

## Avoiding Immodest Women and Legal Desire

Posted by hST2cKmqv3vpV - 21 Oct 2022 21:00

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Ok, it may sound presumptive or rude to ask this. But there are a lot of women I think can be fairly characterized as immodest. I interact with them and want them to feel respected, but if I look at their eyes, I see their ... because they aren't covering themselves. This seems really unfair to me. I organize events and would like to ask them to cover themselves, but I live in a very liberal part of the United States and am worried me requesting (or worse, bringing things for them to cover up with) is going to create an uproar or violate halachic rules on avoiding public embarrassment.

How should I deal with this kind of situation? E.g., one in which I'm in public organizing an event and a (non-Jewish) woman who is dressed immodestly is present and I am obligated to be decent / nice to them. I have considered wearing something like a face veil (you sometimes see Chassidics wearing these). But I don't want to represent something that I am not (I am not a Chassid), and I'm worried it will make me into something of a public spectacle. Is there a more discreet way I can guard my eyes from seeing these kinds of things without wearing a face veil?

Also, what is the halacha on desire? E.g., what is 'appropriate' or 'inappropriate' as far as desire is concerned. One thing I've found amusing about becoming shomer habris is that, contrary to what I take to be popular opinion, I don't want to stop illegal emission for the sake of being a prude. Rather, I prefer to engage in illegal emission because I am a prude. I am too aroused if I don't force an emission, this can be a rather uncomfortable state to be in. Because I prefer to avoid arousal, I want an emission. That is a bit funny really. What are the laws on what desire can be present and how it can be engaged with? Is there anything I can do to get rid of the desire that is lawful? I am aware that food is one thing. However, with the economy in the U.S., it is difficult for me to buy a lot of food. Unfortunately (to me, though this is actually fortunate objectively) Hashem is essentially forcing me to become shomer habris as I appear to have a not-well understood pain in my testes after emission (am seeing urologists but they are experiencing difficulty in diagnosis; from my research, ceasing masturbation usually resolves this condition). So, I will need to live with the desires.

There is an additional problem in that there is a legal issue with emission, but there is also an ethical issue with the kinds of desires I've experienced. The kind of fantasies I've had were gross. Baruch Hashem I have managed to overcome them and can now experience a illegal emission from much less explicit and unpleasant things; no nudity or weird paraphilias. Nevertheless, it would be ideal to stop illegal emission entirely. One concern (probably the yetzer hara) is that I want to ensure I am able to keep my desire appropriately directed towards things that are pure, beautiful and loving, not grotesque and perverse. I am not sure how to continue maintaining the proper disposition towards love while not engaging in any illegal emission.

Lastly, I have a few questions about whether there is a law on guarding one's ears versus guarding one's eyes. It may be wise for me to ask this over private message to avoid temptation for anyone struggling. Good Shabbos, I'll re-read after it ends.

\* I mean ``illegal emission" in the halachically prohibited sense; I am not violating any laws outside of halacha

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Re: Avoiding Immodest Women and Legal Desire  
Posted by hST2cKmqv3vpV - 02 Nov 2022 10:43

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Night of the 7th day / morning of the 8th day

This was a very interesting period.

I had no desires or urges or physical arousal.

My dreams, though vivid, were not lucid or photorealistic

My dreams seemed (to me) to be focusing on processing emotional `trauma' (exposure to ...uality and violence on the internet, emotional attachment to one girl in particular who got me really messed up)

It's crazy that I could have eyes for a girl and still be needing to detox from the attachment I formed to her tumah almost a decade later. I am feeling really good right now and am hoping that I've now gotten past the initial desire stages. Whatever secular people think is obvious / no big deal is definitely not IMO.

My impression is that the sexual urges were, analogously (since I think if this in spiritual terms) a psychological `coping mechanism' to this trauma

I need to guard / protect what I've accomplished as I can. It can be difficult to talk about this stuff with people because they don't seem to understand the importance of it.

BE CAREFUL LOOKING AT THE LADIES!!! ROSES HAVE THORNS

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Re: Avoiding Immodest Women and Legal Desire  
Posted by hST2cKmqv3vpV - 03 Nov 2022 21:28

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Day 8 night / 9 day

B"H I don't have signs of physical arousal much anymore

It's easier to keep clean

I'm able to clean my living space much better now

My desires in state before waking and sleep are still present but have a different character. Instead of purely physical lust or \*\*\*\* flashbacks it's more stuff like ``I wish I could marry this person but I can't because x, y, z (not Jewish, already married, etc) and I'm annoyed about it" or thinking about what it would like to be married to someone or to have children with them etc. Same for daily urges they aren't urges to \*\*\*\*\* but instead feelings of frustration that I can't have this or the other person. Still might be a tad perverse but seems like a big improvement to me (thinking about what it would be like sharing a life with someone rather than thinking about being a pervert or physical urges to abuse me body)

I think if I can keep this up I'll be alright B"H and avoid looking at women

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Re: Avoiding Immodest Women and Legal Desire  
Posted by hST2cKmqv3vpV - 04 Nov 2022 16:18

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Day 10 (19 without binging!!! probably my highscore for the last decade) - haven't relapsed yet. 1/3 to 30 days. Haven't made it this far in at least a few years, possibly longer. Strong urges on waking up. Getting ready for shabbos, trying to keep calm.

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Re: Avoiding Immodest Women and Legal Desire  
Posted by hST2cKmqv3vpV - 06 Nov 2022 10:05

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B"H day 12 (21 without binge) and no relapse or nocturnal emission

It's getting a lot easier

I had a good shabbos.

Wonder if there is kosher gin

Nothing else much to report

Desires for marriage are now oriented towards women who are Jewish and non-married which is great B"H

Chazak, shavua tov and thanks for your support

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Re: Avoiding Immodest Women and Legal Desire  
Posted by hST2cKmqv3vpV - 07 Nov 2022 19:00

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B"H day 13 without a relapse

urges though

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Re: Avoiding Immodest Women and Legal Desire  
Posted by DavidT - 07 Nov 2022 19:03

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[hST2cKmqv3vpV wrote on 07 Nov 2022 19:00:](#)

B"H day 13 without a relapse

urges though

Not having urges is a good thing. But having urges and not relapsing is the real deal! keep it up!

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Re: Avoiding Immodest Women and Legal Desire

Posted by hST2cKmqv3vpV - 07 Nov 2022 20:15

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Sadly I relapsed. I feel bad about it. I didn't touch any part of my body but looked at drawn images (not real porn, not depicting real women). Seeing this stuff was enough to set me over the edge. I won't feel guilt about it but will try to avoid bingeing and continue again.

On a positive note at least that means I'm less desensitized than before I started

I'll keep on this path for the long haul. At the very least, I managed to avoid interacting with the bris and looking at women. It's useful to know even if I fall into a relapse / Yetzar hara that breaking those two rules is unnecessary even for a relapse.

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Re: Avoiding Immodest Women and Legal Desire

Posted by Teshuvahguy - 07 Nov 2022 20:38

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[hST2cKmqv3vpV wrote on 07 Nov 2022 20:15:](#)

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In a way, this is a partial win. You slipped but did not fall all the way. Get up and keep going.  
Hatzlacha!!!

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Re: Avoiding Immodest Women and Legal Desire  
Posted by hST2cKmqv3vpV - 09 Nov 2022 08:30

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Day 2 - so far so good, not much urges

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