

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 Ineedhelp!! - 28 Jan 2010 16:50

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

What is Tzidkus HaTzadik? Can some one give me an explanation and who the other is?

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Re: Eye.nonymous official count
Posted by Dov - 28 Jan 2010 22:41

Mazel Tov Reb Eye! Your note from the wife woke up something very deep in me and I felt the need to cry a calm, comfortable cry of gratitude. Your own recovery as of today, should always give hope to you and may you see Hashem helping you each step of the way as you go on from here. And you have certainly come so far - I remember your early posts and feel the growth - and thanks! It rubs off on all of us! We *are* mehalchim, of course.

Actually, perhaps we are more like horses running "bvitz'ei hamayim" who need to keep moving forward and growing, lest we sink. It just seems to be the way it is. Hashem will help you do this calmly and joyfully, Amen!

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Re: Eye.nonymous official count
Posted by imtrying25 - 28 Jan 2010 22:46

**MAZEL TOV MAZEL TOV!!! BARUCH SHE'HECHIYANU V'KIYAMANU V'HIGIYANU
LAZMAN HAZEHI!!!**

Eye we are all so happy for you. And for your so special wife. Realize what type of treasure you were zoche too. I hope i didnt make your party too intense. It was definitely not my intention. And please thank your wife for everything. I would of liked to thank her personally but we had to rush out. I hope this is only the beginning of many great things for you and your family!!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 29 Jan 2010 06:55

Wow. Thanks for all the responses. I really appreciate it. I feel like some sort of celebrity.

Today is day 91 (The mezikin have no control over something that's counted--That's a gemara somewhere in Chulin perek Kol HaBasar).

I forgot to mention the gematria yesterday for 90--tzadi(k)!

Sefer Sha'arei Kedusha explains the difference between a tzaddik and a chassid:

A tzaddik is someone who struggles with his yeitzer, but he wins.

A chassid is someone who no longer has a struggle.

Have a good Shabbos everyone.

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Re: Eye.nonymous official count

Posted by Sturggle - 29 Jan 2010 07:02

GUT SHABBOS!!!

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Re: Eye.nonymous official count

Posted by imtrying25 - 29 Jan 2010 09:11

[Eye.nonymous wrote on 29 Jan 2010 06:55:](#)

Wow. Thanks for all the responses. I really appreciate it. I feel like some sort of celebrity.

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Have a good Shabbos everyone.

Dont feel like a celebrity. YOU ARE ONE!!!

Interesting gemara. Never learned chullin but from the gemaras ive learned it seems quite the opposite. :-\ :-\

Oh well either way keep on truckin and have a great shabbos. Shabbos shira. Your first as a

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Re: Eye.nonymous official count
Posted by sci1977 - 29 Jan 2010 14:45

Good Shabbos eye! Keep up the good work. I beleive you inspire all that read your posts to keep up on there own journey.

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90'er!!

Re: Eye.nonymous official count
Posted by Eye.nonymous - 30 Jan 2010 18:43

Day 92.

What now!

There was so much momentum and so much hype leading up to 90 days.

What now?

Do I do the same thing for 180 days? For half a year? For a year?

Or doesn't it matter so much anymore. :-\

To be honest I had a little slip yesterday. I did an image search (always a bad idea) to figure out how to translate a word (for work). Despite the high security filter, and despite the totally innocuous subject matter, the first two pictures really surprised me.

I know that if I report these things, they are less likely to happen. And less likely to spiral downward.

The thought did enter my mind, "Did I discover a new way to get past this filter?" But I knew I'm not really interested in taking this route. I didn't keep staring, and I didn't search for more. (And I just now told my wife--we're going to add a few more words to the filter in another minute).

It did help to realize, "You just did 90 days--your brain is supposed to be re-wired now."

On the other hand, I had a really weird dream last night. The whole city was doing something that has been a trigger for me (and, under the circumstances in the dream, it was not inappropriate). I debated to myself in the dream, and in the end decided not to follow the masses because I knew it wouldn't be good for me.

Shavua Tov,

--Eye.

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Re: Eye.nonymous official count

Posted by Sturggle - 30 Jan 2010 18:52

shavua tov eye!

as always, it's great that you're sharing.

there is much that i, and i'm sure others, can learn fro you.

you told your wife, you're adding more filters,

even in your dream, you are are turning away from triggers,

even though everyone is doin' it!

i think that says a lot...

what now?

well, what else can you work on?

tefilla? learning? midos? reading rav arush's books?

pick something and keep moving forward.

and remember, one day at a time!

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Re: Eye.nonymous official count

Posted by imtrying25 - 30 Jan 2010 20:09

Hey Eye. A gruulle broch!!! I mean a gutte voch. (sorry, after the GYE lchaim im still not all the way there)

Anyways great to see that even in your dreams your staying away from triggers. It shows that our subconconscious mind is learnign to beware of something no good. Keep it up!!

Try not to think "what now" too much. I cant tell you from expierence but it would seem to me it can be harmful. I think its important we find somehting wweve always felt we can work on, but

pushed it off for this. Lets get back to that thing, whatever it may be. Put our full focus in it. And hopefully things well get better.

Keep on rollin!!

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Re: Eye.nonymous official count
Posted by the.guard - 30 Jan 2010 20:51

Here is a yid who is really working on himself and growing - and NOT FOOLING HIMSELF!

Ahsrecha, eye. May we all learn from you!

"What now?", you ask.

That's like asking "what now?" after a treatment of intense chemo put the cancer in remission.

LIVE LIFE!! - That's WHAT :D

(and make sure to do all the doctor's say, as to insure it STAYS in remission!)

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Re: Eye.nonymous official count
Posted by imtrying25 - 30 Jan 2010 20:57

[guardureyes wrote on 30 Jan 2010 20:51:](#)

Here is a yid who is really working on himself and growing - and NOT FOOLING HIMSELF!

From meeting you personally, i can honestly say, that Guard himself doesnt realize how true his words are!!!

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Re: Eye.nonymous official count
Posted by sci1977 - 31 Jan 2010 04:27

WHAT NOW? Get to 93 and then 94 still slowly the same way you got to day 2. I know you can do it. I think the less we think of the count itself the better we actual are. It's just another day clean and living how we want to live. KUTGW!!! Remember to always work on yourself.

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Re: Eye.nonymous official count
Posted by Momo - 31 Jan 2010 09:28

Eye, why don't you count 90 days again? Seriously!

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