

Allergic reaction

Posted by Dr.Watson - 12 Mar 2014 23:45

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I've come to understand that I have an allergic reaction to lust triggers. whenever I'm triggered, my mind starts going to places that causes me trouble. When I'm surrounded by such triggers, the resultant allergic reaction can be extremely difficult to cope with, almost debilitating.

The trouble is that I'm triggered by just about every frum girl/woman aged between 16 and 40. I have the good fortune to live in a frum area. However, I often find myself surrounded by triggers and have no escape.

This happens whenever I walk down the main road in my neighborhood, and especially on shabbos, or in the kosher shops, or at weddings. These situations are unavoidable in practice.

Surrendering is all very well, but when I'm in these situation many times a day it can be too hard to think about surrender every time.

So my question is, how can I cope with this trigger? Is there a way to stop the allergic reaction?

My question is not how to not fall. My question is how can I stop the allergic torture?

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Re: Allergic reaction

Posted by cordnoy - 14 Mar 2014 18:06

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TZ....the son-in-laws are forbidden from using that bathroom.

and now it's 30 year old women! Glad to see that maturity has kicked in!

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Re: Allergic reaction

Posted by TehillimZugger - 02 Apr 2014 23:06

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[cordnoy wrote:](#)

TZ....the son-in-laws are forbidden from using that bathroom.

and now it's 30 year old women! Glad to see that maturity has kicked in!

I've ALWAYS been mature.

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Re: Allergic reaction

Posted by I will win the battle - 03 Apr 2014 14:03

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Hey Doc

I salute you for your efforts.....

No need to go into the protei protim....for an addict, every public place can be a challenge, be it a shop (store!), a chasuna, a park, in the office or a family gathering. If you have a valid need to be there, daven before going that you should not stumble (does not need to take longer then ten seconds), do what you need to do, staying on alert of course and you will be surprised how well it can go.

Its been stated already on this thread several times the importance of looking and treating women as people, not sex symbols. This takes serious 're-wiring' for us but if theres a will.....

KOT

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Re: Allergic reaction

Posted by gibbor120 - 03 Apr 2014 20:12

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[I will win the battle wrote:](#)

but if theres a will.....

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then the kids won't fight about the yerusha