

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 Sturggle - 13 Oct 2009 08:38

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May Hashem be with you. After all, He is One. One day at a time. And for those who remember what we read just a couple of days ago, vayehi erev vayehi boker, yom echad. That's right, echad, not rishon. ECHAD!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 14 Oct 2009 10:05

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Wow, what a yeitzer hara!

One fall after 40 clean days. The yeitzer says, "well, why don't you just take a day off before starting again!"

Thank G-d, my one fall didn't lead to more than one fall.

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Re: Eye.nonymous official count  
Posted by Sturggle - 14 Oct 2009 10:12

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B"H!

And seriously, what a Y"H!!

Uch!!

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 15 Oct 2009 15:52

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Now on day 2.

Or, one day a second time in a row.

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Re: Eye.nonymous official count  
Posted by Sturggle - 15 Oct 2009 15:55

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achas v'achas

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 16 Oct 2009 09:18

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achas v'achas v'achas

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 19 Oct 2009 18:35

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On day 6 now. Checking in very quickly.

I was thinking recently of people I know who have been written up for their great chessed work they have been doing. I was thinking about myself, "Isn't this small stuff, to be stuck on this struggle with what my eyes see or don't see? How pathetic!"

I was feeling a little down until I remembered something from a shiur I heard quite a few years ago:

The small things we do are the most valuable. When we take care with these seemingly small actions, it shows that we're REALLY concerned with avodas Hashem. It's the diamonds that's more valuable, not the lumps of coal. It's the atoms that can power a city [or level it] when you split them, not boulders.

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Re: Eye.nonymous official count  
Posted by the.guard - 21 Oct 2009 12:30

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This is no small stuff. In today's world, you are on the FRONT LINES!

eizehu chasid, hamischased im kono... Chesed is not what people think it is, only helping your old neighbor and giving money to the poor... Chesed is any act you do "out of yourself" for Hashem. You are being "mischased im kono"! What can be greater than that?

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Re: Eye.nonymous official count  
Posted by kutan - 21 Oct 2009 14:52

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DITTO!

and don't forget, that each person working hard (even if not always 'succeeding', whatever THAT is supposed to mean) at shmiras eynayim etc. is helping us all! Each person logging on and reporting / commenting / kibitzing helps the whole group!

So there. That makes it 100+ people that you are helping.

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Re: Eye.nonymous official count  
Posted by Eye.nonymous - 23 Oct 2009 07:44

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Just checking in again. On day 10 now.

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Re: Eye.nonymous official count  
Posted by kutan - 23 Oct 2009 16:28

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keep it up!

But don't forget.

only one day

at a time.

achas

achas v'achas

etc.

fondly,

kutan

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Re: Eye.nonymous official count

Posted by Eye.nonymous - 24 Oct 2009 20:47

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I just did better as a result of my last fall.

I'm wondering how to relate to marital intimacy. With lots of little kids, we really are quite tired all the time. I felt bad, just because of my lust addiction, am I expecting too much? Are we pushing ourselves when really ought to be just getting some sleep.

So, it was liberating to realize that it's not the end of the world if it doesn't work out.

BUT THEN, my yeitzer went overboard. "Well, since you're so tired, maybe it will be months before it's really reasonable!"

I heard, yeah, maybe it won't work out as often. But MONTHS?!

Due to this big tzaddik Yeitzer Hara, I think I stopped our plans a couple of times when my wife was actually interested. Yes, tired. But interested.

I realize now that, for the sake of a healthy marriage, this is necessary--regularly.

THE MAIN PROBLEM, I THINK, WAS THAT I WAS MAKING ALL THESE CHESHBONOS IN MY HEAD AND KEEPING THEM TO MYSELF. Recently I was having another one of these debates with myself. Are we too tired? Am I just going crazy because I'm a lust addict? Instead of deciding on my own to give up, I just spoke it out with my wife: "I know it got late, and we're tired. BUT, I'm really interested. What do you think?" And we managed to accomodate our needs.

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Re: Eye.nonymous official count  
Posted by the.guard - 24 Oct 2009 21:44

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Ah, honesty and communication - precious commodities in a marriage!

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Re: Eye.nonymous official count  
Posted by kutan - 25 Oct 2009 22:29

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[Eye.nonymous wrote on 24 Oct 2009 20:47:](#)

Instead of deciding on my own to give up, I just spoke it out with my wife: "I know it got late, and we're tired. BUT, I'm really interested. What do you think?" And we managed to accommodate our needs.

I can't imagine a nicer thing to say to a wife.

Beautiful

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