

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 silentbattle - 27 Jan 2010 16:24

Have an extra drink (or cookie) for me!

I wish I would've thought of this earlier, but I would've sent you a bottle of woodford for the kumzitz, if you had someone going to EY...

Mazal tov!

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Re: Eye.nonymous official count
Posted by Me3 - 28 Jan 2010 02:25

Big day tomorrow. Very excited for you.

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Re: Eye.nonymous official count
Posted by shemirateinayim - 28 Jan 2010 03:08

Where is the YH in this????

To fall on day 89? When everyone is expecting to wish you a mazal tov on day 90????

Clear sailing ! mazal tov for the first 89, and I expect you to do 90, so mazal tov on that already!!

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Re: Eye.nonymous official count

Posted by silentbattle - 28 Jan 2010 03:29

never underestimate the YH. He's been around a while, he knows his business.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 28 Jan 2010 06:22

Today is day 90.

I appreciate everyone who attended the kumzitz last night. IT25, Sturggle, Battleworn, and one other person from DC's group (I'm not sure how he wants to be referred to on the forum). It was a really intense evening and I feel honored for hosting it. Also I thank MOMO and Loi-Misyeish for calling in, that was very much appreciated. And, it was an especially great honor to have a call-in from Guard.

I said a few words about the last 90 days, and I thought it would be nice to write them here, too. It was something like this:

90 days isn't really so much time, but on the other hand it feels like a long time. One of the major benefits from staying clean for 90 days is that it really uncovers the lies of the Yeitzer Hara.

“I’m angry—I need to act out!”

“I’m frustrated—I need to act out!”

“I feel that URGE—I need to act out!”

“I just fought with my wife—I need to act out!”

90 days is long enough for all these things to have happened (at least once). And—I DIDN’T ACT OUT! I didn’t explode. I’m still doing fine. The Yeiter Hara REALLY is just telling a bunch of lies.

I would also say that it has taken me 7 months (since joining GYE) to reach 90 days! And without each fall, I would never have been able to stay clean for this long. There’s more to it than just counting days. After each fall I really analyzed—WHY DID I FALL! I might have made another mistake, but hopefully not the same mistake twice.

I found that I wasn’t being driven to act out because of such a huge desire to act out. Rather, it was usually a stretch of depressing thoughts before hand. I learned to ward them off when they started to come. And, I’ve been working on pulling out positive thoughts—preventative medicine.

One incident that was especially frightening was one day that I was just sitting in the beis midrash in front of a gemara. I felt the URGE. I wasn’t having a difficult time or anything, and I wasn’t feeling depressed about anything. I sent out a distress call as soon as I could get to my computer. The basic advice I got was “change your situation.” I couldn’t, but I did put on some music and relax—I changed my mood. Then I realized the underlying problem was something much more subtle—an undercurrent of tension. I was driving myself a bit too much. I needed to relax. Not to be lazy, but to be more easy going and flexible about things.

I was surprised that, after conquering the more obvious causes for acting out, I was starting to notice more subtle triggers. And, baruch Hashem, eliminate them.

It was at this point I stopped feeling so much like a dry drunk, and I felt that I had really changed. I felt that I hit on something that would really carry me a long way.

I would say another problem with this addiction is this—we expect that life is SUPPOSED to be always happy and easy. SO, when it's not, we run to our addiction for comfort. Another realization I had (particularly from some Chassidic seforim) is that VAY'HI EREV, VAY'HI BOKER... And it was evening, and it was morning. HASHEM CREATED THE WORLD so there's DARKNESS and then there's LIGHT. Over and over and over again. DARKNESS, difficulties in life, is a normal part of living. It's nothing to be surprised or disappointed about. The BEST way to deal with the difficulties in reality is just to face them. They're a normal part of reality. AND, sometimes the best we can do is just wait it out. Morning will eventually come even if we don't DO anything.

Another point I would like to add is this—all the while I was merely posting, I felt that GYE was artificial help. Messages from invisible people. When I sent out my distress call and got immediate chizzuk, I started to feel, "People are really out there who care about me! We're struggling together!" And, I thank IT25 for initiating the GYE kumzitz. Once I met some other GYE members face-to-face, then I felt THIS IS REAL!!! I felt a far greater responsibility in this struggle, and it has given me a lot of chizzuk.

I would also like to thank Battleworn for introducing me to Tzidkus HaTzakik.

I would also like to thank 7UP, Bardichev, among several others who promptly answered me during that particular time of distress.

I would like to thank GUARD for all his amazing work. I have been struggling with this problem since my bar mitzvah (or even before). I have come so much further in the past 7 months with the GYE community than I have come in the previous 22 years!

Also, I would especially like to thank my wife for being so understanding and supportive. She made all the preparations for last night's kumzitz (from soup to dessert). And even made plans to go out for the evening so that "maybe more of your friends will come."

When she left, she wrote a couple of notes for me to read:

Dear Eye.nonymous (yes, that's what she wrote)! I'm so proud of you, and your hard introspection, of your sould-searching, and your growth. M'chayil L'chayil.

Mazel Tov! I appreciate your constant efforts. Congrats on your milestone.

I'll just end from a word from Guard. He reminded me that With Hashem you can do it! Without him, you can't!

Thankyou everyone for your support.

With a heart overflowing with gratitude,

--Eye.nonymous

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Re: Eye.nonymous official count
Posted by Sturggle - 28 Jan 2010 09:33

Dear Eye,

Thank you for sharing with us and for hosting.

It was an honor for me to be present last night.

Sturggle

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Re: Eye.nonymous official count

Posted by Kedusha - 28 Jan 2010 11:10

Mazal Tov, Eye! If what you wrote isn't a Chizuk e-mail, nothing is!

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Re: Eye.nonymous official count

Posted by Kedusha - 28 Jan 2010 11:12

[Eye.nonymous wrote on 28 Jan 2010 06:22:](#)

Dear Eye.nonymous (yes, that's what she wrote)! I'm so proud of you, and your hard introspection, of your sould-searching, and your growth. M'chayil L'chayil.

Mazel Tov! I appreciate your constant efforts. Congrats on your milestone.

Eye.nonymous

Just a reminder to everyone - don't let it get you down if your wife isn't so understanding. My impression is that most wives aren't.

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Re: Eye.nonymous official count

Posted by OneLife - 28 Jan 2010 11:16

YOU ARE THE CHAMPION!! 8) 8)

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Re: Eye.nonymous official count
Posted by 7yipol - 28 Jan 2010 11:17

Dear Eye.nonymous,

MAZAL TOV!!

I cant tell you how glad I am; not only for you personally, but for all of us here on GYE.

Your personal triumph carries everyone along on the wave of success iyH

and for each of us who gets chizuk from your milestone,

you yourself get zchar.

Btw, your insight into "va'yehi erev va'yehi boker" really touched me. Thank you so much for

Please keep posting despite the 90

We need your personal perspective and outlook to help us keep going!

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Re: Eye.nonymous official count
Posted by Ykv_schwartz - 28 Jan 2010 11:30

Mazel Tov Eye!

I sent you an email yesterday. I hope you got it.

I just read your post and it is beautiful. Pure emes. These are yesodos in recovery. I hope you continue to share them in the future with fellow struggling addicts. Your story is really inspiring.

The first point you made is so crucial. I remember myself when I finally realized it and admitted it. It was my passageway for recovery. Two nights ago, a friend of mine, who is struggling with this addiction wrote to me:

"I need help understanding and feeling that nothing will happen if the yetzer hara is trying; I don't have to relieve the urge...I really need to work on dealing with knowing that I will be tempted, my blood will be boiling, and that **nothing** will happen if I don't give in to that. "

I was jumping for joy when he wrote this, because he is beginning to understand this necessary step. I hope he learns to internalize just like you did.

May you be zoche to continue growing in inyanei kedusha and avodas hashem in general, and continue being an inspiration for all of GYE and all of klal yisroel.

-yaakov

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Re: Eye.nonymous official count
Posted by think good - 28 Jan 2010 14:02

Mazel Tov Mazel Tov

With HaShems help I will join you at 90, but stilll have a couple days to go

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Re: Eye.nonymous official count
Posted by sci1977 - 28 Jan 2010 14:31

Eye,

Mazel Tov on reaching 90 days. Thank you for sharing your experiences with us. I am truly

inspired by you and glad that your wife is understanding and growing with you.

As you always have said to me, KUTGW!!! And hey, good luck on the next 90!!!!

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Re: Eye.nonymous official count
Posted by Me3 - 28 Jan 2010 15:09

[Eye.nonymous wrote on 28 Jan 2010 06:22:](#)

Dear Eye.nonymous (yes, that's what she wrote)! I'm so proud of you, and your hard introspection, of your sould-searching, and your growth. M'chayil L'chayil.

Eye.nonymous

From an Aishes Chayil.

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