

the workplace

Posted by ginky - 21 Mar 2012 02:41

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Getting something off my mind.

I am in the medical field and from time to time see patients that are not tznius (to say the least). My addiction, 30 days clean so far, has affected my mind and I at times find myself yearning to see some flesh.... I feel disgusted with myself. (I also have this urge to see, and sometimes stare, when walking the streets; spring has not helped.)

I hope that kicking this habit, and addiction, will let my mind have more than one track.

However, I would like to share a break though I had today. I found myself with an opportunity to be present for an exam, and instead of going, I told myself I already saw one last week, thought no need to see another (if (a big "IF") I have to perform in the future, seeing one more now won't make a difference), and opted out.

I know that in my field I have to be comfortable with seeing things, and there are duties to perform, but "limiting exposure to what is necessary" is something I should strive for.

Sadly, seeing medical images in books, and general radiographic studies illicit a reaction as well. There are no internet filters for those.

This is my profession; I am good at it and I enjoy it (not the pitfalls that come with it, I am disgusted and ashamed of them). I want to be free of these urges when I see patients and studies, and while taking action in not seeing porn and not masturbating is part of it, the rest I have to train myself ("LOOK AWAY") and give the power to Hashem; I realize I need His help.

Thanks for letting me share.

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Re: the workplace

Posted by JackAbbey - 21 Mar 2012 10:25

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dear ginky!

in chazal its called "easkoy im hanoshim" where such a person is not good for a shomer in yichud

in my humble opinyon the only soloution is to work towards the goal of "women are not objects"

meaning, that ladies private parts are not there to arouse you, they are there because these people are normal human beings and this is part of their body.

they are not sex objects, they are merely good behaving humen beings

you have the problem, not them

you need to get immuned to them

even a georgous smiling hot looking girl, asking you a question private in the office, does NOT want you date her, she realy and truly only wants an answer for her question

repeat it again and again until it realy sinks in

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