

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 - 14 Mar 2010 17:21

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Things seem to be going from bad to worse.

Our baby has been crying unexplainably since Friday afternoon. The doctor just ordered my wife to go into the hospital. We hope it's nothing and she'll be home later this evening or tomorrow. But it might end up being an extended stay.

I'm home taking care of the rest of the kids.

I feel like I was run over by a steam-roller.

In the past, whenever we had a similar medical situation (like, my wife went to the hospital to have a baby), on one hand it was easier to accept--we asked for it! But still, I always had (unrealistic) hopes to maintain some sort of learning seder, and to more or less daven normally.

I did spend a while in shock at the news that my wife may be in the hospital for an extended stay.

But, after I came too, I had a different approach.

I dropped all expectations. Maybe I won't learn at all 'till we're through this. Maybe I won't see a minyan for a while.

All these expectations really drove me mad. I'm trying to take this as calmly, and as realistically, as I possibly can.

This wouldn't be possible without the realizations I have been having lately, thanks to GYE and thanks to DC's phone group.

--Eye.

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Re: Eye.nonymous official count  
Posted by Sturggle - 14 Mar 2010 21:31

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Eye,

B"H, you're in a better place to handle the current situation.

Remember that we're all here for you and thinking of you.

May all be well.

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Re: Eye.nonymous official count  
Posted by sci1977 - 15 Mar 2010 02:56

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Thoughts and prayers for you and family my friend. KOT!!

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Re: Eye.nonymous official count  
Posted by Momo - 15 Mar 2010 07:21

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Refua shliema.

How's the baby?

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Re: Eye.nonymous official count  
Posted by the.guard - 15 Mar 2010 11:29

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Your attitude of Emunah is surely shaking the heavens!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 15 Mar 2010 16:17

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136.

My wife is still in the hospital and will probably still be there for at least another couple of days. They're doing tests on the baby, and haven't found out what's wrong yet.

I was thinking how self-centered we can be as addicts. My first thought really ought to be I HOPE MY BABY IS OKAY! WE'LL DO WHATEVER IT TAKES TO TAKE CARE OF HIM.

Instead, I'm worried WHAT ABOUT MY PLANS! Do we REALLY have to take him to the hospital?

A sobering thought. I hope to change this.

This morning I woke up and my only concern was "get the kids fed, dressed, and off to school." It went fairly smoothly. They had a tahte to take care of them unlike in the past when I tried to dump breakfast in front of them and hope they were quite long enough while they ate that I could get through most of shacharis. G-d forbid if my daily schedule, plans, and aspirations got messed up!

I was thinking, "here's a tahte they might want to be like!"

After everyone was sent off I went to a late-late minyan, about two hours later than I usually try to get to. I was an hour and a half late getting to morning seder.

BUT, FOR THE FIRST TIME I GOT THE FEELING, "MAYBE TODAY I'M DOING WHAT G-D WANTS."

It was overall a very positive (and RID-free) experience.

Eye.

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Re: Eye.nonymous official count  
Posted by Dov - 15 Mar 2010 17:01

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Wow! BH for recovery..... I can relate. I remember well how when lust was basically in charge of my life, my kids were basically just another pain in the behind! I would not have admitted that at the time, of course, but some stuff drove me crazy and I wondered why...only to discover my dirty secret in recovery years later.

In recovery I started to see them as *Hashem's* kids, rather than mine. It made it easier to accept

the burden...

And within a short time, I found that I had naturally accepted them as my own!

When we give our stuff away to Him, it seems that He tends to *give it all back to us*, and rather quickly! Then it's finally really ours - and we act like it!

Get me, chaver?

BTW, this makes the gemora's explanation of b'rachos make perfect sense to me (kah kodem - "laHashem"...kahn l'achar - "livnei odom").

Please keep posting.

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Re: Eye.nonymous official count  
Posted by Sturggle - 15 Mar 2010 18:16

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Eye, another beautiful post.

Thanks for helping us all gain some perspective.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 15 Mar 2010 18:26

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(I have even stopped with DC's call-in group until life here returns to normal). :o

I can't believe it myself.

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Re: Eye.nonymous official count  
Posted by sci1977 - 15 Mar 2010 21:19

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KUTGW!!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 16 Mar 2010 11:49

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137.

I'M GOING NUTS!!!

I wish all these nisyonos would stop already.

I haven't had a decent income to speak of in at least a year. I'm really getting worried.

My wife, under normal circumstances, spends half her time bringing our children to different doctors appointments.

Now she's in the hospital for hopefully no more than another day or two, but worst-case-scenerio could be six weeks.

Pesach is coming up and I have no idea how we're going to be prepared for it, or if we'll all be together for it.

I might as well add: I did teshuva and pretty much lost the rest of my family--they all stayed behind. Can barely relate to them anymore. It's been like that since at least 15 years ago.

My learning hopes and aspirations have totally fallen apart.

I don't want to hide these feelings. I don't want to pretend like I made it to 90 days and, presto, suddenly became a superhuman or angel or something.

I don't feel like acting out, but I feel totally crushed. Paralyzed.

Right now my children just came home. They are playing downstairs, and I am ignoring them upstairs to write this. I've been running around like crazy all morning taking care of different things. Pretty soon I'll log out, go downstairs and make lunch, and spend the rest of the day taking care of them.

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Re: Eye.nonymous official count  
Posted by Momo - 16 Mar 2010 13:41

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OMG. I'm so sorry you're going through such a rough time.

Do your parents or in-laws live in Israel? Can you send your kids to them for a couple of days to let you rest/clean for Pesach?

I wish I could wave my magic wand and make it all better for you. Unfortunately, I don't have that wand.

May your baby get well very soon. And let us all say, Amen!

May your wife get home very soon. And let us all say, Amen!

May you find a good parnasa very soon. And let us all say, Amen!

May you get back into learning very soon. And let us all say, Amen!



May you continue to keep strong, and not feel like acting out. And let us all say, Amen!

Praying for you,

MOMO

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Re: Eye.nonymous official count  
Posted by briut - 16 Mar 2010 14:23

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AwMAYN to each of Momo's tefilos.

I'm sure you KNOW there's a quieter time on the other side of this brick wall.

I'm also guessing it might be comforting to hear it again and again.

So,

I'm sure you KNOW there's a quieter time on the other side of this brick wall.

I'm sure you KNOW there's a quieter time on the other side of this brick wall.

I'm sure you KNOW there's a quieter time on the other side of this brick wall.

- Briut

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Re: Eye.nonymous official count  
Posted by Dov - 17 Mar 2010 04:37

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Emergency **blue-out**:

[Eye.nonymous wrote on 16 Mar 2010 11:49:](#)

137.

I'M GOING NUTS!!!

I wish all these nisyonos would stop already.

Apparently, they always do, but will be replaced by other ones that may be easier in many respects...we just **have** to grow, I guess.

I haven't had a decent income to speak of in at least a year. I'm really getting worried.

My wife, under normal circumstances, spends half her time bringing our children to different doctors appointments.

Now she's in the hospital for hopefully no more than another day or two, but worst-case-scenerio could be six weeks.

Pesach is coming up and I have no idea how we're going to be prepared for it, or if we'll all be together for it.

Us too. We've got some medical issues that may break the family apart for Pesach and it's not a pleasant prospect. We just need to all do the best we can under the circumstances - and see the good in that. If I don't, I'll end up acting out c"v, and that may actually kill me. The things that I wish - no matter how objectively "good" they are - just can't be allowed to take front row any more emotionally...that's recovery in action. A miracle. Otherwise, the *next* step for me will be trying to "fix it all up" using my magic (lust) toolbox...it has only one tool in it, and it's a, ummm,

I might as well add: I did teshuva and pretty much lost the rest of my family--they all stayed

behind. Can barely relate to them anymore. It's been like that since at least 15 years ago.

Youch. That hurts. I assume by "family" you mean your parent(s) and siblings. In recovery, I have discovered that I can maintain my mental and spiritual distance from these people while relating to them more and more. Your serenity will fill you and protect you. Just don't give it up for *their* sake - or for anybody's! Looking down on others in any way, does just that to me, and soon I start to slip.

My learning hopes and aspirations have totally fallen apart.

I don't want to hide these feelings. I don't want to pretend like I made it to 90 days and, presto, suddenly became a superhuman or angel or something.

You have come a very long way and Hashem is helping you in spades. Please consider using this pain. By working my 4th-9th steps from within the pains of life I have found freedom and growth, and lots of nechoma in hard times. Countless others have, as well. KUTGW, Reb Eyeball. You are worth it and so are your wife and kiddies.

I don't feel like acting out, but I feel totally crushed. Paralyzed.

Right now my children just came home. They are playing downstairs, and I am ignoring them upstairs to write this. I've been running around like crazy all morning taking care of different things. Pretty soon I'll log out, go downstairs and make lunch, and spend the rest of the day taking care of them.

You may not be perfect at anything, may not be the talmid chochom you wish, may not have the money for the comfort and normalcy you want for your family yet, and may not be as happy a person right now as you wish you'd be, but *at the very least*, Eyeball, you are trying to be **a responsible person and a decent father and faithful husband**. I believe that your kids will forgive you for all the insufficiencies you have. Every child needs a decent, loving father and every wife needs a decent, loving husband - like you are. Not a great, wise, nor wealthy one.

Gevalt! We all hope that things get easier *quickly* for you and yours!

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