

So far so good, but I am trying to avoid a trigger

Posted by SIB101854 - 06 May 2014 17:02

Since I have been here, I have enjoyed more than 270 days of Taharah, increased emotional intimacy with my Eshes Chayil, and a realization of what counts in life. It has been great so far. Last week, we had an avalance of home repairs , bills for communal obligations, and my Eshes Chayil was so busy with some chesed obligations for a close friend that we basically had a store bought Shabbos which I don't enjoy. I think that my kvethching about what needed to be done in the house and Shabbos ticked off my wife and it impacted adversely on our physical intimacy as well. Last night, my Eshes Chayil went to a dinner that I was not interested in , and I was able to both avoid porn and masturbation, which I would not have been able to in the past. My boss has been away for a day and probably most of today. In the past, I would have surfed a large number of porn sites, but I am going to avoid doing that as part of my committment to remaining Tahor.

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Re: So far so good, but I am trying to avoid a trigger

Posted by markz - 27 Sep 2015 03:21

Your karma just went ??

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Re: So far so good, but I am trying to avoid a trigger

Posted by SIB101854 - 21 Oct 2015 14:23

I am not sure that this was a slip , but in the course of my job, I was doing some research and I discovered that an old female acquaintaince who dumped me many years ago, and left me emotionally in a terrible state until I met my Eshes Chayil had been in serious legal trouble.I spent a little time determining the nature of that trouble, but went no further-since she once contacted me literally out of nowhere.

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Re: So far so good, but I am trying to avoid a trigger

Posted by gibbor120 - 21 Oct 2015 15:54

Thanks for sharing. Don't worry about it. Let go of it and KOT!

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 30 Oct 2015 18:14

The small store where I get my newspapers also sells Mishpacha, etc and other Israeli glossy fashion like(not porn) magazines. Today, I just glanced at the cover of a woman who was inappropriately dressed and walked away ASAP. Almost a slip?

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Re: So far so good, but I am trying to avoid a trigger
Posted by markz - 30 Oct 2015 18:37

[SIB101854 wrote:](#)

The small store where I get my newspapers also sells Mishpacha, etc and other Israeli glossy fashion like(not porn) magazines. Today, I just glanced at the cover of a woman who was inappropriately dressed and walked away ASAP. Almost a slip?

Is living life like a mentch on this planet, considered a slip?

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Re: So far so good, but I am trying to avoid a trigger
Posted by Bigmoish - 30 Oct 2015 19:53

[SIB101854 wrote:](#)

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Slip shmip, keep on truckin'

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Re: So far so good, but I am trying to avoid a trigger
Posted by Shlomo24 - 01 Nov 2015 21:50

i believe that we can only be responsible for second looks

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 02 Nov 2015 01:14

Ain Haci Nami!

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Re: So far so good, but I am trying to avoid a trigger
Posted by peloni almoni - 02 Nov 2015 01:51

i want to share something that i wrote for this site last year, and it was since used it in the chizuk emails:

"peloni almoni 08-2014"

The pasuk says: velo sasuru acharei levavchem ve'acharei einechem. Rashi brings from chazal: the eyes are scouts for the body. The eyes see, then the heart desires, and the rest of the body gets dragged into it as well. This raises an obvious question: the pasuk says einechem only after having said levavchem. If the chazal that Rashi brings is truly the torah sheba'al peh

counterpart to this pasuk; if the lesson of this pasuk is, in fact, that first the eyes see and then the heart desires, why is the order switched?

There are many answers given. The following is very close to pashut peshat, and brings home an important point.

The cycle goes as follows: A person is walking, and something provocative catches the corner of his eye. Curious, his automatic urge is to take a second glance, to turn his head, lift his eyes, and look. Says the torah: velo sasuru acharei levavchem ve'acharei einechem. We cannot control what leaks into the corner of our eye, or what pops into our direct line of vision. The ikkar is: Do not follow your heart and take a second look. Acharei levavchem, and then ve'acharei einechem. Do you know why you should not take that second glance? Because the eyes are the scouts for the body. The eye sees, and the heart wants, and leads the rest of the body to sin.

The words of the pasuk and the words of chazal/Rashi complement each other. The pasuk is telling us the prohibition - do not follow your heart to take that second look with your eyes. The corresponding chazal is warning us of what we know only too well - if you take that second look, the eyes will effect the heart, and pull the body into sin.

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Re: So far so good, but I am trying to avoid a trigger
Posted by peloni almoni - 02 Nov 2015 01:57

it goes without sayin' though that the "first time" that we are pattur from was really accidental - not negligence ie - putting ourselves somewhere where we know we should be avoiding. we know the gemara that says that someone who passes by women dressed immodestly **and doesnt look** is a rasha if he had another way to go ... i'm just sayin'

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 09 Nov 2015 01:09

I still will watch a baseball or football game on a Sunday afternoon just to relax. Today, during a time out, I started surfing the channels, landed on a free channel that had the looks of something inappropriate and went right back to the game. I am not yet at the stage of disposing of the TV, but I can surely see why having a TV in the house and spending your eyes glued to it is asking for trouble. I didn't have a fall, but almost a slip-and I know that it is far too easy to go from a slip to a fall to going right back down the rabbit holes of porn and masturbation

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Re: So far so good, but I am trying to avoid a trigger
Posted by Shlomo24 - 09 Nov 2015 01:22

that is why i don't want to have a tv in my house when i get married. not for "frum" reasons, but i have flipped channels on a tv twice in the past 2 1/2 months and both times i ended up on something inappropriate by accident.

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Re: So far so good, but I am trying to avoid a trigger
Posted by SIB101854 - 06 Dec 2015 00:14

One of the glossy fashion magazine like supplements arrived with the WSJ this morning. I took one glance through it and tossed it in the garbage can. That would have been a trigger .

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Re: So far so good, but I am trying to avoid a trigger
Posted by Shlomo24 - 07 Dec 2015 19:21

lol, i also get the WSJ. forgive me for hacking your thread, but since my lust is primarily for men i was able to look at in unperturbed. i am actually very grateful that my lust is for men b/c i like design and clothes and stuff... tflms. i'm gonna post abt it on my thread

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Re: So far so good, but I am trying to avoid a trigger

Posted by SIB101854 - 27 Dec 2015 21:38

Thursday night, as I headed home on the subway and towards a nice long three day weekend, a young woman who was clearly inappropriately dressed walked into the subway car and sat down within a fair distance from me. I shoved my head into my small Gemara, and when the subway car thinned out, I moved completely out of sight of what would have been a trigger.

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