

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 sci1977 - 08 Feb 2010 14:59

you keep counting and you keep inspiring. I am so glad you keep telling the days your on and sharing.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 08 Feb 2010 22:09

I just had an internet slip. I was looking up something totally safe on a site which out to be perfectly safe, and I came across some really weird indecent drawings. It was so weird I had trouble overcoming the curiosity. BUT, I did leave the page fairly quickly--without scrolling for more drawings. The thought entered my mind, "Hey, imagine what you'll find if you do a full web search," which I quickly rejected.

I wanted to post, because knowing I am accountable for these things helped me to overcome it.

--Eye.

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Re: Eye.nonymous official count
Posted by imtrying25 - 08 Feb 2010 22:17

Your KING!!

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Re: Eye.nonymous official count
Posted by Dov - 08 Feb 2010 22:21

[Eye.nonymous wrote on 08 Feb 2010 22:09:](#)

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--Eye.

Just a tip: Give the entire credit to Hashem for inspiring you with the clarity of mind/yir'as Shomayim/power/freedom to leave it. May we all leave anything bad for us in the dust, and then leave our useless thinking about it in the dust after that, as well!

It's good enough just to be sober and alive!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 09 Feb 2010 12:43

102.

I had a strange realization recently. I know there are some things beneath the surface that need work. I don't think I'll make much progress from here without working on them.

One thing is that I only really think about what's in front of me. It's weird, sort of like my family stops existing when I leave the house, and they don't pop back into existence until I'm back home. True, sometimes I think of something my wife needs around the house and I'll pick it up on my way home. But, overall, I'm generally not thinking about the people who are so important to me.

I think this is something to work on. And, by the way, I think it would be a lot easier to control my eyes on the street if I remembered I've got a wife and children!

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Re: Eye.nonymous official count
Posted by imtrying25 - 09 Feb 2010 12:45

very true very true. Try and make a habit of doing, lets say, 5 things a day for someone else. it will get you in the mode of thinking of others at all times. Its an idea that one of my rabbeim gave to me once.

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Re: Eye.nonymous official count
Posted by sci1977 - 09 Feb 2010 15:35

I find the more I think about my wife and kids the more I want to stay clean. That is very cool you realized that. KUTGW!! 102 WOW!!

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Re: Eye.nonymous official count
Posted by Dov - 09 Feb 2010 17:36

Just consider keeping giving the entire credit to Hashem for any success in doing that, good cheshbon-hanefesh notwithstanding. Being good isn't enough for me. Hashem helps me, and it's none of my business whether I am moral, immoral, good, or bad. Just whether I am sober. He takes care of the rest.

Tehillim, shir shel yom for Wednesday: "Im omarti: motoh ragli! (then) Chasdecha Hashem yis'adeini"

Be'H, I teitch: If I *admit* that I can't be *frum enough* to deserve to be close to You today, nor *good enough* to deserve to be sober today, then and *only* then, do You step forward and assist me with your Chessed.

Make sense?

Chow!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 10 Feb 2010 12:25

103

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Re: Eye.nonymous official count
Posted by the.guard - 10 Feb 2010 13:48

[dov wrote on 09 Feb 2010 17:36:](#)

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Make sense?

Chow!

WOW...

A translation of the Dovish:

Im Amarti - If I say/admit: Mata Ragli - I can't. I don't deserve. I'm not good enough.... THEN, Chasdecha hashem Yisadeini!

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Re: Eye.nonymous official count
Posted by the.guard - 10 Feb 2010 13:50

[Eye.nonymous wrote on 08 Feb 2010 22:09:](#)

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--Eye.

This is so so precious... It is small things like this that distinguish the succeeders from the failures. This may sound small, but it takes some **real messiras nefesh**.

Eye, you are shaking the upper worlds!

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Re: Eye.nonymous official count
Posted by sci1977 - 10 Feb 2010 14:26

Keep on trucking!!!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 10 Feb 2010 21:12

[guardureyes wrote on 10 Feb 2010 13:50:](#)

This is so so precious... It is small things like this that distinguish the succeeders from the failures. This may sound small, but it takes some **real messiras nefesh**.

Eye, you are shaking the upper worlds!

Thanks, Guard.

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Re: Eye.nonymous official count

Posted by imtrying25 - 10 Feb 2010 21:25

Keep it up my friend!! Imtrying to learn the things you have to help me on my journey. :-\

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