

Help with Hirhurim

Posted by OnWayUp - 27 Jul 2014 18:44

Hi,

I'm looking for a bit of help!

I'm a bochur who has struggled for a long time with hirhurim and shmiras eynayim - before I knew it was wrong. B"H I never succumbed to anything worse. I often feel like my attitude is a problem - the more I feel like I need to fight, the harder it becomes - often tznius things can be problematic as well!

B"H I don't believe that I suffer as severely as some of the levels mentions in the Handbook - but I do accept that I have an issue with hirhurim!

I'd love as much help as I can get!

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Re: Help with Hirhurim

Posted by cordnoy - 27 Jul 2014 18:56

are you a teen?

there is a thread just for you.

b'hatzlachah

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Re: Help with Hirhurim

Posted by Dr.Watson - 27 Jul 2014 19:01

where?

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Re: Help with Hirhurim
Posted by OnWayUp - 27 Jul 2014 20:33

I am a teen, but older than 14-17 (which is the age group specified for the teen corner), so I thought it best to post here.

Thanks

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Re: Help with Hirhurim
Posted by dms1234 - 27 Jul 2014 20:52

WELCOME!!!!!!!!!!!!!!!

I get you with the more you fight it, the harder it gets. I agree and that why i try not to even step in the ring! Once we enter the battle, we are done! Kaput!

Check out [Skep's tips](#) for some good ideas about changing our attitude

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Re: Help with Hirhurim
Posted by cordnoy - 27 Jul 2014 21:22

Here is the link for teens:

[Teen Thread](#)

I do not know why it says until 17.

I will try to have that changed.

I do understand that in certain worlds, once someone hits 18, they are more mature or whatever, but here, it should be more general.

mr. Onwayup, post there please as well.

thank you

b'hatzlachah

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Re: Help with Hirhurim

Posted by gibbor120 - 28 Jul 2014 21:25

WELCOME OWU! Hirhurim and histaklus are pretty common, especially at your age. I am not condoning it. I just hope that maybe it will take the edge off. Guilt in this area is generally not healthy and just leads to more hirhurim. So relax a bit, realize that it's normal.

Try to avoid it by filling your time and thoughts with positive things. Try to avoid having too much down time, especially alone (The Y"H feasts on loneliness and boredom). Learn, have a hobby, exercise. Try to remain active with good things, especially if you can do it with friends.

Let us know how you are doing.

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