

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 think good - 08 Jun 2010 09:26

Just logged in after a break.

I have looked at your progress with wonder and tried to follow you. I have had a lot of encouragement and inspiration by your progress and contribution.

I'm back to day 10 :D

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Re: Eye.nonymous official count
Posted by briut - 08 Jun 2010 11:32

Eye, you are like my basement full of parenting books. On video (or at least on occasional posts from a reality show). I've been "learning" The Gates of Peace (R Arush) b'chevrusa now for several months, and your thread is like the workbook. Or maybe even the answer key.

Wow I can't believe you fell!! I know exactly how you feel >
Thanks for sharing your emotional 'insides' (kishkes) with us all.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 09 Jun 2010 05:35

[Think Good wrote on 08 Jun 2010 09:26:](#)

have looked at your progress with wonder and tried to follow you.

--Eye.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 09 Jun 2010 05:35

Day 11.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 13 Jun 2010 12:32

You can follow, but try not to follow THAT part!--the fall
Day 15.

Friday was very difficult. I got this feeling like I wanted to act out.

I recognized--this is because I'm feeling overwhelmed. There were only a couple of hours left and, as my wife put it, "None of the food is cooked and the house is a total mess!"

I felt like, "Guess we'll never be ready."

I looked at our erev Shabbos "to do" list, and all the tasks seemed petty--these are all the things we've got to do, but none of them really seem like they'll make much of a difference.

I caught myself.

Wash the floors... okay... I can do that. Maybe I'll get that done. Forget about the rest of the list. Maybe I won't get anything else done, and that's okay.

Finished? What can I do next?

etc, etc.

After two or three of these tasks, I started to feel better.

"One day at a time," sometimes has to be "one task at a time."

--Eye.

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Re: Eye.nonymous official count
Posted by Dov - 13 Jun 2010 22:06

Geshmak, thanks again, Eyeball man.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 14 Jun 2010 14:47

Day 16. Got out of my selfish head again and helped my wife and child.

One of our kids had to the hospital for certain tests. This was expected to take the whole morning, and a good part of the afternoon.

The plans changed several times. First my wife and I were going to go, then my wife with a friend, then we were looking for volunteers to help.

In the end, I just agreed to go along with a close family friend and my wife was able to stay home. This was a huge relief for her.

I can hardly believe it.

I think my wife can hardly believe it, too.

--Eye.

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Re: Eye.nonymous official count
Posted by briut - 14 Jun 2010 16:25

You know the story of the man whose wife always messed up the pre-Shabbos work. The Rebbe told the complaining husband, so pick up a broom.

I always thought it was a story of learning to be a cheerful martyr in the face of an incompetent wife, and facing the facts as they exist.

Never occurred to me that the real benefit went to the husband.

Until I've read some of your 'kid & hospital' and 'Shabbos prep' stories.

"We learn some from ourselves.

And more from our rabbis and friends.

But from our wives we learn the most of all."

Thanks.

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 18 Jun 2010 07:20

Day 20.

The other day I was really frustrated. I've got a new habit--instead of sulking and brooding over

these bad feelings, I reach out to someone from DC's group. It helped alot.

I have changed my opinion about sharing all this stuff with my wife. She doesn't really want to see me all gung-ho about recovery, and about my wonderful new way of looking at things. Especially since it's a continuing process (takes time). It's threatening to her, competition for time and attention. My wife didn't SAY so, but it explains a lot.

I've decided to go low-key. Keep my mouth shut. If I want to get across how much this program has helped, the ONLY way is just by becoming a better husband and father. More patient, more attentive, more helpful.

Forget the philosophy.

--Eye.

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Re: Eye.nonymous official count
Posted by Dov - 18 Jun 2010 17:44

I have found that my program is generally between me and Hashem and my program buddies - the overflow will positively affect my wife until the point that she becomes an indirect fan of the program. As shown whenever she says, "Dov. You are acting like a lunatic, dear. Go to a meeting, OK?" :-*

Good Shabbos!

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 21 Jun 2010 13:03

Got this weird feeling, like I want to go escape somewhere, but there's nowhere to go anymore.

Feeling like I just want to go hibernate.

Like there's something I ought to be doing, but I don't know what it is.

Dazed.

Like, "Just leave me alone!"

Like, I try to put on the other set of glasses (reference to DC's group), but everything still looks the same afterwards.

Ever get that feeling?

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Re: Eye.nonymous official count
Posted by yehoshua - 21 Jun 2010 13:10

No, what do you mean???

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Re: Eye.nonymous official count
Posted by Eye.nonymous - 23 Jun 2010 12:51

First of all, that question was actually a rhetorical one.

Day 25.

Feeling much better. I had this feeling like moods go up and down, and life sometimes feels brighter and sometimes darker. And, sometimes my health is better than at other times.

But, emotionally, I thought I always ought to be able to overcome whatever challenges I face, and gracefully too.

I think what happened is I was honestly emotionally drained. I needed a rest. I needed to go into low gear. Maybe for an hour, maybe for a day. For a little while.

I got a lot of chizzuk from the fellows in DC's group. The basic theme was, "Get out of your head and help someone."

I think that instead of feeling pity for myself, feeling bad that I don't think I can DO anything NOW, I really should have just done whatever I could. And maybe rested and then done something.

I think it's valid that sometimes we need to take things easy.

I can be helpful, but sometimes only in low gear.

I would worry if I ALWAYS felt this way, suspect that I'm really just being selfish and self-seeking.

Usually I'm not. Usually I would do more. So, I think that's a good sign.

--Eye.

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Re: Eye.nonymous official count

Posted by sci1977 - 23 Jun 2010 13:05

KUTGW!! You can do this!! It's a one day at a time thing.

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