSET!!! And that's OK. I'm a human being and this happens sometimes. I just admitted it to myself. I don't have to run to my addiction. I can just admit to being human.

DuvidChaim mentioned at the Kumzitz that lots of people suffer from, "don't speak, don't trust, don't feel." It's a coping mechanism that a person develops over time. I don't know if this is what he means. But, it makes sense--the remedy here was TO ACKNOWLEDGE MY EMOTIONS--AS/IS.

I'm a little worried because I still don't feel much better yet. BUT, I don't feel like acting out either, Baruch Hashem.

I think there's a lot of stuff I've got to deal with. AND, just hanging in for a day or two doesn't hurt either.

--Eye.

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Re: Eye.nonymous official count  
Posted by sci1977 - 25 Jan 2010 15:05

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Wonderful Eye. Understanding that you are human is the best possible thing to happen. Humans are not perfect, we all have flaws but how we deal with the flaw, the coping of it, is what makes us. KUTGW!!!

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Re: Eye.nonymous official count  
Posted by imtrying25 - 26 Jan 2010 00:20

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Eye you astound me with every post. Did i tell you that like a kazillion times already?? Well what am i supposed to do? Almost all your posts, especially lately are leaving me astounded. eep up the awesome work!!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 26 Jan 2010 12:25

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88

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Re: Eye.nonymous official count  
Posted by Momo - 26 Jan 2010 13:33

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88, WOO HOO!

Eye, I'm still thinking and cheering for you.

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Re: Eye.nonymous official count  
Posted by the.guard - 26 Jan 2010 14:18

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You broke the 88 boundary!

***Hapach** nishbar, va'anachnu nimlatnu...*

FREEEDOMMM!!

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Re: Eye.nonymous official count  
Posted by sci1977 - 26 Jan 2010 14:27

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Keep on going eye. To 90 and beyond. You inspire me every day to push forward.

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Re: Eye.nonymous official count  
Posted by OneLife - 26 Jan 2010 14:35

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ku ku, eye

how is the air up there?? is there any oxygen ?? :D :D

go eye go!!

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Re: Eye.nonymous official count  
Posted by silentbattle - 26 Jan 2010 16:56

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Bring your own oxygen mask! Keep going, up, up up!

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Re: Eye.nonymous official count  
Posted by sci1977 - 26 Jan 2010 20:49

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SB,

If eye keeps this up he is going up and up it gives the rest of us something to inspire to do also.  
We might all need the oxygen.

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Re: Eye.nonymous official count  
Posted by silentbattle - 26 Jan 2010 23:08

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Already on it, Sci - and I brought an extra tank for you!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 27 Jan 2010 12:44

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89.

Kumzitz this evening BE"H.

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Re: Eye.nonymous official count

Posted by the.guard - 27 Jan 2010 13:34

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How come this Kumzitz wasn't announced on the Kumzitz threads?

How many people are coming? Is it the same place as the first 2 Kumzitzin?

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