

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 trying123 - 22 Mar 2010 11:38

Reb Eye,

Was reading through these last few posts and my eyes became teary....

So much hardship, yet so much feeling and Sheifa...

You have a beautiful Neshama...

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Peace and Love holy bro...

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 22 Mar 2010 17:18

Thanks for all your replies.

Yesterday I took my kids out for a walk in the afternoon. Ended up getting back later than expected. I called my wife to see how she was doing and if she had tried to call. "I'm half way home! I'll be there in 20 minutes" She came home earlier than expected. MUCH earlier. (We thought it would be at least another 2 weeks).

Baruch Hashem.

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Re: Eye.nonymous official count
Posted by Steve - 22 Mar 2010 18:34

MIN HAMEITZAR, KARASI KAH, ANEINI B'MERCHAV KAH!!

HODOO LAHASHEM KI TOV, KI L'OLAM CHASDO!!

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Re: Eye.nonymous official count
Posted by Dov - 22 Mar 2010 19:38

Now that she's home, change gears, take it more calmly than *ever* now, and keep on trucking, as they say...

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Re: Eye.nonymous official count
Posted by the.guard - 22 Mar 2010 20:06

Yesterday I took my kids out for a walk in the afternoon. Ended up getting back later than expected. I called my wife to see how she was doing and if she had tried to call. "I'm half way home! I'll be there in 20 minutes" She came home earlier than expected. MUCH earlier. (We thought it would be at least another 2 weeks).

Well, you learned the lessons Hashem wanted you to learn MUCH FASTER than expected ;D

Make sure to **keep** them now, tzadik!

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Re: Eye.nonymous official count

Posted by Momo - 23 Mar 2010 05:55

[Eye.nonymous wrote on 22 Mar 2010 17:18:](#)

Yesterday I took my kids out for a walk in the afternoon. Ended up getting back later than expected. I called my wife to see how she was doing and if she had tried to call. "I'm half way home! I'll be there in 20 minutes" She came home earlier than expected. MUCH earlier. (We thought it would be at least another 2 weeks).

Baruch Hashem.

Barucy HaShem!

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Re: Eye.nonymous official count

Posted by habaletaher - 23 Mar 2010 06:44

I'm so glad to hear she was able to make it home!

Now you get to know what cheirus feels like!!!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 24 Mar 2010 15:22

WHAT NOW!

I was wondering. While my wife was away, I was doing everything.

Now, she's back. If I don't keep on doing everything, am I being lazy and selfish? Or am I being crazy?

I was very confused.

So, I just asked my wife. "What am I supposed to do now?"

She said that she doesn't really WANT me doing the dishes and the laundry and the cooking. She can do it just fine. If I help out sometimes, it's appreciated. But, it's not where I should be putting my energy.

Then, she spelled out the type of help around the house that she would consider helpful. Things that perhaps I have more of a knack for than she does.

And not to disappear when she needs me most--bed time, etc.

So, that question seems answered.

--Eye.

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Re: Eye.nonymous official count
Posted by sci1977 - 24 Mar 2010 20:56

That is truly great!! KOT!!

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Re: Eye.nonymous official count
Posted by Dov - 25 Mar 2010 03:08

"...and not to disappear around bedtime" -

Ouch! Now ***that's*** been heard around *my* household plenty! I commiserate with you, pal, cuz growing up is really tough for me, too!

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Re: Eye.nonymous official count
Posted by the.guard - 25 Mar 2010 08:32

It's great that you have such good communication with your wife... and even greater that your heart has such good communication with your brain! :D

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 25 Mar 2010 17:21

[guardureyes wrote on 25 Mar 2010 08:32:](#)

and even greater that your heart has such good communication with your brain! :D

Yeah, I think this is a new development.

146.

Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 27 Mar 2010 20:38

148. Shavua Tov.

While my wife was away in the hospital with our baby, I had another realization about "Don't talk, don't trust, don't feel." I think, besides "not feeling," it could also mean that you're feelings become entangled with other people's feelings. Instead of trusting yourself, you're double-checking or second-guessing what other people think.

I started to notice just how much I defer decisions to my wife. How long CAN our son play at his friend's house. CAN our daughter play outside with her friends now. SHOULD we put the kids to bed now or wait until later. And other things like this. I was alone, so I HAD to go with my own instincts. I AM trying to be responsible, so even if my opinion is different, It's not like I'm doing anything WRONG! It was a liberating thought.

Shavua Tov,

--Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 27 Mar 2010 20:43

I was thinking... it might look like my posts don't really belong on GYE anymore. I don't often write about having that URGE, or slips, or falls.

I'm not writing much about that wrestling match with my eyeballs while walking down the street or while sitting in front of the computer.

BUT, I would say that my posts DO belong here! Why?

We turn to our addictive behavior instead of coping with life.

So, I'm writing about how I'm coping with life (hopefully in a healthy way) which is the key to staying clean.

I'm writing about the realizations I'm having that help life's difficulties seem less difficult--which results in less Restlessness Irritability and Discontent--which results in less lusting.

--Eye.

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