

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 Momo - 31 Jan 2010 11:08

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[sturggle wrote on 31 Jan 2010 11:05:](#)

Dream on...

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Re: Eye.nonymous official count  
Posted by Sturggle - 31 Jan 2010 11:16

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let's not go there.

i've been having some trouble with dreams lately...

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Re: Eye.nonymous official count  
and Momo will count with you!

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Posted by Eye.nonymous - 31 Jan 2010 14:12

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Not much time today... just about enough to update this thread.

Still clean, but, unlike that previous success, last night I had a nocturnal emission (I discovered it when I woke up, but have no memory of it). So, I know it's not even considered a slip, but it still feels awful. It feels like the Yeitzer Hara got me anyways.

Besides that, there have been some major misunderstandings between my wife and I. We've had our plans for a romantic evening postponed already twice (which is part of the reason I feel bad for the emission. If only things had gone better...)

As the day went on, I thought less and less about it.

I'm not doing too bad now. Wouldn't mind some chizzuk, though.

--Eye.

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Re: Eye.nonymous official count

Posted by Kedusha - 31 Jan 2010 15:09

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[Eye.nonymous wrote on 31 Jan 2010 14:12:](#)

Still clean, but, unlike that previous success, last night I had a nocturnal emission (I discovered it when I woke up, but have no memory of it). So, I know it's not even considered a slip, but it still feels awful. It feels like the Yeitzer Hara got me anyways.

Dear Eye,

No, the y"h didn't get you, but he's trying to get you now by making you feel guilty about something that was not in your control.

Wishing you continued Hatzlacha!

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Re: Eye.nonymous official count  
Posted by Sturggle - 31 Jan 2010 15:30

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Eye,

I second what Kedusha said. The YH is trying to get you now. He can't get you straight on, but he knows how to find his way in.

And I might think about things this way:

I had a nocturnal emission and I feel badly, because I know I don't want to waste.

I want to be close to HKB"H and not do things against His will, even if it might be accidental.

WOW, I really care about my relationship with Him, that's special.

I've been having misunderstandings with my wife. This bothers me.

I want to be close with her. I desire that relationship.

WOW, that's special too.

Chazak chazak venitchazek!

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Re: Eye.nonymous official count

Posted by silentbattle - 31 Jan 2010 15:35

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I'd say even more than that - like kedusha said, it's clear that the yetzer hora is trying to get you to feel bad. More than that, though - he's trying to make you feel negative about your relationship with your wife!

Which, of course, tells you that you've been succeeding in both areas, or he wouldn't be trying so hard...

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Re: Eye.nonymous official count

Posted by sci1977 - 31 Jan 2010 16:05

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Just keep going. You have been an inspiration to us all. As for romantic situation with your wife, we always seem to get postponed also due to kids. I have tried to keep my mind off the situation and remember to always understand there are G-dly reasons why we don't that evening. KUTGW!!!

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Re: Eye.nonymous official count

Posted by Dov - 31 Jan 2010 19:25

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I love this.

"nocturnal emission"

It sounds so important! So...aeronautical! Ha!

"Wet dream" is so burgoise, so 'ghetto', in comparison.

Whenever nervous about said aeronautical event possibly occurring that night, I make sure to smile, take a deep breath, and say to my Best Friend something like, "Elo-h-ai, You helped me before through so many nights that I didn't deserve to get through. Please do it again tonight and help me wake up with at least a *little* bit of joy and honestly serve You at least a *little* bit - no matter *what* happens tonight. I love You so much! Thank You, Hashem".

Then I go to sleep.

It's nice, actually. Try it!

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Re: Eye.nonymous official count  
Posted by imtrying25 - 31 Jan 2010 22:32

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EYE!!!! KEEP ON ROCKIN!!!! AND KEEP ON ROLLIN!!!! YOUR AN "EYE"NSPIRATION TO ALL OF US!!!

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Re: Eye.nonymous official count  
Posted by Momo - 01 Feb 2010 07:48

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Eye, keep on rocking and rolling. Don't let the Y"H get you down. Emissions aren't your fault, unless you stared at things, and rubbed yourself the entire day, building yourself up inside (guys, you know what I mean).

G-d forbid if you fall, it could take you weeks go get back up. I'm living proof. Let that fear keep you going, if that motivates you.

Isn't this day 4 of your second 90-day count? ;D

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Eye, you didn't even slip, but while I'm online, some advice for the masses: Don't let the Y"H trick you into thinking that slips are falls! That will just lead you to doing a real fall. That's what happened to me.

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I wuz here.

--Momo

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 01 Feb 2010 13:16

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Sorry about a slight oversight...

I would like to say thanks to my 90-day sponsors:

Silentbattle

Kedusha

TrYiNg

Habib

& Cleareyes

Now GYE can hire some new staff members, and we're ready to conquer the world.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 01 Feb 2010 13:18

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Thanks for all the chizzuk.

I started thinking about STEP 1 again, and this helped.

I had a big talk with my wife, which was also very helpful.

Doing better today.

--Eye.

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Re: Eye.nonymous official count

Posted by Sturggle - 01 Feb 2010 13:49

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Great to hear Eye.



Happy for you.

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Re: Eye.nonymous official count

Posted by sci1977 - 01 Feb 2010 14:26

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Very happy to hear you are having a better day today!!! KUTGW!!!

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