

## GYE - Guard Your Eyes

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My eyes are out of control !

Posted by geshertzarmeod - 16 May 2012 13:40

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My eyes are totally out of control !

Please give any suggestions for what you have done that works.

I know we've discussed this b4 but i think a chazara and any new chiddushim would be helpful for everyone.

Thank you and Tizku L'Mitzvos!

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I thought I was doing well and then summer came along.

Re: My eyes are out of control !

Posted by geshertzarmeod - 05 Jul 2012 21:28

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that's pretty good for totally misconstruing what you wrote, huh?

:D

or to quote archie bunker: "misconscrewing"

WHATEVAH!!!!

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Re: My eyes are out of control !

Posted by Dov - 05 Jul 2012 21:37

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[Gesher wrote on 05 Jul 2012 21:28:](#)

or to quote archie bunker: "misconscrewing"

WHATEVAH!!!!

So are you saying that I'm old?! >

Now that shows you are old!!

Alas, I remember it well and loved that line of his.

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Re: My eyes are out of control !  
Posted by Blind Beggar - 10 Jul 2012 11:15

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I cannot say A B without adding "Yemach shemo vezichro!" The small amount of exposure I had  
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Re: My eyes are out of control !  
Posted by Dov - 10 Jul 2012 16:56

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Comics?

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to those comics was very triggering for me when I was a bochur. >  
Re: My eyes are out of control !  
Posted by mifatfai - 11 Jul 2012 18:26

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I recently saw the heading of this thread and read a bit. When I walk in the streets I feel it so much, my eyes are so out of control. I'm so weak, it's scary. It's so hard for me, every day clean is a gift from Hashem, on my own I would be like the guy in the beginning of the SA White book.

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Re: My eyes are out of control !  
Posted by geshertzarmeod - 11 Jul 2012 21:50

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hey charlie!

welcome to thread!

thanks for your input!

so here's the latest...

dov, your idea has been extremely helpful

I'm still blessing everything in sight

it has succesfully turned everyone (and I mean everyone!) into people.

after a phone conversation with another member

who intended to share with me

but it ended up being mutually beneficial

I came to another realisation

there is a clear difference between the people on the street

and the people at work

the latter is much more difficult

and requires a different approach

what works for me is

(as i mentioned in a previous post)

reframing for myself their intent (or lack thereof)

and their interest (or lack thereof)

alas,

the real problem....

my eyes are still looking for trouble

in any shape manner or form!

and older (over 60) lady wearing a semi see thru shirt?





This business about "Gevalt! I **still** notice womens' bodies!! Gevalt!" - is just plain nahrishkeit, sorry. And childish. And it probably is the *one* thing that pulls many back into the abyss of lusting all over again by causing pointless guilt over nothing and distraction from our real tachlis in avodas Hashem - to be as good as we can and to do His Will. Instead, we try to "BE ZUSIA" - even though we are **not** Zusias. We are Chaims, Yichoels, Yaakovs, Chunas, Shloimos, Moshes, etc. We will be sober, clean, free of lust, whatever you want to call it - but if your goal is to be "kadosh" and you define "kadosh" as 'having no testicles left'...then I guess we lose the game.

Is that what Hashem wants? How do you know? Are you basing it on your last reading of Reishis Chochma or the ShL"oH haKadosh? Then I suggest you move back into the 1500s when *they* lived. And I bet even *then* it was only yechidei segulah who achieved 'asexuality at will'...if that is a mailoh, at all. The sheer gayvoh of me assuming that for myself is astounding, I think. May Tatteh save me and all of us from it.

It's so much easier to aim for something we are not, isn't it? For the job will certainly never be done - it can't be done. It is picking an impossible goal to fail at (without suspense), rather than risking being our limited, imperfect selves and looking *really* not good enough in the end even though we *could* have achieved it...

So go easy on yourself, in a manner of speaking. Let go of the gayvoh and accept your limitations. Not to lust - but to notice breasts. They are there, we notice them, and it's OK. *What we do **after** we notice them is the only thing that matters!*

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Re: My eyes are out of control !  
Posted by geshertzarmeod - 31 Jul 2012 10:37

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WOW! Dov, you are amazing!

I appreciate the clarity.

you're 100% right!

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Re: My eyes are out of control !  
Posted by Machshovo Tova - 02 Aug 2012 20:56

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[ChaimCharlie wrote on 02 Aug 2012 15:20:](#)

Thanks, I really liked that. The mesilas yesharim also describes kedusha as when even the gashmius is holy like a korban - no mention of abandoning our gashmius but the oppsite making it good.

Thank you doc.

But he says that the way to get there is by first going through the steps of abandoning it.

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Re: My eyes are out of control !  
Posted by Dov - 03 Aug 2012 05:21

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Abandoning it is the *only* way to get *anywhere*.

And if we are not succeeding at doing that, then there is something we have yet to learn about how to do that...I learned that from recovering perverts like me, b"H, and am growing in it still.

And specifically to ChaimCharlies last post: I wager that if you asked the RMCh"L today about reaching the state he refers to as "Kedusha", I think he'd say that practically *nobody* in this generation is likely to reach it at all - least of all one of us former secret professional masturbaters and porn users. A little cold water is a good thing sometimes, I think, especially for me. Humility is the best way to avoid future humiliation when I put on britches a few sizes too big for me, you know. So consider looking at spiritual accomplishments that are nearer to the



ground we are laying on. Hey, in Messilas Yeshorim's order that might be called

Baby steps.

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"Anivus"...which is a few steps *before* Kedushah!