

Keeping Curiosity In Check

Posted by lookingforwisdom - 17 Jun 2011 16:40

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An Issue that gets in my way of becoming clean, is that besides for the fact that I'm a sick man that craves p\*\*rn and to feed my eyes on the street and do a lot of fantasizing, i also have a very Curios nature. Curiosity in general has a good and a bad side the bad side is, at least in my case, that even in a case where it's not harmful it can sometimes carry me away. When i see an innocent piece of news or anything else I'll go into details upon details it sometimes takes me awhile before I realized how much time I've wasted on that. My curiosity is something like a passion.

But this is not the whole thing, and I wouldn't of brought it up here if not for the real problem which is when the thing I'm interested in has an inappropriate part and when looking around for information I'll also end up finding out things that would've been better left out and thinking about things better left out of the mind. (IT JUST DOESN'T BELONG THERE)

I'm sure there are others with the same problem and I would like this to be a place where people with the same issue can discuss this or maybe we can hear from somebody who has struggled with it and overcame this

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Re: Keeping Curiosity In Check

Posted by oisgemutzet - 29 Jun 2011 19:57

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I actually have your same problem of curiosity and i find that gearing it intulectually helps

also i find that the friediker skulener rebeh wrote a kuntress on this inyan that helps me alot

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Re: Keeping Curiosity In Check

Posted by struggler - 29 Jun 2011 23:34

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Thank you for your reply. I have been trying to focus on more intellectual things like learning Amud Yomi / Mishna Yomi, but over last couple of years I have been struggling with a sleeping disorder and often have headaches / trouble concentrating. Lately, there have been

improvements with sleep, so I am hoping to start on some kind of learning cycle that is out there.

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Re: Keeping Curiosity In Check

Posted by im not alone - 30 Jun 2011 04:58

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Dear oisgemutzet

**Welcome to our community, you have finally come home!**

Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them!

[GYE Program in a Nutshell](#): *(Right Click the link and press "Save Link/Target As" to save the PDF file to your computer).*

'Guard Your Eyes' offers a unique approach to helping people by recognizing that there are many different levels in the struggle for "*Shmiras Ainayim*" and "*Shmiras Habris*". After studying the experience of hundreds of religious strugglers over the past few years, we put together the suggestions and recommendations that we feel are best for the various levels. We divided the tools, features and services that GYE offers into 8 different levels. This "[GYE Program in a Nutshell](#)" can help people quickly identify at what level of the struggle they are at, and which tools and features would help them most at their particular level.

**Here are some quick things you can do to help you jump straight into recovery:**

We're all in the same boat here. *Tzuras Rabim Chatzi Nechama*

1) Make sure to install a strong filter. It will be almost impossible to break free of this while having all the garbage within a mouse click away. See [this page](#) for one good filter option, along with instructions on how to install it best – and give away the password to our "filter Gabai"... See [this page](#) for another 20 (or so) filter ideas and information... We also **highly advise** installing "Reporting Software" such as [webchaver.org](#) to give you some accountability,

because filters alone are usually not sufficient and they can often be bypassed.

2) Join the [daily Chizuk e-mail lists](#) to get fresh chizuk every day.

3) Scientific studies have shown that it takes 90 days to change a neural thought pattern that was ingrained in the brain through addictive behaviors. Did you join the [90 day chart](#) on-line? Sign up [over here](#).

4) Post away on this forum! You will get tons of daily Chizuk and support. This disease can't be beat alone. It works best when you **get out of isolation!**

5) GuardYourEyes also offers many free anonymous phone conferences where you can join a group of other from Yidden, along with an experienced sponsor. See [www.guardyoureyes.org](http://www.guardyoureyes.org) > Tools > Phone Conferences for many different options. Our conferences are taking place every day, morning, noon and night... Joining a phone group would be a tremendous step in the right direction for you and help you learn freedom from this addiction. Not only will you learn the secret of the 12-Steps – which is known to be the world's most powerful program for beating addiction having helped millions world wide, but the daily call will be another way of GETTING OUT OF ISOLATION and connecting with others who are going through what you are.

6) If you need more general guidance, write to our e-mail helpline at [gye.help@gmail.com](mailto:gye.help@gmail.com) or call our hotline at 646-600-8100.

7) Download and read the "[Guard Your Eyes Handbook](#)". This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "**Attitude & Perspective**", details 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

The second part, "**The 18 Tools**", detail suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. No matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

**May Hashem be with you!**

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Re: Keeping Curiosity In Check

Posted by cordnoy - 18 May 2015 02:13

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[Yosef Hatzadik wrote:](#)

*Mar amar chada, umar amar chada, v'lo paligi.*

What you posted is not what I am referring to, though. ;D

I was referring to specifically something which is non-Torah or Recovery or Street related!

Anytime ANYTHING piques your curiosity, for example when you hear the door to the room creak (or is it squeaks ?) open, the natural tendency of most people - especially the curious kind - is to turn their head to see who just walked in. We should try to avoid those urges. We should NOT turn to look. The act of NOT GIVING IN to our curiosity will train us to be a bit less curious. It will teach us that we do not **have** to '*check this out*....

Some good techniques here.

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