

Found this video to be highly beneficial

Posted by TheSicarioWarrior - 01 Apr 2020 16:58

In addition to GYE, I use a variety of resources to help me in my struggle against porn addiction. One of these is a website called "Fight the New Drug." Recently, FTND made an absolutely incredible three-part documentary series called "Brain, Heart, World" focusing on the beauty of life contrasted with the destruction and horrors of pornography on one's self (Brain), one's relationships (Heart), and the world (hopefully you can figure that one out). I recently discovered this just a few days ago, and having finished watching it last night, it is without any exaggeration one of the most incredible and inspiring things I have ever seen. It is an absolutely incredible watch for everyone who is going through the fight against porn or anything related to it. I really don't have words to describe it. It is simply extremely informative, phenomenally well-made, full of hope, and truly inspiring. One can watch it at Brainheartworld.org by simple creating a free account. NOTE: The series contains a number of interviews/shots of women who are dressed in short sleeves, shorts, etc. (Nothing beyond casual goyish dress, but still.) I still found it to be highly beneficial, but everyone should be informed of this and make their own decision. Here's the link: <https://brainheartworld.org/>

Hatzlacha to all.

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Re: Everyone who is struggling MUST watch this ASAP

Posted by Jj123 - 01 Apr 2020 17:47

Yes!

I actually found that website before gye, and also really enjoyed the pages dedicated to the science behind porn addiction. It's a real eye opener, and the data leads to a new and brutal look on the havoc intimately tied to porn. Statistical studies about divorce rate etc. as well as the basic nueroscience among others.

High quality resource, and thanks for reminding me about it!

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Re: Everyone who is struggling MUST watch this ASAP

Posted by Markz - 01 Apr 2020 17:48

Everyone whether struggling or not MUST first don a full face mask before watching this

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Re: Everyone who is struggling MUST watch this ASAP
Posted by the.guard - 01 Apr 2020 18:10

WARNING: Someone just wrote to us:

"I just checked out the trailer... there are some people dressed very not Tzniyus. May not be suitable for our audience."

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Re: Everyone who is struggling MUST watch this ASAP
Posted by Markz - 01 Apr 2020 18:32

[the.guard wrote on 01 Apr 2020 18:10:](#)

WARNING: Someone just wrote to us:

"I just checked out the trailer... there are some people dressed very not Tzniyus. May not be suitable for our audience."

Everyone whether struggling or not MUST first don a full face mask before watching this, or the GYE Hazmat outfit such as the.guard has.

Any gye supplies left, or are we getting some soon from China?

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Re: Everyone who is struggling MUST watch this ASAP
Posted by TheSicarioWarrior - 02 Apr 2020 03:21

Clarification: Having watched the series, there was nothing in it (in my opinion) that the average person would find triggering or inappropriate. It is true that there are women wearing sleeveless shirts, shorts, and a couple of blink-and-you'll-miss-it time-lapses which show people passing through places like Times Square (in the summer), but I don't believe most viewers will find this triggering.

Everyone is different, and one should know what affects him. However, it is unfair to attribute one's **own** standards and problems to everybody else. I would be very surprised if the average viewer found the series to be problematic. On the contrary, I think they will find it incredible, heartbreaking, and inspiring.

Everyone has different standards, but it's important to remember that there is a status quo.

Hatzlacha to all.

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Re: Everyone who is struggling MUST watch this ASAP
Posted by Gevura Shebyesod - 02 Apr 2020 14:01

[TheSicarioWarrior wrote on 02 Apr 2020 03:21:](#)

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Everyone has different standards, but it's important to remember that there is a status quo.

Hatzlacha to all.

WADR, this site is geared mainly towards Frum Yidden, and "women wearing sleeveless shirts, shorts" etc. is not something we should be seeing, regardless of whether it is specifically a trigger or not.

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Re: Everyone who is struggling MUST watch this ASAP
Posted by DavidT - 02 Apr 2020 14:39

I second the words of *Gevura Shebyesod...* We **MUST NOT** watch this ASAP

TheSicarioWarrior , please rethink this and Hashem should guide us all to do what's right.

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Re: Everyone who is struggling MUST watch this ASAP
Posted by TheSicarioWarrior - 02 Apr 2020 21:10

What I am saying is this: People have different standards. There is nothing beyond casual goyish dress (which unfortunately is short sleeves and shorts being worn by women) in the video. While I am not condoning such dress C"V, I know very few people who would not watch something simply because it has women wearing short sleeves and shorts. Everybody should take on as high of a standard as they can, but for people who do not have such a standard-and many don't-I would recommend this series enormously. I found it truly unbelievable. Everyone is entitled to make their own decision and have their own standards, but should not enforce those standards on others and say that they should not watch one of the most astounding, inspiring and hopeful things I have ever seen because of the casual goyish dress.

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Re: Everyone who is struggling MUST watch this ASAP
Posted by sbj - 02 Apr 2020 22:20

Is refraining from purposely looking at immodestly clad females anyone's own standard? It's a very clear torah standard. If you'd say that people actively engaged with porn can only gain from it, ok I can hear that. But throw out a recommendation to all?? Whatever is 'normal' to people today can still be outright forbidden according to halocha.

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Re: Everyone who is struggling MUST watch this ASAP

Posted by DavidT - 02 Apr 2020 23:20

[TheSicarioWarrior wrote on 02 Apr 2020 21:10:](#)

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We know that you have good intentions. Maybe edit the title of this thread to

~~Everyone who is struggling MUST watch this ASAP~~

Some who are struggling might find this beneficial

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Re: Everyone who is struggling MUST watch this ASAP

Posted by Jj123 - 03 Apr 2020 01:21

@sbj @DavidT you bring up an important point.

Would you mind expanding upon what you said in the following areas?

1a) To what extent do the halachos of tz'nuius and histaklus depend on the standards of society?

1b) What is objectively categorized as erva?

2) Is it muttar to shop at walmart or to work in the city? (I am not asking facetiously)

Thank you!

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Re: Everyone who is struggling MUST watch this ASAP

Posted by TheSicarioWarrior - 03 Apr 2020 17:29

A fair point. Will do so. Appreciate the input.

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