

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 - 14 Feb 2010 13:15

[Eye.nonymous wrote on 13 Feb 2010 18:12:](#)

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."

I think she meant a white-list filter like I use... Check out www.enativ.com

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 14 Feb 2010 20:12

[guardureyes wrote on 14 Feb 2010 13:15:](#)

[Eye.nonymous wrote on 13 Feb 2010 18:12:](#)

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."

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I know, but our K9 does the same thing now the way it's set up!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 14 Feb 2010 20:18

107.

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Re: Eye.nonymous official count
Posted by sci1977 - 14 Feb 2010 20:23

KUTGW!! 107 is GREAT!! I really enjoy that you continue to count on here and share what is going on with you.

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Re: Eye.nonymous official count
Posted by imtrying25 - 15 Feb 2010 12:43

Keep on rollin my eye!!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 15 Feb 2010 13:57

108.

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

Keep on trucking!!!

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Re: Eye.nonymous official count
Posted by sci1977 - 16 Feb 2010 12:34

KUTGW!!

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Re: Eye.nonymous official count
Posted by imtrying25 - 16 Feb 2010 12:42

yeah kutgw eyeballer!!!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 17 Feb 2010 13:20

110.

I don't have as much time now, as I just finished up with some work. Funny as a free-lancer, when I don't have any work, then work takes a lot more time.

--Eye. was here.

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Re: Eye.nonymous official count

Posted by imtrying25 - 17 Feb 2010 13:31

Eye was here, is here, and will always be here, as our hero!!!!!!!

Thanks and keep it rollin!!

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Re: Eye.nonymous official count

Posted by sci1977 - 17 Feb 2010 14:36

[imtrying25 wrote on 17 Feb 2010 13:31:](#)

Eye was here, is here, and will always be here, as our hero!!!!!!!

Thanks and keep it rollin!!

well said. KUTGW!!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 18 Feb 2010 12:29

111. Another funny number. I won't have a comparably funny number until 222, which is in another 111 days.

Oy. I wrestled quite a bit with a trigger recently. At the end I realized "this is stupid," and stopped. It's over with.

In the past it would have been a battle with lust. Hold out a little longer. Control myself a little longer. But the lust kept lurking in the background until it won.

An expected intimate evening has been postponed already more than once. I was starting to feel down about it. But then I reminded myself that I survived about 3 weeks of abstinence during those 90 days due to certain considerations. So, big deal if this gets pushed off a little while longer. It's not at all because of any animosity (which is what my Yeitzer would have made me brood about in the past), marriage is good, this isn't the end of the world.

Also, "Garden of Peace" has been quite helpful. I just recently finished the chapter which is basically all about not lusting (Facing each other).

--Eye. was here

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Re: Eye.nonymous official count
Posted by Momo - 18 Feb 2010 12:31

Good job mate!

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--MOMO wuz here.