

The "street cleaning" wall of honor

Posted by helpfyi - 10 Aug 2011 03:34

Hi everyone, the point of this thread is- there are many people on GYE like myself who's main fight/struggle is not porn or masturbating, but its keeping our eyes in check in the street. We don't have the porn masturbating problem either bec we got over it and are fully protected with filters, neders etc... or we never had the problem and are just "lust gazing addicts". So for us the main battle in keeping "clean" is to keep our every day "gazing" in check. So being that's the case most threads are geared towards the porn and masturbating problem, i want to open up a thread to keep our "street cleaning" in check.

So basically here you can report your struggle in the street, your progress and falls, this way we can make sure we don't slip too bad bec we all know where we end up if that happens. The street is our fortress which keeps up clean through and through, if we fall in the street we will end up going further. I therefore would like to make a wall of honor for us to keep track how long we are clean in the street.

****keep in mind not "gazing" means not to lustfully look or stare or look twice at a women even if she is dressed properly. If you catch yourself and look away that is not a fall.****

I'll be first- I am on a streak of over 40 days not gazing and it takes alot of chizzuck. I read windows of the soul and listen to tapes on shmiras eyniem, i also keep in check with the fourm. i plan on keeping up that streak FOREVER but am taking it one lady at a time.....

I'm looking faward to hear from the boys on this.

Helpfyi

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Re: The "street cleaning" wall of honor

Posted by Blind Beggar - 11 Aug 2011 05:40

The Three Second Rule is great for the street. It has three stages :alert, avert, and affirm. You

are allowed 3 seconds to **alert** yourself to the fact that you have a nisayon. That is the alert stage, we cannot always get our wits about us in less than that amount of time. Next is to **avert** our eyes and minds or remove our bodies from the area and not look. Then we have to **affirm** that we did right. "I guarded my eyes!", "I did well just now!", "Hashem sent me a nisayon and I passed."

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Re: The "street cleaning" wall of honor
Posted by helpfyi - 11 Aug 2011 13:05

[Blind Beggar wrote on 11 Aug 2011 05:40:](#)

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Thanks for that, but i would add the 2 minute rule if you might have sliped, thus way you can make sure you don't do it again. You can make the 2 min how ever long you want the point is not to get stuk on a "maybecouldbe" slip.

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Re: The "street cleaning" wall of honor
Posted by Back on Track - 11 Aug 2011 13:35

Both gr8 eitzos.

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Re: The "street cleaning" wall of honor

Posted by helpfyi - 11 Aug 2011 13:40

Quote from "windows of the soul" day 2

"Inadvertent Seeing

You might be wondering: how can a man live in the world without seeing immodestly dressed women? Isn't it inevitable that every time he steps into any public area his eyes will take in everything?

The fact is that we are required to avoid looking at immodestly dressed women and images, and to develop an aversion to looking. As long as one follows these two stipulations, even if he inadvertently sees, he is not culpable. But after inadvertently seeing, he must turn his eyes away. If he continues looking or takes a second look, he commits the aveirah of "straying after his eyes."

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Re: The "street cleaning" wall of honor

Posted by gibbor120 - 11 Aug 2011 13:48

[chazak chazak wrote on 10 Aug 2011 22:08:](#)

we are all on the streets daily we are all struggling the same thing. on the yiddish forum someone suggested for those who feel triggered in the car while stopping at a red light to try to focus on the license plate in front of you and try to find a gematria or roshei teivos out of the license plate until it becomes green.

I have found a similar "trick" to work while standing in the grocery store check out aisle. Focus on at the candy bars or other similar knick knacks, read the labels, etc. It keeps your eyes focused away from the other shmutz. Also, in the street, sometimes it's difficult to look away completely. I will focus on a ladies face rather than other features. It's not usually the face that is triggering.

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Re: The "street cleaning" wall of honor
Posted by helpfyi - 11 Aug 2011 17:03

[gibbor120 wrote on 11 Aug 2011 13:48:](#)

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As long as that's not done in a lustful way. everyone has to know themselves what triggers them.

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Re: The "street cleaning" wall of honor
Posted by gibbor120 - 11 Aug 2011 17:12

agreed.

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Re: The "street cleaning" wall of honor
Posted by helpfyi - 11 Aug 2011 18:38

here is a quote from the book " The Light Of Ephraim" pg 191

"The outside forces bring about interplay between the emotions and the mind in order to create fantasies. Rabbi Nachman speaks about the power of the mind to create a fantasy and then

blow it up in your mind's eye in order to satisfy an emotion. Sexual offenses are usually the consequence of a fantasy created by the mind as a conscious or subconscious response to an emotional need. You can understand, then, why the eyes are so important when you are working on mind control. Because in order to create a fantasy a fantasy out of an earlier emotion, the mind needs some real images. That is why the less images you are in contact with, the less ammunition you will give your mind to blow up these images into fantasies."

true are these holy words, it all starts in the street, bec once we look and it gets blown up we want more and more etc.....

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Re: The "street cleaning" wall of honor
Posted by helpfyi - 12 Aug 2011 15:43

hey guys shabbos nachamu coming up and that means a lot of struggles, i wish you all hazlocha on them and let us know after shabbos how it went.

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Re: The "street cleaning" wall of honor
Posted by ZemirosShabbos - 12 Aug 2011 15:56

great reminder, thank you

and here is a good idea to keep in mind when you are busy guarding your eyes

[Blind Beggar wrote on 03 Jul 2011 21:21:](#)

Eye.nonymous told me the affirmation should be positive, "I guard my eyes.", "I looked away." and not negative "I didn't stare and lust!", because the mind only hears the positive so if you think "I didn't stare and lust!" your mind registers, "I did stare and lust!"

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Re: The "street cleaning" wall of honor
Posted by helpfi - 12 Aug 2011 15:59

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THANKS ! very true point!

and thanks for the "buttering up"!

good shabbos!

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Re: The "street cleaning" wall of honor
Posted by tryhard - 14 Aug 2011 05:57

great post. this is something that i find to be tremendous problem. but i guess its the small things that make a big difference. another problem i have is in the airports where people tend to dress down:(keep the ideas coming

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Re: The "street cleaning" wall of honor
Posted by obormottel - 14 Aug 2011 22:08

Although my problem is way bigger than letting my eyes wonder on the street (I kinda wish that WAS my only problem), I found that no filter in the world will stop you from running into the bathroom and soiling your soul if you allow yourself looking at people on the street.

I went to a healthfood store the other day with my wife and kids. It seemed that every other customer there fit into category of "asher atem zoinim achareyhem". I stared into the floor, into the kids' stroller; until I had to tell my wife that I'll wait for her outside and ran out of the place, and stood outside looking on traffic. I've been sick for two days with images that entered my periferal vision. I know that if I allowed myself a direct and conscious look I would immediately act out once back at home. At the very least (and if my wife were willing that night) I would play the images in my head while being with her. Or (which is even more likely) both.

An einikle of Baal HaTanya writes that someone who fails to guard his eyes, his entire avoda is ayin v'efes.

The question is, how do you live your life with your eyes closed? I hope that when I'll have dealt with the compulsion part of my problem, I'll be able to look the world straight in the eye. But we certainly need to watch our gaze from getting away from our conscious mind.

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Re: The "street cleaning" wall of honor
Posted by JackAbbey - 14 Aug 2011 23:09

we dont need to have closed eyes with someone holding our hands, we can look somewhere downwards when we are between people, not seeing the full body, also just gazing, not directly looking, maybe avoiding places where we know for sure that there are heavy triggers, like department stores, simches (unless we can enter & exit without going thru challanges), etc...

the main thing keeping the mind off it

try it hashem will help you, same as he helps me

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