

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 the.guard - 11 Feb 2010 13:39

[Eye.nonymous wrote on 11 Feb 2010 13:33:](#)

I think today is 104.

I can't believe what I just did.

My last slip on the internet was on a site that I previously thought was harmless, and I use it all the time for actual work purposes (not even pseudo-work).

I didn't think to do anything about it at first, because this was such a weird slip. But, I can feel the yeitzer tugging at me to slip again. I realize it's negligent not to take action.

So my wife and I just modified the K9 settings--now it's ENTIRELY BLOCKED. If I ever need this site I'm going to have to bug my wife to sit here with me while I use it.

This is another example of why eye is succeeding where others keep falling. **This is the attitude of success in this battle.** Whenever we find a loop-hole or feel the Yetzer hara bringing us a new idea, we **pre-empt him** and put up new safe-guards!!

Kol Hakavod!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 11 Feb 2010 13:48

Thanks Guard.

Hey, the yeitzer hara has a din of a rodeif!

Never thought of it that way before.

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Re: Eye.nonymous official count
Posted by sci1977 - 11 Feb 2010 14:18

wow eye. impressive. I like how you involve your wife in the process. Also, I am glad you still post on this thread cause it shows people the work is still not done after the 90 days. We still have a long way to go. Keep on trucking!!!

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Re: Eye.nonymous official count
Posted by OneLife - 11 Feb 2010 15:35

CHAZAK UBARUCH EYE!!!

great reaction to your slip.

believe or not, but in my work i blocked every search engine and also google.

search engines are the biggest source of troubles.

almost all falls started with google or equal.

i found them all (i hope) and blocked them all.

just work on my favorites list.

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Re: Eye.nonymous official count

Posted by imtrying25 - 11 Feb 2010 17:45

Yes reb Eye!! Im trying to follow in your ways. the filter gabbai almost knows my ss number already, i bother him so many times!! :D :D :D :D But its all worth it!!

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Re: Eye.nonymous official count

Posted by Dov - 11 Feb 2010 22:03

Amen!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 12 Feb 2010 08:53

[OneLife wrote on 11 Feb 2010 15:35:](#)

believe or not, but in my work i blocked every search engine and also google.

THAT'S really amazing!!!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 12 Feb 2010 08:55

[sci1977 wrote on 11 Feb 2010 14:18:](#)

Also, I am glad you still post on this thread cause it shows people the work is still not done after the 90 days. We still have a long way to go. Keep on trucking!!!

Yeah, I almost lost it after I hit 90. Had this feeling like--okay, show's over.

I keep on counting, it helps me to remember I have to keep on working at this.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 12 Feb 2010 08:56

105.

Have a good Shabbos everyone.

--Eye.

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Re: Eye.nonymous official count
Posted by imtrying25 - 12 Feb 2010 12:35

Good shabbos Holy brother!!!

And keep it rollin!!!

Luv ya friend!

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Re: Eye.nonymous official count
Posted by sci1977 - 12 Feb 2010 14:17

Good shabbos!! 105 is pretty awesome!!

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Re: Eye.nonymous official count
Posted by the.guard - 13 Feb 2010 17:59

105 = Kuf Hei = Kah. (The sound I make when i cough.)

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 13 Feb 2010 18:10

[guardureyes wrote on 13 Feb 2010 17:59:](#)

105 = Kuf Hei = Kah. (The sound I make when i cough.)

That's very deep. But I hope not.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 13 Feb 2010 18:12

106.

I started reading Garden of Peace a few days ago. Really amazing.

BTW, after I made the last change to my filter with my wife, she said, "We really ought to get a

kosher internet service that only lets you see the couple of sites that you really need."

I said, "I think that's what we have now."

Shavua Tov,

--Eye.

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