## **GYE - Guard Your Eyes**

Generated: 12 September, 2025, 16:12

Trying to change the middah
Posted by Chooseurname - 08 May 2023 21:38

But recently I've been trying something new and I feel like I've been making some progress.
Basically I was learning Shemonah Perakim of the Rambam, and it hit me that his advice might be very effective for this issue. Basically, he says to go to the opposite extreme of the middah you are struggling with in order to correct it. I think my p & m issues primarily come from a desire for pleasure, so I've been avoiding normal pleasures. I tried not to go too nuts, but I went on a healthy olier and am taking colder(er) showers. Finink it's working alor better than thought it would.

Anyone has any experience or insights in this?

I actually went ahead and wrote a brief summary on shemonah perakim focused in on shemiras einayim. I'd love to hear what you guys think of it.

Re: Trying to change the middah
Posted by noshimnosher - 09 May 2023 00:30

seems a lil nuts

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Re: Trying to change the middah Posted by frank.lee - 09 May 2023 23:29

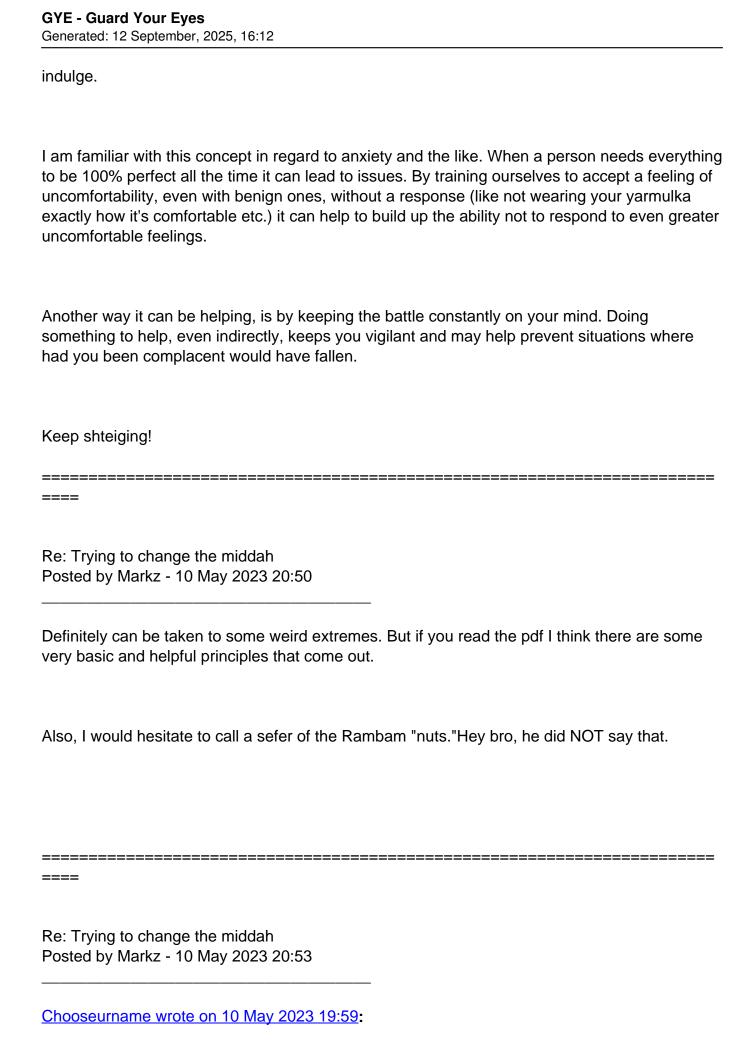
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I think this is key! The Alei Shur talks about it, also many sefurim. Dubno Magid I think.

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Re: Trying to change the middah Posted by Chooseurname - 10 May 2023 19:59 Definitely can be taken to some weird extremes. But if you read the pdf I think there are some very basic and helpful principles that come out. Also, I would hesitate to call a sefer of the Rambam "nuts." Re: Trying to change the middah Posted by Grant400 - 10 May 2023 20:44 Chooseurname wrote on 08 May 2023 21:38: But recently I've been trying something new and I feel like I've been making some progress. Basically I was learning Shemonah Perakim of the Rambam, and it hit me that his advice might be very effective for this issue. Basically, he says to go to the opposite extreme of the middah you are struggling with in order to correct it. I think my p & m issues primarily come from a desire for pleasure, so I've been avoiding normal pleasures. I tried not to go too nuts, but I went on a healthy diet and am taking colder(er) showers. I think it's working alot better than I thought it would. Anyone has any experience or insights in this? I actually went ahead and wrote a brief summary on shemonah perakim focused in on shemiras einayim. I'd love to hear what you guys think of it. I like the concept. In moderation and done properly.

Been awhile since I posted anything here. Mostly because it's just been the same struggle What you are doing is training your mind that it's ok to crave or desire a pleasure yet not



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Definitely can be taken to some weird extremes. But if you read the pdf I think there are some very basic and helpful principles that come out.
Also, I would hesitate to call a sefer of the Rambam "nuts."
He didn't say anything of the sort.
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The chat over here is about cold showers, so let's all chill together