

My problem

Posted by his8sm - 11 Aug 2020 12:02

Hello everyone

Does anyone else have the problem I continually have (and possibly many men, frum or otherwise). It rarely leads to acting out or viewing inappropriate material in the full sense (few times a year) but rather the mental lusting is a constant, when I go to the park, when I go to the shops-etc. I can easily do the 90 days thing for acting out but its for this daily, minute by minute struggle, I feel I need support with.

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Re: My problem

Posted by OivedElokim - 18 Aug 2020 21:25

Thanks Grant! I loved all of your posts on this thread, but this one really hit the nail on the head.

I would just add that what you write regarding the need that list fills is true of all other self-destructive behaviors and addictions. It's just that lust is uniquely accessible and built in to a person and is the easiest addiction to hide...

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Re: My problem

Posted by Im Tevakshena Kakasef - 23 Aug 2020 20:54

Count me in on this to. From now on, when I see a woman, I try the Grant method (bli neder). See what happens.

Hatzlocha all.

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Re: My problem

Posted by Grant400 - 24 Dec 2020 19:57

Hey Zedj! Here's the thread I was referring to. It's a discussion about how to stop viewing women as sexual objects. Read from the beginning at your leisure. I hope you find it helpful.

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Re: My problem

Posted by Zedj - 24 Dec 2020 20:12

Thank you, it will be my special nittle nacht read!

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Re: My problem

Posted by YeshivaGuy - 24 Dec 2020 22:14

[Grant400 wrote on 12 Aug 2020 17:14:](#)

Even when a woman is obviously dressed in a way that is so glaring supposed to entice and share the view of ... I realized that a woman (most normal, not the trash) dresses that way to look pretty and cute not to look sexy and perverted. She's not trying to expose her body to the world she just wants people to find her attractive in a nonsexual way. Just like when you put on a new suit for Yom tov your objective isn't that people should imagine you without it on...

Grant

Really? It's so hard for me to believe that.

I'm aware that it's probably due to my own skewed mindset...

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Re: My problem

Posted by Zedj - 24 Dec 2020 22:39

I was watching a talk (I don't remember who or where it is) the gist of what he said "if the woman/girl knew what the guy was thinking, she would never dress like that"

@yeshivaguy So I guess it would be correct to say a girl/woman when they dress, they are thinking to look pretty and not to be looked at in a lustful manner.

If only they would know.....

This is a very helpful thread thank you to all here that gave their advice.

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Re: My problem

Posted by Hashem Help Me - 24 Dec 2020 23:45

I think that was Rabbi Dovid Orlofsky on his famous "The Platonic Relationship", which by the way is a must watch/listen too for anyone who wants to date for companionship but is not ready to date for the purpose of marriage yet.

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Re: My problem

Posted by Iodaas - 24 Dec 2020 23:55

Please tell me if I am mistaken but doesnt the gemara say something like

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It is part of our eternal fight and these are all strategies to win each battle but the war we will only win when we hit our graves after 120

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Re: My problem

Posted by mggsbms - 25 Dec 2020 00:55

[YeshivaGuy wrote on 24 Dec 2020 22:14:](#)

[Grant400 wrote on 12 Aug 2020 17:14:](#)

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Grant

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What Grant writes is probably true most of the time, hence the big to-do with the "me to" movement. It took me time to grasp this as true.

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Re: My problem

Posted by Lou - 25 Dec 2020 07:00

[YeshivaGuy wrote on 24 Dec 2020 22:14:](#)

[Grant400 wrote on 12 Aug 2020 17:14:](#)

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Grant

Really? It's so hard for me to believe that.

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Yes, regarding the typical Frum woman it is true. Even if they are not perfect with Tznius standards etc. If they are healthy frum females their intention is to look pretty and get compliments from their friends etc. They don't think about us and our hirhurim. They intrinsically like to look nice even for themselves. Think of any female relative you have, and it may be easier to realize that.

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Re: My problem

Posted by willdoit - 06 Feb 2024 16:17

Hi all,

I am currently (still) struggling with looking and lusting when walking in the street. I had bad days and worse days. i am still trying to find the proper way how to deal with this.. last night I had an embarrassing story... I found myself staring at this lady, and she noticed it, then I realized its my friends spouse - and immediately my mind got flooded with all kind of negative thoughts; she will repeat to her husband, he will lookdown at me, will think that I am not happy with the way my wife dresses (which has some truth)..

I am hurting....

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Re: My problem

Posted by parev - 06 Feb 2024 16:38

WOW!

BH there IS a solution out here...

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Re: My problem

Posted by davidt - 06 Feb 2024 18:26

[willdoit wrote on 06 Feb 2024 16:17:](#)

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I am hurting....

Maybe you can use this as a tool to help you for the future. Think about this, every married

woman is a human being with a spouse (even if you don't know him). Each one has their own history, pain, challenges and issues which we don't know about. You're not staring at an object, it's a human being who deserves respect. You can go further by saying a prayer for her that she should succeed and hashem should help her with whatever needs she might have...

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Re: My problem

Posted by redfaced - 06 Feb 2024 18:29

[willdoit wrote on 06 Feb 2024 16:17:](#)

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Ouch ! But like Davidt said sometimes you can use these stories as a springboard to stop looking. The knowledge that there is a real person hiding beneath whatever you see.

Hatzlocha!

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Re: My problem

Posted by willdoit - 06 Feb 2024 18:44

[davidt wrote on 06 Feb 2024 18:26:](#)

[willdoit wrote on 06 Feb 2024 16:17:](#)

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Thanks! I am grappling with this idea for a long time, I am trying to apply it in real life but id does not seem to take away the lusting. my mind plays with me' like, so what? what if she is a human being, she is attractive!. the lust wont yield. what am i doing wrong?

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