

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 Eye.nonymous - 25 Feb 2010 15:06

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118.

## THE FILTER EVOLUTION

When I first heard about getting a filter, I was very resistant. It was about a month or two until my wife and I sat down together, looked through the information, and installed K9.

One catalyst was my involvement in this forum. Posting messages like, "Woops, just slipped on the computer again. BTW, I don't have a filter." The fault--the stupidity even--became obvious.

I just thought I was too "curious" and too "multi-faceted" to do without free internet surfing.

I eventually gave in.

At first it hurt--OH, I CAN'T SEE THIS SITE! I felt so limited. After a while, I started to appreciate it was for my own benefit. After a while I REALLY didn't want to see things accidentally that I shouldn't see.

I got used to it.

Then, I started to notice that I'm just wasting lots of time on the computer. It's an ESCAPE and an ADDICTION, at least equal (if not worse) to this lust addiction.

It was part of the same recovery process.

I don't have a white-list filter. (But, I've got K9 set up that it practically does the same thing now). At first I never would have been able to accept such a thing. But now, I see that I REALLY only need a handful of sites. If I stray from those I know--I'M WASTING TIME AGAIN!!! What about my wife? What about my children? Maybe I could actually be on time for afternoon seder.

I used to use the computer much longer than I expected and, afterwards, I'd leave begrudgingly, "Oh no... I still need to do this, and this, and this..."

Now, I go on to the computer in the first place thinking "I REALLY don't want to use this thing much. Let's just take care of business and get off as fast as I can." I have people waiting for me who are more important.

If I didn't have work, I used to turn it on and pretend to be working.

Now, If I don't have real work to do, I can go a day or two without turing it on.

--Eye.

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Re: Eye.nonymous official count

Posted by sci1977 - 25 Feb 2010 15:22

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A lesson for everyone! KUTGW!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 26 Feb 2010 07:57

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119. (Tomorrow is 120)

I just wanted to say I joined DC's group. There's quite a crowd participating.

I feel like I've come a long way, but I think I'm missing something still.

I think DC has got it.

GYE is great!

Have a Good Shabbos, and a Freileche Purim!

--Eye.

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Re: Eye.nonymous official count

Posted by the.guard - 26 Feb 2010 11:05

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That's great news eye.

May you go from 120 and on forever!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 01 Mar 2010 09:38

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122.

I hope every had/is having a great Purim!

We're always comparing ourselves to alcoholics. Well, on Purim I had another insight about just how powerful an addiction is:

Here I am, I drank someone more than I could physically handle. My head is spinning. I'm vomiting. Feeling really gross.

And an alcoholic has this feeling, like every day.

AND HE GOES AHEAD AND DRINKS AGAIN, AND AGAIN, AND AGAIN, AND AGAIN...

--Eye.

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Re: Eye.nonymous official count

Posted by struggla21 - 01 Mar 2010 19:55

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Thanks for all your chizuk!! Keep up the great work

Re: Eye.nonymous official count

Posted by sci1977 - 02 Mar 2010 00:22

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Keep up the good work. You counting is inspirational for me.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 02 Mar 2010 12:30

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I think today is

123.

ABC

Do Re Mi.

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Re: Eye.nonymous official count

Posted by Dov - 03 Mar 2010 00:43

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mazel tov ee!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 03 Mar 2010 13:17

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124.

I've been working hard on this trying to stay positive. Trying not to complain about things. Trying to keep a smile on my face when I come home.

On top of this, I've been feeling under the weather more than not. I just went to the doctor. Turns out I've got some sort of sickness which is sort of like mono. Feeling run-down and a strange fever and chills that come by night and leave by morning. Could take a couple of weeks to a couple of months to get better.

I've been very realistic with myself all this while, feeling more limited than usual but not exactly sure why. I've been able to lower my standards for myself and go easy on myself. I've been able to be fairly cheerful so far. I'm okay, even if I can't do as much right now.

I haven't been eating myself up about a couple of days that I'm "off schedule." I don't even know if I'll ever bother "making up" for them.

I haven't been eating myself up about sleeping until 8 some mornings (though I used to scream if I got up much later than six--I've messed up the whole day already!).

I asked the doctor if I have to just stay in bed for a couple of months until I'm all better.

He said "no" but I shouldn't knock myself out, either. Just do as much as I can handle.

Which is what I was doing anyways. I was on the right track--a healthy track--thanks to all the insights I have gained throughout this struggle.

In the past, I wouldn't have been able to accept my limitations. I would have knocked myself out. I would have either driven myself to get more sick, or I would have driven myself to total

frustration.

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Re: Eye.nonymous official count  
Posted by the.guard - 03 Mar 2010 13:22

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In my opinion, a sick body with a healthy attitude, is healthier than a healthy body with a sick attitude!

Refuah Shleimah!

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Re: Eye.nonymous official count  
Posted by Dov - 03 Mar 2010 16:56

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Whatever *he* said....

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Re: Eye.nonymous official count  
Posted by sci1977 - 04 Mar 2010 03:15

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KUTGW!!!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 04 Mar 2010 12:49

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125. (180 is starting to seem a little close from here).



Here's one thing that came to mind recently, inspired by DC's call (but it's my own musings):

When you're outside, why is it so hard to guard your eyes?

I think I go on "TAKER" mode as soon as I step outside. I'm gonna take--I'm gonna look at whoever there is to look at.

I'm trying to be more aware of this. Being a "GIVER," should supposedly be the remedy. But, I'm not sure yet exactly how to carry this out practically.

One thing is at least try not to be a TAKER.

But, what can I GIVE?

One thought that I've started to work on--by not looking you can GIVE these ladies respect, dignity, and privacy.

Sure they're outside, but that's not a free ticket for everyone to stare at them.

Sort of like if you see a guy on a wheel-chair. We understand there it's a breach of his dignity to treat him like a spectacle.

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