

My struggle

Posted by chaimdovid1111 - 28 Jun 2017 02:44

Hi,

I am a married guy who has struggled with viewing inappropriate material on the internet for many years as a single guy. I pulled my self out of this addiction by firstly genuinely asking Hashem for help. I hated the way I felt about my self and decided I had to change. It has been a process of growth and change for many years now, and I've had times of real yerida and struggle and times of inspiration and growth. Being engrossed in a daily schedule of yeshiva away from home made things more manageable. But when I'd come home to visit the struggle would become unbearable. I fell so many times, until I finally told my parents of my struggle and of the importance to have a filtered internet. They were so happy to help. I also had the internet removed from my phone. Now I'm married and have made sure not to have any access to even filtered internet without my wife near by. She is so supportive of me in my struggles. Now my struggle is slightly of a different nature. Thank G-d I have the internet piece under control, but the challenge of living in America where people walk the streets in the most immodest way, makes the struggle so hard. I sometimes feel like I can't go 10 feet without seeing a lady dressed inappropriately. I feel so powerless in this area. And even in religious circles, especially at weddings and Shabbos, women dress up in their finest making it very difficult not to look.

I need guidance in this area...

thanks

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Re: My struggle

Posted by Hashem Help Me - 28 Jun 2017 03:15

Welcome to GYE. Very impressive how you overcame difficult challenges. We are here to help. Two ideas, One, say a special tefilla before you go on the street that Hashem should protect you. Secondly, either take off your glasses or look at the floor. (As long as you are not driving....) I have friends who are not very chassidish or yeshivish who do this and have excellent results.

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Re: My struggle

Posted by Markz - 28 Jun 2017 03:30

Welcome CD

A quick answer?

Would you prefer if they come to the wedding or Sabbath in rags?

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Re: My struggle

Posted by Shivisi_Hashem - 28 Jun 2017 03:52

Hay! You did the right thing, hang around here, we will help you!

let me tell you, i was in the same shoes as you, i just couldn't resist not to look on every lady passing me, and on the Jewish well dressed more then on the none jewish less dressed, but im clean of that for more then 83 days, and what i do is, im looking on the floor, and not like a maniac, im doing it in a very normal manor, lately im walking more to the side of the parked cars, and im reading all the license plates, so its not that obvious, it helps, just dont look around, yes, when i drive, i have a big problem, and its tough, but i can tell you, that in the last 83 days i can say, that i maybe looked on a handfull ladys on the street, and yes, im proud about it.. not ashamed. Be proud too about your self, and copy me.

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Re: My struggle

Posted by Markz - 28 Jun 2017 03:57

This is how I was driving last week thru a less clad area

[attachment:1]C:\fakepath\IMG_1007.JPG[/attachment]

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