

Day to Day

Posted by jewizard21 - 12 May 2024 15:32

I just want to have a place where I can post stories of shmiras einayim or "wins" that I have from Day to Day. Feel free to post your own

For my first post: I was with a friend in a grocery store and we were walking behind a women... and I wasn't "looking" but it was in my peripheral.

I decided to stop and turn around in place and my friend was like "What are you doing?" And I said "I dont know" and played it off as one of those weird interactions you can only have with friends. Then after a minute or two we continued walking.

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Re: Day to Day

Posted by eerie - 12 May 2024 18:52

Keep it up, buddy

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Re: Day to Day

Posted by cande - 12 May 2024 18:55

i was walking with my wife on shabbat,

and i started staring at my wife, shes like why you staring @ me,

so im like cause like' theres other girls coming our way, and i dont want to look,

i only look @ you darlin'

and shes like your so weird.

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Re: Day to Day

Posted by Markz - 12 May 2024 19:13

[cande wrote on 12 May 2024 18:55:](#)

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Get out of your high heels for a second and into her shoes.

How would **you** feel if she did that to you and stares at you for 30 seconds in middle of a peaceful walk?

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Re: Day to Day

Posted by neshumala - 12 May 2024 23:14

The worst is the second u walk out of shul after a good davaning and seing a lady.... but that's when I have my biggest chance of looking away...

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Re: Day to Day

Posted by cande - 12 May 2024 23:32

[Markz wrote on 12 May 2024 19:13:](#)

[cande wrote on 12 May 2024 18:55:](#)

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markz your saying i shouldnt have done that and rather closed my eyes? (im fine being weird)

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Re: Day to Day

Posted by jewizard21 - 12 May 2024 23:39

Maybe I dont have the same kavana when I daven but I don't think having a good davening makes it easier to not look. This may be me but I have to control myself when there is a mechitza that doesn't do its job properly in order to, not to leer or anything, but just glance and

look away. Its an awareness or safety feature I get when my mind starts to wonder as I wait for the tzibur that I have to consciously not look to the mechizta.

Idk if that's clear but I wanted to point out that having a good davening, at least for me, doesn't increase my ability of shmiras einayim and I have to be vigilant no matter what. BH it gets easier over time but you never know when the y'h will try to get you.

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Re: Day to Day

Posted by jewizard21 - 12 May 2024 23:42

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I like to get real interested in a tree in that situation

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Re: Day to Day

Posted by neshumala - 13 May 2024 00:12

I hear u, it's still hard after a good davaning but after a good davaving a person feels more connected to hashem and he's in a stronger place to be able to control his desires...

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Re: Day to Day

Posted by Markz - 13 May 2024 00:24

[cande wrote on 12 May 2024 23:32:](#)

[Markz wrote on 12 May 2024 19:13:](#)

[cande wrote on 12 May 2024 18:55:](#)

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That too is extreme and weird.

We need to find a nice middle ground where we can walk the walk and talk the talk and not look

It's not that difficult.

Deeper Question is why do you have to stare at those girls. Is there nothing else to stare at without getting bored to death?

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Re: Day to Day

Posted by cande - 13 May 2024 01:17

[Markz wrote on 13 May 2024 00:24:](#)

[cande wrote on 12 May 2024 23:32:](#)

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yes there is something else to stare at, my beautiful wife!

and yes it is that difficult!
wierd

help me god.

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Re: Day to Day
Posted by Markz - 13 May 2024 01:57

[cande wrote on 13 May 2024 01:17:](#)

[Markz wrote on 13 May 2024 00:24:](#)

[cande wrote on 12 May 2024 23:32:](#)

[Markz wrote on 12 May 2024 19:13:](#)

[cande wrote on 12 May 2024 18:55:](#)

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Re: Day to Day

Posted by chaimoigen - 13 May 2024 02:37

My dear brother Cande shlita,

Markz is not playing around with you. He's a very smart guy with a lot of experience and he's trying to tell you something. He's trying to say that the question you need to be asking yourself is how to develop a new possibility- that maybe it would be worthwhile to examine if there is
looking at your wife
instead.

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Re: Day to Day
Posted by cande - 13 May 2024 03:05

[chaimoigen wrote on 13 May 2024 02:37:](#)

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no worries reb chaimoigen, were all good.

markz is from the greatest ive learned so much from him!

im just trying to get him to disclose and help me out with "what the other option would be"

live, learn, and love!

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Re: Day to Day
Posted by guardyouriz - 13 May 2024 14:40

from the many things GYE has to offer is the idea that scientifically lust comes in waves and goes away. i wished i would of known this when i was younger . when i was i bachur and the yetzer came and started up with me ,i knew that i should shlep him to the beis medrash but i thought itll be a 4 hour battle and i had no koach for that, if i wouldve known that that the initial another option. A choice other than: A) looking at other girls with lust or fire of lust will die down or at least the edge of it goes away I would have been more encouraged to go to the beis medrash. chaval.

this morning i was planning on staying clean and a desire popped in and i thought oh no... but then i thought you know ,they its just a wave . lets see what happens in a couple minutes,then ill

decide ,and BH got busy with something and yes the intensity of the desire went away . BH
!thank you GYE. i hope i remember this next time.

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