

Help - I'm going out of town

Posted by bentorahyy - 23 Aug 2013 07:14

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Hi everyone - could use a bit of pre-emptive chizuk as I'm going out of town soon and I know from the past that I'm particularly vulnerable when I'm away from my wife and family and my usual routine and settings. Any eitzah you've found helpful??

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Re: Help - I'm going out of town

Posted by bentorahyy - 23 Aug 2013 07:17

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Sorry - I meant to put this in a different category than "Introduce yourself". Still getting used to the site...

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Re: Help - I'm going out of town

Posted by toraschaim - 23 Aug 2013 07:58

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Here are some tips that I have found helpful in the past:

\* Post frequently on the GYE forum (if you'll have Internet access).

\* Find some way to give yourself structure on your trip. Write out a schedule or plan for what you'll do in your spare time.

\* Exercise. It's a great weapon against the yetzer hara. See the post here - [guardyoureyes.com/forum/1-Break-Free/215253-Exercise](http://guardyoureyes.com/forum/1-Break-Free/215253-Exercise). (If you're staying in a hotel, they almost always have an exercise room.)

\* Take some time (even just 5-10 minutes) to think about the challenges you're going to encounter. This really breaks down into two:

a) What opportunities to act out will you be faced with that aren't present in your typical environment?

b) What inhibitions to acting out are present in your typical environment, but won't be present when you're out of town?

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Re: Help - I'm going out of town  
Posted by bentorahyy - 23 Aug 2013 17:50

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Thanks, toraschaim. Don't think I'll have internet access, at least for most of the time (which certainly helps in many ways). Won't be in a hotel; staying with a frum family which is certainly better I think - I'll have to figure out a way/time to exercise. I think the biggest thing for me is just that when I'm alone, the y"ch says "Hey - no one's around to catch you, walk in on you, etc. Here - just enjoy this a little bit, like the good ol' days..." But, hopefully because of posting here, trying to keep the 90 days, having told my wife, etc. I'm hopeful that with reminders to myself I'm trying to achieve something big for myself that it will be different this time!

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Re: Help - I'm going out of town  
Posted by AlexEliezer - 23 Aug 2013 18:31

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Toraschaim has hit on the importance of structure.

I would add a few things:

Get up early in the morning. This way you'll be tired and wanting to go to sleep at night.

When we travel there are many novel situations and new women to tempt our eyes. If you don't spend the day gazing and lusting, you're not going to be tempted to relieve yourself in the bedroom.

Don't worry too much. Take it one day at a time.

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