

My Shmiras eynaiym thread

Posted by beautifuleyes - 26 Aug 2021 13:53

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Hi everyone,

recently i have not been careful with my eyes. I have been googling things and seeing things that are not tznius.

I feel like from Rabainu Grants story that it starts with looking at small things ..... until ..... CV.

So i restarted my clock even though it wasnt a fall according to GYE, but for this i am still calling it a fall.

Today is yud ches elul the birthday of the baal shem tov and the baal hamechaber of the tanya kadisha and shulchan aruch the alter zrebbe of Chabad.

Bez"H i will try to be more careful with my eyes.

Bez"H i will try to post daily with my updates.

thanks

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Re: My Shmiras eynaiym thread

Posted by Hashem Help Me - 26 Aug 2021 20:14

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Welcome. May Hashem help you have hatzlocha.

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Re: My Shmiras eynaiym thread

Posted by Ish MiGrodno - 27 Aug 2021 06:07

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Your rare honesty, coupled with your willingness to articulate right vs. wrong - provides you with an advantage over the yetzer in this great battle.

BEZ"H you should see unbelievable yeshuos; keep making us proud!

IMG

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Re: My Shmiras eynaiym thread  
Posted by beautifuleyes - 30 Aug 2021 17:04

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Hi Guys

Had some anxiety today and was not careful with my Eyes. BH I didnt fall according to GYE but I did see images that were not right.

I am starting again.

Beautifuleyes

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Re: My Shmiras eynaiym thread  
Posted by beautifuleyes - 31 Aug 2021 17:55

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Well today i went to the mall.

i BH tried to be careful, which i did BH.

i really wanted to google stuff again, but my wife told me last night that she is very happy that I am careful with my eyes.

It is true to the most part, but when I have triggers then things get loose.

Thanks

BeautifulEyes

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Re: My Shmiras eynaiym thread

Posted by beautifuleyes - 01 Sep 2021 18:04

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Hi Everyone,

today I had to go to the mall and I was very careful.

However when I came home I google some stuff nothing bad came up and I did not see anything not tznius, but I should do things better.

I needed a blazer and I went to a department store to see if they have. I was planning on going to the mall, but I knew it would not be tznius.

In any case thanks for all your guys support.

I am BH getting there.

I decided that I am not going to google the thing that I need. As I can buy it another time iyh

Thanks

BE

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Re: My Shmiras eynaiym thread

Posted by beautifuleyes - 05 Sep 2021 14:31

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BH thursday and friday & Shabbos were good.

Shana tova

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Re: My Shmiras eynaiym thread

Posted by beautifuleyes - 12 Jun 2022 09:43

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Hi Guys,

Its been some time since I posted last.

I have been having my ups and down over the last few months. Being good for a few weeks, then googling things again.

I restarted my days because, last week on Wednesday I worked out a way to see full length pictures of women.

I feel very bad, as this is my shmiras eynayim threadI am resetting my count.

Any advise how to be better.

I would really appreciate all you involvment

Today, I so badly wanted to google those things again.

BH BH time and time again I was able to withstand. A lot of saying no today. Its hard to say no, as it is so easy to give in.

Thanks for hearing me out

Beautiful Eyes

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Re: My Shmiras eynaiym thread

Posted by 5Uu80\*cdwB#^ - 12 Jun 2022 13:40

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Welcome back. Everyone will probably say it, but isolation breeds addiction and low feelings. Good move getting back on the forum and reconnected.

I want to share a strategy that has worked for me.

**Immorality is disgusting.** Period. It's our job to train ourselves to be disgusted by it. If we can come to be thoroughly disgusted by immorality, we will, by definition, not be interested in being involved with it.

In order to do this, we have to get it straight in our minds how disgusting immorality really is and WHAT it really is. So, next time you have a desire to look at or fantasize about immorality of any type, imagine a dead, putrid animal carcass on the side of the road being torn apart by two dozen ravenous vultures and five thousand swarming flies. If you have seen this scene, you will know how ABSOLUTELY disgusting it is. Then imagine the object of your lust as that carcass.

Are you still interested?

The only difference is that the former, Hashem made an animal. The latter CHOSE to be animal.

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Re: My Shmiras eynaiym thread

Posted by ?????? ?????? - 12 Jun 2022 16:23

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I can relate. When I have the opportunity to look it is very hard not to. When I *don't* have such an opportunity, it's easier to say no, even to the desire to try to find potential ways to look, even if I would like to look at something.

I always like to get myself up after a fall by strategizing and following through with implementing those strategies. For me this has been in regards to minimizing the opportunities I have to look at anything on the internet and focusing on change within.

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Re: My Shmiras eynaiym thread

Posted by Yissie - 12 Jun 2022 19:25

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Welcome back. It is great that as soon as you go down you are ready to pull yourself back up and looking for help.

From not knowing much about what is going on, I can't say much. But I have just 2 thoughts. One, do you try not to look at anything bad, or do you have a clear line about what you do now want to ever cross. If there is no clear line, then it will be very difficult not to slowly go more down.

Secondly, we all know that connection is the opposite of addiction. But I would add, as a second best, is just having things to do. If you just stopped looking at pictures, but did not make a decision what to fill your time with, it is a lot harder to stop falling further. I personally started on GYE as something to do whenever I have my internet without something else to do, and it has helped fabulously. A quick thank you to the people who put this together and to all the people on the forum.

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Re: My Shmiras eynaiym thread

Posted by No Mask - 12 Jun 2022 23:09

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[beautifuleyes wrote on 12 Jun 2022 09:43:](#)

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Any advise how to be better.

I would really appreciate all your involvement

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Thanks for hearing me out

Beautiful Eyes

welcome back, you really have such a pure neshamah, and you are not willing to settle for less. But I would suggest try one day at a time, but for real, not a year one day at a time, just tell yourself not today, what's gonna be tomorrow I don't know.

And a tip to the side, it's a good idea to learn some mindfulness, and urge surfing, because when you use will power it builds up, but when you're mindful it diminishes

Hatzlacha !!!

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Re: My Shmiras eynaiym thread

Posted by beautifuleyes - 13 Jun 2022 19:44

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thank you everyone for your kind words.

I was at university yesterday and could have feasted my eyes on all the pretty girls, but BH I was able to withstand.

yesterday I was about to google while I was doing exercise. I began to shake with fear and decided not

BEZ"H hoping for a better day

Thanks again

Beautiful eyes

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Re: My Shmiras eynaiym thread

Posted by DavidT - 13 Jun 2022 19:46

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[beautifuleyes wrote on 13 Jun 2022 19:44:](#)

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Beautiful eyes

This is authentic yiras shomayim! Keep it up and keep on inspiring us. We can't imagine the nachas ruach that Hashem has from your mesiras nefesh.

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Re: My Shmiras Eynaiym thread

Posted by beautiful eyes - 14 Jun 2022 10:45

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BH today was a bit better

I had to go to the mall.

Was careful most of the time

I am still getting over the urges and trying to rid the images that I saw.

those images were so attracting, and can easily sway.

Bez"H I am hoping for a better day tomorrow

One day at a time

BE

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