

Bouncing and Starving Your Eyes

Posted by Oslost - 05 Mar 2014 05:58

When I work this, it works for me.

I got these tips from a non-Jewish book on sexual addiction that was popular at a recovery clinic I attended years ago.

It's called "bouncing your eyes" and works this way.

When you see a woman on the street, or anywhere for that matter, who triggers you, look for something red: a street sign, a traffic light, brake light, fire hydrant, whatever. Use it to distract you from looking at the woman; bounce your eyes to it.

Avoid looking at women long enough and you effectively "starve your eyes"; for married men, this typically increases the attractiveness of your wife to you, a further incentive.

It takes discipline though. I struggle to bounce my eyes because the addicted part of me tells me I'm missing out on something, that each woman offers a special delight for my eyes. But, in actuality, it's a relief to bounce away from the trigger.

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Re: Bouncing and Starving Your Eyes

Posted by Pidaini - 05 Mar 2014 19:04

Thanks for sharing!!

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Re: Bouncing and Starving Your Eyes

Posted by shivisi - 05 Mar 2014 19:37

[Oslost wrote:](#)

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It takes discipline though. I struggle to bounce my eyes because the addicted part of me tells me I'm missing out on something, that each woman offers a special delight for my eyes. But, in actuality, it's a relief to bounce away from the trigger.

I heard from the famous Rav Rabbi Shimshon Pincus that if you are walking in the street and your eye grasps sight of a woman or some picture on inappropriate advertising sign etc. and you look away, the merit is so great that you have the right to ask of G-d at that moment ANY request you want, and you have a great chance of your request being granted.

Thanks for sharing.

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Re: Bouncing and Starving Your Eyes

Posted by TehillimZugger - 06 Mar 2014 02:27

I heard that if you serve Hashem lishmah you don't have any requests, and are sameach bechelek.

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Re: Bouncing and Starving Your Eyes

Posted by kilochalu - 06 Mar 2014 03:39

[TehillimZugger wrote:](#)

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shhhhh!! your gonna put all the miracle working kupot tzedaka out of business,

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Re: Bouncing and Starving Your Eyes

Posted by kilochalu - 06 Mar 2014 03:43

but maybe if we make taphsiks and give them money for each time we dont bounce and starve they'll get rich again

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