

lusting today at a trade show

Posted by Snow - 13 Nov 2012 23:38

I was at a trade show for work today Well the show is over + I am on way home. The lust impacted me. I am affected by the young good looking guys who seem so "together" and confident etc. I was tired, hungry + not feeling well so...that had a lot to do with it I am sure. But ...I still look , lust + then feel pretty ashamed - primarily cause it is guys not women I am looking at. Thanks for reading. Would love to hear feedback and/or chizuk.

[/quote]

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Re: lusting today at a trade show

Posted by Gevura Shebyesod - 14 Nov 2012 00:05

I relate totally, because I deal with the exact same thing. Even the aspect of wanting to be like them etc. It's what drives the whole issue, feeling inferior to other guys and wanting to have what they have.

One thing I would say is not to feel more ashamed or guilty over the fact that you have these desires. It does not make you a bad person. Hashem set up our lives to have this nisayon. We did not choose to want it. We can deal with it the same as everyone else. Avoid triggers, surrender our lust, daven for siyata dishmaya. It is harder though since we can't get away from triggers so easily.

Hatzlacha and KOMT!

Gevura!

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Re: lusting today at a trade show

Posted by nederman - 14 Nov 2012 00:09

[Snow wrote on 13 Nov 2012 23:38:](#)

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[/quote]

Great. First you have to listen to the yetzer hara that points out all the hunks. Then he also makes you feel bad that he is there at all. You are basically feeling guilty for the Chet of Adam ha-rishon.

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Re: lusting today at a trade show
Posted by alexeliezer - 14 Nov 2012 00:09

Business situations are always a challenge because we can't simply not look at the people we're talking to. But we can keep our focus on the message and not the person (we can try at) We can also limit our eyes to those people we need to talk to, and not use the opening of the eyes as a carte blanche excuse to just check people out.

It helps to go in to the show with a firm commitment not to slip. This is a big test.

Back on track.

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Re: lusting today at a trade show

Posted by lightchaim - 14 Nov 2012 05:13

Hey Snow,

This may be a bit personal but do u feel that you are not confident like those guys? Maybe that's what triggering it.

Chaim

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Re: lusting today at a trade show

Posted by Snow - 14 Nov 2012 05:23

Hi Chaim - thanks a lot for your reply. Yes, I do think that this is part of the issue....for sure.

[Icandothis wrote on 14 Nov 2012 05:13:](#)

Hey Snow,

This may be a bit personal but do u feel that you are not confident like those guys? Maybe that's what triggering it.

Chaim

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