

Betachbulos Asei Milchama

Posted by Unknowngye - 11 Oct 2017 04:58

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Shlomo Hamelech tells us to fight wisely agaisnt the yetzer hara. I'd like to put together a list of tricks people have found useful. (If one already exists please let me know):

1. If I do have bad thoughts I imagine as if she was doing her business in the bathroom. This lets me realize that she is human and I shouldn't be dehumanizing her.

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Re: Betachbulos Asei Milchama

Posted by Markz - 11 Oct 2017 05:31

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[Unknowngye wrote on 11 Oct 2017 04:58:](#)

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No make sense. That's a very dehumanizing statement.

And if we want to "humanize somebody" tell a manfolk to imagine **himself** using the bathroom. Why knock the women into the outhouse? Let's leave those poor souls out of our problems

Sounds like you can do with some insights from dr dov. See his posts below

Maybe even give him a call if you're interested :-)

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Re: Betachbulos Asei Milchama

Posted by Unknowngye - 16 Oct 2017 03:42

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Its really a Gemara, I didn't think of that before but the Gemara reminds us that women are made of bones and liagements (I think) and that her mouth is full of blood (not the upper mouth ).

Please remember that this is what works for me. No one needs to accept this but I really do appreciate this note as it forces me to reassess my perspective on things.

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Re: Betachbulos Asei Milchama

Posted by Unknowngye - 16 Oct 2017 03:45

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2. The forum is a huge source of Chizuk for me and I subscribed to Bgit's thread called Bgit's 2nd round or something of the sort. (It's usually one of the top/newest threads on the journey to 90 days part of the forum. I try to advise and read the posts others post and just getting emails saying that a new post was made to that thread is inspiring.

3. I recently started to transform any porn scene which comes up in my head to be keduasha related so that instead of appearing as a porn scene it looks like a Jewish woman lighting Shabbos candles. This has proven to be effective a few times. The porn scene starts but without really paying attention she starts to light Shabbos candles!

4. Nefesh Hachayim says that we, as we know ourselves, don't actually exist. There is a neshama up in shamayim which manifests itself on this world through our bodies. Thus, the human body is an avodas Hashem machine. The male body is the way it is because the neshama needs a certain toolkit (the male body) in order to succeed. Other neshamos were given a different toolkit, the female body because that is what they needed to succeed. Thus, I imagine a ropes extending from one source in shamayim (the "quarry"/ source of neshamos) to I and the girl about which I currently fantasize. Basically reminding myself why I'm here.

5. One of the most important things is tefillah. I wish there were more davening times during the day!they're so inspiring! Just reading pshat is incredible. They're full of emumah, bitachon and reminding me why I exist: For Hashem!

6. Today was a really weird day because I felt exhausted even though I slept enough. I realized that I'm too tough on myself so I decided to slack off. I said "I don't care leave me alone". The same can be applied here. " Y'h , please leave me alone. I am incredibly uninterested in your offer. (Although I am currently very tempted and may want to comply,) experience tells me I'm going through a phase I deep down I really really really don't what to." And proceed to think about cucumbers, or anything else.

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