## **GYE - Guard Your Eyes**

Generated: 11 September, 2025, 07:20

new guy

Posted by Mount whitney - 09 Mar 2021 00:46

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hi im new here married 30 yrs old have been mastrubating for 5 years i honestly cant believe i am actually here.

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Re: new guy

Posted by Hakolhevel - 30 Mar 2021 13:31

## Mount whitney wrote on 30 Mar 2021 04:58:

Gut moed went to my parents for yom tuv kept busy still clean bh. Its pretty crazy how all the women congregate outside of shul after davening it cud get tough. But i was pretty good at watching my eyes bh. Its just hard when everyone is dressed up and my wife comes rolling in like a shlump.(i know its not nice) thanks for hearing me out

Hi MH, may I humbly suggest you start a thread on the BB section.

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Re: new guy

Posted by Sapy - 30 Mar 2021 22:11

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Hakolhevel wrote on 30 Mar 2021 13:31:

## Mount whitney wrote on 30 Mar 2021 04:58:

Gut moed went to my parents for yom tuv kept busy still clean bh. Its pretty crazy how all the women congregate outside of shul after davening it cud get tough. But i was pretty good at watching my eyes bh. Its just hard when everyone is dressed up and my wife comes rolling in like a shlump.(i know its not nice) thanks for hearing me out

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Hi MH, may I humbly suggest you start a thread on the BB section. I second that. Re: new guy Posted by Mount whitney - 31 Mar 2021 05:22 Sorry i didn't realize that ill move over to there Re: new guy Posted by sleeepy - 07 Feb 2023 05:44 Mount whitney wrote on 18 Mar 2021 04:16: all right we had the party (how come all the food in lakewood tastes the same?) no mechitza (what the heck?) but bh i stayed clean faced the other way and kept my eyes to myself. i just wanted to post what helped me in my situation. basically i thought to myself how looking at others gets me nowhere it just reconfirms the fact that my wife is not as pretty as others which gets me unsatisfied and unhappy, so why look? true not looking doesnt make my wife prettier but guess what bud looking doesnt either! all it does is flood my mind with feelings of unhappiness. i definitely have a lot to work on appreciating her and building a deep emotional connection but untill i get there looking ain't gonna help me at all. that's what i feel let me know

"true not looking doesnt make my wife prettier" i would just like to humbly point out that i think you are wrong, not looking DOES make your wife look prettier we start getting less attracted when we look at the greener grass over there, every case may be different, but for many, what ive written holds true.hatzlacha!

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Re: new guy

what u think thanks.

Posted by Geshmak! - 07 Feb 2023 14:39

many, what ive written holds true.hatzlacha!

Maskim!