

Women Women Women

Posted by BentchKvatcher - 12 Oct 2022 22:04

Sukkos in Yerushalayim.... I feel like there are only women around. Dont think that Meah Shearim is better bec I find Chassidish women just as triggering. Not sure how to proceed...

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Re: Women Women Women

Posted by lee1999 - 12 Oct 2022 22:32

So normal

just remember girls and women are always gogona be thereYour eyes will always want it's fix

You can do it every girl that you hold back from looking saves you your family and thethe whole Jewish family from miron and allBe strong you can do it!!!!

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Re: Women Women Women

Posted by Larry Bird - 13 Oct 2022 00:18

I totally hear you. We are wired to notice girls that's just the way it is. There's no issue to notice.. it's not possible. The target should be not to look again. Often after you notice her you already think you did something wrong and you'll feel bad and that will only make you look again. Don't feel bad. It's part of the male psyche. Israel is very tough. I had some of my biggest struggles in israel. Dont let it drive you nuts.

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Re: Women Women Women

Posted by BentchKvatcher - 13 Oct 2022 15:39

If looking was the only issue....

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Re: Women Women Women

Posted by jackthejew - 14 Oct 2022 09:48

[BentchKvatcher wrote on 12 Oct 2022 22:04:](#)

Sukkos in Yerushalayim.... I feel like there are only women around. Dont think that Meah Shearim is better bec I find Chassidish women just as triggering. Not sure how to proceed...

This talk from Dov has helped me. When I find my eyes starting to stray, I go through the thought process detailed here about what I'm REALLY doing, and that usually finishes the urge.

guardyoureyes.com/GYEFiles/MP3s/Dov/Dov%20to%20Bochur%20News-story.mp3

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Re: Women Women Women

Posted by excellence - 14 Oct 2022 14:24

[Larry Bird wrote on 13 Oct 2022 00:18:](#)

Israel is very tough. I had some of my biggest struggles in israel.

I second that. I think it's because they are Jewish that makes us feel "y can't I have that"..... However When I see a non jew dressed inappropriately I find it much easier to switch off and think about an ugly nonjews life and all the issues that come with it.

The only solution that really helps me is to work on connecting with my wife to the extent that I will focus on the good I have, when faced with temptation.

If your'e single then I suggest focusing on the reality that you know nothing about this woman's life and if you would know you wouldn't want her. The fact is we get so taken in by a small look when for all we know she is smelly, or spotty under her clothes, bad breath etc etc.

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