

Almost gave in to LUST Tonight!!!

Posted by shefflover87 - 16 Dec 2013 02:48

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I saw a nice seminary girl in the Makolet. She looked innocent and dressed Tznius.

My problem is I just cant get away from girls that fit in that category. I approcached her and spoke for few minutes. Knew it wasn't shayach and very wrong of me as im realllyyyy trying to work on my shmirat aynaim. Even though she was dressed Tznius it was wrong of me.

Please, if possible, advise me on how to get away from these habits and practices with any eperience and tips you guys may have. Im 26, learning in yeshiva in Eretz Yisrael and have a hard time not LUSTING at any chance or girl or opportunity I get.

HELP!!!!!!!!!!!!!!!

Thanks

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Re: Almost gave in to LUST Tonight!!!

Posted by mrhelp - 17 Dec 2013 00:08

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hi,

try starting with windows of the soul its a great sefer in english. just one question when you say have a hard time not lusting at any chance does that mean your also watching porn,masturbating? or you just need shimras einayim tips

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Re: Almost gave in to LUST Tonight!!!

Posted by shefflover87 - 18 Dec 2013 02:33

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it means occasionally I watch porn and masturbation, but its defiantly under control. Im not an addict I don't think. I can go months without doing it. If I start to think about it, and im not busy and feeling alone or depressed I will give in. But I defiantly have troubles with not gazing or checking out girls even ones dressed frum. I need tips and ways to break free from everything!

The masturbation at this point was once or twice month, im not 17 days clean B"H. I bought the book, 2 months ago, but haven't even opened it yet!! Please tell me what I should do!

Thanks

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Re: Almost gave in to LUST Tonight!!!  
Posted by mrhelp - 19 Dec 2013 22:12

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OPEN THE BOOK AND READ IT!!IF YOU REALLY WANT TO CHANGE YOU HAVE TO MAKE  
A MOVE TO FIGHT THE YETZER HORAH

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Re: Almost gave in to LUST Tonight!!!  
Posted by Machshovo Tova - 19 Dec 2013 22:44

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[shefflover87 wrote:](#)

...Please tell me what I should do!

Thanks

Hi Sheffela, and welcome to GYE.

May I suggest that you try the great idea of 'one day at a time', and the great idea of asking Hashem for assistance. When you wake up in the morning, even before getting out of bed, you can have a personal talk with Hashem. You can do it under the covers, you can even whisper, He hears very good. Pour out your heart to Him, tell Him how much you want to guard your eyes and your heart, but you find it so hard. Tell Him that you plan to try your best to keep clean and pure for today, and ask Him to help you succeed. Then go on with confidence that with Hashem at your side you can definitely make today a successful day. Just try your best and let Hashem do the rest.

One single day shouldn't be so hard. And when be"H you have succeeded and had a good day, that should give you the cheshek and the confidence to do the same for tomorrow. And iy"H the rest can be history worth remembering.

Yes, easier said than done, but doable nevertheless.

Hatzlacha

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