

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 - 28 Jul 2010 18:55

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Just reached day 60.

And, I noticed, I've got 365 cumulative days. A year's worth of cumulative days. I think I had about 4 or 5 falls in that past year, instead of 4 or 5 falls in the past month--what it used to be.

Baruch Hashem for progress.

--Eye.

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Re: Eye.nonymous official count  
Posted by briut - 29 Jul 2010 01:38

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Happy Birthday, Eye! Smell the 'clean' air and enjoy.

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Re: Eye.nonymous official count  
Posted by Steve - 29 Jul 2010 16:21

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HOORAY FOR YOU!!

365 days!! **WOWIE!!**

Doesn't it feel GOOD!!?? If someone wudda told u a year ago, or 2 years ago, that you would have a YEAR of clean days, would you have believed him? And NOW, it's in your pocket and can NEVER be taken away!!

**GEVALDIGG!!**

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 31 Jul 2010 18:30

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Had a slip erev Shabbos.

Had this feeling like I'm digging through a messy toolbox; nope, that's not the Phillip's screw drive. Nope, not that... Groping through my mind for the right piece of info, for the right attitude, to get me out of this slip.

I had done some erev Shabbos over-achieving, and besides that I've more or less been home with the kids on "vacation" since Tisha B'av. I was running unusually behind.

I took a look--the only reason I'm running behind is because I tried to get so much done today.

I think that calmed me down enough until I got on with life again.

Shavua Tov,

Eye.

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Re: Eye.nonymous official count  
Posted by Dov - 01 Aug 2010 05:24

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It's nice to read your shares, Eyeball man. Nice work.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 01 Aug 2010 13:18

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Thanks Dov.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 02 Aug 2010 06:57

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I've been listening to the Charlie and Joe Big Book workshop; one of the GYE chizzuk E-mails gave a link to the download. It's been great supplementary listening to DC's group, and helps me understand things better.

While listening to the chapter, "We agnostics," I was struck with a different idea of Hashgacha Pratis. I guess I used to think of it as--yeah, yeah, Hashem provides for every single creature. He takes care of what everything needs. I got a new understanding--INDIVIDUAL ATTENTION. Hashem CARES about ME, He's INTERESTED in ME and He's rooting for ME! It's much more personal than how I've ever thought of this before.

Besides that, it's been a long time since we did the 9th step calls with DC's group. I did a few, but left more than I did. I let it slip. I figured, "If I'm doing the program, I've got to do it right." I started up again making more of these calls; I did one more last night. The outcome was very positive. I feel sorry for neglecting this for so long; I feel like my emotions have become slightly more dislodged from their deep and dark hiding place. They've come a bit closer to the surface.

--Eye.

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Re: Eye.nonymous official count  
Posted by sci1977 - 02 Aug 2010 14:09

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Keep on going eye. I know you progress everyday.

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Re: Eye.nonymous official count  
Posted by sci1977 - 04 Aug 2010 20:25

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where's the eyeman?

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Re: Eye.nonymous official count  
Posted by workingmyprogram - 05 Aug 2010 00:00

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When someone wants to know if he is an alcoholic or not all he needs to do is ask himself if he can control his drinking. If he can walk into a bar, have a couple drinks, and then leave abruptly with no problem then he probably isn't an alcoholic. So if you're not sure whether you're a lust addict or not, just think about what happens when you get that first look at porn or anything else triggering. Can you look away and be done with it, or do you need more and more and more?

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 07 Aug 2010 18:27

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Day 70.

I love these before/after messages, and here's another one:

Last week I had a really stressful erev Shabbos, and I came REALLY close to a fall.

Before I was in recovery, this URGE would have persisted, even for days. It wouldn't have stopped until I acted out. I would have had that feeling like the devil made me do it.

NOW, I identified the underlying RID. I felt like a failure, it was so close to Shabbos and I wasn't ready yet. THEN, I realized, I wasn't ready because I had over-achieved throughout the day. ADARABA, I got TOO MUCH done. I managed to get back to living.

The URGE DISAPPEARED. The RID DISAPPEARED. It didn't come back. Though it's been a difficult week, home on vacation with the kids on vacation, that URGE didn't come back.

AND, I've used that same realization a few more times to pull myself out of RID almost immediately. WHOAH--getting RID. Oh, feeling like a failiure. Hey, I REALLY did a lot of important things today.

This last Erev Shabbos I was also getting close to the finish line but not quite ready for it. I caught myself right away, and started cutting corners to relieve some of that pressure.

It's great to be in recovery. Baruch Hashem.

Shavuah Tov,

--Eye.

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 07 Aug 2010 18:32

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Did another 9th step call (making ammends with people I've been holding resentment towards), a real difficult one (Warning: Step 9 must be preceeded by steps 1-8). Best friend who turned worst enemy. I was really dreading this call, and almost justified to myself that I really don't need to do it.

It went amazingly well. I can let go of past resentments now. It's a huge relief.

--Eye.

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Re: Eye.nonymous official count

Posted by Sturggle - 07 Aug 2010 22:06

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shavua tov! sounds great. really happy for you!

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Re: Eye.nonymous official count

Posted by Dov - 08 Aug 2010 02:03

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Alei v'hatzlach, Eyeball!

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