Tips for ????? ???????
Posted by upanddown - 16 Jun 2024 23:35

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Dear GYE friends,

I am looking for some practical, quick & easy tips for ????? ??????? in real life (not internet).

I'll share what has helped me in the past, but I'd love to hear some new ideas.

I feel that just like the YH comes in new forms every day (???? ?? ??? ????? ???? ??? ??? ????? ?? ?? ?? ????, ??????? ?? ?) so to the "anti-YH-thoughts" must be refreshed from time to time.

What do you say or think to yourself when you are feeling spiritually weak (...?? ????? not working) and you're in the mood to just let your eyes loose and to enjoy looking at the many very attractive woman/girls that are around you, on the street, in the shops, at the counter or in your work place or at a wedding?

Any thoughts, stories or Chizzuk that have helped you, are very welcome.

Thank you in advance.

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Re: Tips for ????? ???????
Posted by kavey - 03 Jul 2025 20:09

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oops I didn't realize the comment was from a year ago. Regardless the suggestion still applies for who anyone is kept up at night by this question.

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Re: Tips for ????? ???????

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Posted by yitzchokm - 03 Jul 2025 23:29

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[kavey wrote on 03 Jul 2025 20:07](#)**:**

[trying the best wrote on 22 Aug 2024 22:29](#)**:**

Thanks for your response, but it still didn't click into me. I still have this major question and dont understand it. anyone?

This may get me in trouble but I've seen this question a few times. L'maaseh there's a website called Reddit that I generally try to stay far away from.

However, there is a subreddit there titled something like "Ask Women" or something so...create an anonymous account, don't identify as a frum yid and ask the question! I actually think you'll gain a lot from it.

Excuse me, but you are writing on a frum website for people who are struggling with lust and you are trying to send them out to get into trouble. You obviously didn't have bad intentions but you should have known how bad it would be to do as you suggest.

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