

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 briut - 11 Apr 2010 14:53

[Eye.nonymous wrote on 11 Apr 2010 14:46:](#)

SO. Here it is. A new level of RID uncovered. Forget the acceptance of one's feelings. Here's--ACCEPTING MY SELF! I have to believe that I'm trying. I'm really doing the best I can right now. And that's really good enough.

I was about to log off, when I saw your new post come in. I'm so glad I saw this. You've reminded me of what my focus for the day could be. (Day? Did I say Day? I meant, Week. Or more. Or forever.) ACCEPTING MY SELF as a source of so much incl GYE.

Thanks again.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 12 Apr 2010 18:24

165.

Today I was doing some major home organization with my wife. I got really angry at one point. Though I got angry, at least I realized THIS IS MY EGO. And I realized I WANT TO ESCAPE--and THAT'S NOT THE RIGHT THING TO DO. We got over it, and continued for quite a while longer.

In the past I would have definitely blamed HER for my anger. Now, I realized it was MY EGO acting up.

--Eye.

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Re: Eye.nonymous official count
Posted by Dov - 12 Apr 2010 18:28

Hey, I've got it all worked out. My wife knows so clearly that it isn't her fault when I freak out, that she now blames *herself* for *not* reminding me that it's my ego that's the real problem whenever I get all wacky....so it's *her* fault in the end anyway! Ha! ;D

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Re: Eye.nonymous official count
Posted by trying123 - 13 Apr 2010 08:57

[dov wrote on 12 Apr 2010 18:28:](#)

Hey, I've got it all worked out. My wife knows so clearly that it isn't her fault when I freak out, that she now blames *herself* for *not* reminding me that it's my ego that's the real problem whenever I get all wacky....so it's *her* fault in the end anyway! Ha! ;D

Wow sounds like the type of relationship I'd want to have one day....

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Re: Eye.nonymous official count

Posted by DovInIsrael - 13 Apr 2010 15:05

go eye go!

doing great - leading the pack.

go man go!

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Re: Eye.nonymous official count

Posted by Steve - 13 Apr 2010 20:21

Hey Eyeballer, how u doin? U sound strong, man, KUTGW!!

I'm finally reading Garden of Peace. My wife keeps asking me what advice it's giving me. i tell her that i'm supposed to be so nice to her that she'll volunteer to make steak every night.

I'm trying, but I guess i'm not nice enough. tonite's lasagna.

It IS a great book, tho. I've stopped criticizing my wife, and trying to avoid comments too, and I can see a definite improvement in her happiness level in just 2 weeks.

I wish this had come out 21 years ago...

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 14 Apr 2010 21:57

166.

Feeling really weak today. On the verge of acting out.

I came home from Mincha and my wife said "It's raining in the kids' room."

Water was pouring through the ceiling.

I spent almost all the rest of the day in the attic trying to locate the source of the leak, and then trying to call someone who would take responsibility for it, or at least agree to do something about it (we just had some work done, very complicated). I blew up at one of the contractors. Besides that, we did some renovations, and we're just starting to put them to use. It's very disappointing, we're realizing nothing worked out right. And besides that, somehow, we don't have hot water right now.

So, that's what happened when we were hoping, instead, to put on a few finishing touches and move on.

And, my wife and I had a talk about intimacy expectations about a week or two ago and we came to a new understanding, and agreement. And, already two weeks in a row we haven't managed to keep to it.

I feel like acting out.

I hung some wet laundry to try and take my mind off it.

I still feel like acting out.

I'll probably do some dishes and go to bed and forget about it.

It's getting late here on this side of the globe.

--Eye. :'(

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 14 Apr 2010 22:07

I imagine this will become another chizzuk E-mail.

Sorry to admit, I often just skim quickly through those messages, especially the longer ones.

After I just wrote my previous message, I decided to check my E-mail before shutting down.

As I was feeling so much like acting out, in came the message "How to do a real fall."

I read it. I thought it was very funny. It was great to put a humorous perspective on acting out.

It really would feel absurd right now to act out.

Thanks 1lifetolive.

And, Thank Guard!

--Eye.

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Re: Eye.nonymous official count
Posted by bardichev - 14 Apr 2010 22:19

THAT WAS A GREAT EMAIL

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Re: Eye.nonymous official count
Posted by Dov - 15 Apr 2010 02:05

Funny how when things get really screwy and annoying, this stupid voice in me says "just act out and everything will be better.....really...." Another voice then say "Let's see...17 and a half things are jorrible, and acting out will *not* just make it *even worse*?! How's that?" It kind of knocks the wind out of the lust sails sometimes... Just cuz I feel it doesn't mean it's true. Now that's a tough pill to swallow.

Hey, Reb Eye, hope your *delef* turns into *elef* (of shalom bayis)! As long as you stay *with* eachother, it's amazing what you can get through!

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Re: Eye.nonymous official count
Posted by Steve - 15 Apr 2010 06:10

Eye-Yai-Yai !!

I wish I could wave a magic wand and make all your troubles dissappear!

All I could do, including davenning for you, is to remind you that Hashem NEVER gives someone a test that is impossible for him to pass. So despite the overwhelmingness of it, Hashem would not possibly be "laying it on you" like this if you were incapable of handling it.

Sounds like He really believes in you, man.

May you soon find the strength to go from strength to strength.

Oh, BTW, perhaps it comes close to a flood I had in my basement years ago when i tried to be my own plumber. I opened a trap from a toilet that was under the street level. Next thing i knew, I had several inches of water over a basement floor of over 600 square feet, including the sewage from ALL THE OTHER HOUSES on the block.

I like being neighborly, but THAT was ridiculous!!

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Re: Eye.nonymous official count
Posted by Sturggle - 15 Apr 2010 07:04

Eye,

Sounds like you're doing a-ok,
remember it's all about the journey

and the challenges along the way,

and how we are able to deal with them.

Hope you're having a great day!

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Re: Eye.nonymous official count

Posted by DovInIsrael - 15 Apr 2010 09:29

eye - you are great!

love ya!

go man, go!

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 15 Apr 2010 13:23

Thanks. I appreciate the flood of responses and chizzuk.

My wife and I decided that we're advanced. G-d didn't bother just to give us one test, he's now giving us several of them at the same time.

Throughout the whole ordeal (and a related one the day before) I reached a point where I blew up. Afterwards, I realized, "Hey, I should have noticed an hour ago this was coming!"

DC is always urging us to "become aware of our perceptions and motives." So, I asked him how to turn up the awareness so we'll see these things coming more easily. He said the answer is that we have to train ourselves to keep stopping and pausing. Just like you stop before you cross the street to look both ways--you don't want to get killed by a truck! So too, we've got to keep stopping to check our perceptions and motives.

It's the straw that broke the camel's back, but we're trying to prevent all the rest of the straw from getting loaded onto our backs.

This morning durring Hallel I stopped to think, "Hey, what's the big deal about a new month? What are we singing praises about?"

After a few moments, I came up with a couple of answers.

1. The moon was just gone, and now it came back. We celebrate that, even from total darkness, we can come back into the light.

2. Renewal. Each month is a chance to start over. Really, each day is a chance to start over. "One day at a time," everyone knows means don't think too much about the future. Looking ahead at a seemingly overwhelming task can make you give up hope. BUT ALSO, it means TODAY IS A NEW DAY. You don't have to carry your baggage and ill-feelings over from yesterday. You can clear the emotional slate and have a fresh, calm start.

3. Also, we can to Teshuva and have a fresh start, all our sins forgiven. Lots of people even daven special "Yom Kippur Katan" services the day before Rosh Hodesh.

I'm starting to see, over and over again, after these really hard days, the Tomorrow can turn out much different. Even better.

--Eye.

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