

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 - 22 Feb 2010 21:03

[Eye.nonymous wrote on 22 Feb 2010 16:40:](#)

By the way, I have a particular need, professionally, to be up on the latest news. I need REAL news, silly details, and not just the latest speculations about the global political situation. I don't want to have to keep visiting the CNN site, though. It's got too much stuff that I really would rather not know.

Does anyone know of a plainer and safer option--like a daily text E-mail.

I'd greatly appreciate it.

From the Kosher Isle: www.guardureyes.com/GUE/Time/KosherSites.asp

Kosher News - Instead of reading ABC, CNN, Fox and Reuters about the latest movies, celebrity scandals and gruesome murder cases, go here instead!

www.israelnationalnews.com - (Arutz Sheva)

www.Chareidio.com - News content geared to the needs of the Jewish community worldwide

www.theyeshivaworld.com

www.matzav.com

www.vosizneias.com

www.jewishpress.com

chareidi.shemayisrael.com

www.debka.com - Right Wing website with news from behind the scenes (sign up for their weekly new e-mail)

www.JTA.org - Jewish Telegraphic Agency serves the wider Jewish Community with News and Information

www.Hamercaz.com - News for the greater observant Jewish community

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Re: Eye.nonymous official count
Posted by imtrying25 - 22 Feb 2010 21:30

[dov wrote on 22 Feb 2010 01:05:](#)

Intrying has some anivus so he says little. Maybe it said all that needs to be said.

Rebbi, any special reason why you need to make bizyonos out of me, here on the forum??

Reb Eye, reading your approach ti every ove you do, enlightens me so much. I cant talk for the others but i really gain alot from them. thank you.

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Re: Eye.nonymous official count
Posted by Dov - 22 Feb 2010 22:45

[imtrying25 wrote on 22 Feb 2010 21:30:](#)

[dov wrote on 22 Feb 2010 01:05:](#)

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What bizyoinos? You **do** have some anivus! Since when is anivus only for perfect people?
What's to hide? It's gift from Hashem *none* of us deserve.

Of course, Guard has more anivus than all of us, tee hee!

Am I in trouble now?

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Re: Eye.nonymous official count
Posted by Sturggle - 23 Feb 2010 08:11

Eye,

KUTGW!

When are we getting together next?

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 23 Feb 2010 12:08

[sturggle wrote on 23 Feb 2010 08:11:](#)

Eye,

KUTGW!

When are we getting together next?

I was starting to wonder that myself. It's been a while. IT25 is the official Kumzitz Gabbai.
(He's IT).

So what do you say, IT?

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 23 Feb 2010 12:14

116.

Thanks Guard for all those news resources. Strangely, I actually need news that non-religious people would find interesting. Do you think these sites would do the job?

WARNING: UNRELATED TOPIC:

A friend of mine has been a bit open that he's working on "shmirat einayim." It seems to really be on his mind (somehow I don't think he's involved with p** at all. I'm pretty sure he doesn't have internet access).

I've just printed up a copy of the GYE handbooks for him. I hope to hand them off to him within the next day or two. I think he'll appreciate it.

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Re: Eye.nonymous official count
Posted by sci1977 - 23 Feb 2010 15:07

keep on trucking my friend. what type of news are you looking for?

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Re: Eye.nonymous official count
Posted by Sturggle - 23 Feb 2010 19:55

Eye, that's great that you're spreading what you've learned!

And, in terms of getting together, I think we'd need to find a place.

I'll post something on the kumsitz thread.

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Re: Eye.nonymous official count
Posted by imtrying25 - 24 Feb 2010 12:24

About the kumzitz; im starting to "eye" "it"!!! :D :D :D :D :D :D :D

really would of wanted to work something out for this week but i dont thnk it will happen. maybe some time next week though.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 24 Feb 2010 12:54

117.

I handed off the 2 GUE handbooks. The guy was thrilled.

AND, another friend happened to see what was going on. I had a long talk with him. The truth came out--he needs help in this area (he is aquainted with this site already). He could really relate to what I was saying. I hope I can help him.

--Eye.

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GYE - Guard Your Eyes

Generated: 4 July, 2025, 15:21

Re: Eye.nonymous official count
Posted by Momo - 24 Feb 2010 13:48

Kol hakavod Eye for spreading the GYE goodness!

You are marbitz GYE torah!

You inspire so many of us.

GO EYE GO!

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Re: Eye.nonymous official count
Posted by sci1977 - 24 Feb 2010 14:36

Go Eye Go!! If GYE needs a salesman to pitch the idea somewhere I say Guard turns to you.
Not only for doing it, but fdor having the heart to doing it as well.

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Re: Eye.nonymous official count
Posted by the.guard - 24 Feb 2010 22:45

[Eye.nonymous wrote on 23 Feb 2010 12:14:](#)

Thanks Guard for all those news resources. Strangely, I actually need news that non-religious people would find interesting. Do you think these sites would do the job?

I think that www.Chareidio.com and www.debka.com contain world news too.

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Re: Eye.nonymous official count
Posted by imtrying25 - 24 Feb 2010 23:23

[Eye.nonymous wrote on 24 Feb 2010 12:54:](#)

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--Eye.

WOW!!! Mitzvah goreres mitzvah!!! Schar mitzvah mitzvah!!! Megalgelin zchus al yedai zakkai!!!!

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