

Connecting the days

Posted by connected - 05 May 2022 17:34

I figured I'd start a new thread under this category to help me keep track of my progress.

I had a tough day with my wife yesterday. (Actually, if I'm being honest, she had a tough day, and her mood spilled over, dragging me down.) Finally, after putting the kids to bed and having something to eat, I needed to go to the grocery. I got into the car, still upset, and as I was waiting at a red light, this attractive woman walked by right in front of me, and my eyes helpfully escorted her across the street.

Suddenly, the following hit me. And I said it out loud (all windows were closed...).

"What are you doing? You're upset at your wife, so you're ogling other women? Do you think you're somehow getting even with her? All you're doing is destroying yourself."

This helped me snap away my destructive gaze.

This is not the first time I behaved this way while being upset with my wife. But it's the first time I had this thought that helped me out of it. I didn't put that thought there.

Thank You, Hashem, for that thought.

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Re: Connecting the days

Posted by sleepy - 24 Jun 2022 00:36

repetitive post deleted

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Re: Connecting the days

Posted by sleepy - 24 Jun 2022 00:40

[Hashem Help Me wrote on 23 Jun 2022 11:15:](#)

"connected" post=382256 date=1655900622 catid=4i dont mean to bust your bubble but i dont understand how one is harming a woman by looking at her .true she might not want it if you ask her , but what she doesnt know ,wont harm her or do anything to her.(unless you mean you will be harming her in a kabalistic way)Hezek r'iah is not a kabbalistic concept. In addition - having pleasure from someone in a way they would find revolting and nauseating, is downright disgusting and selfish. It happens sometimes that the woman being gazed at realizes that someone is gawking at her, and to say the least, is very upset by it. Imagine how you would feel if you would find out that your crotch is being analyzed in the street by various strange men and ladies, and from the appearance of their intent focus and facial features, one can see they are fantasizing about your potential "performance" with them. If you can't control yourself in the street, you owe it to society to stay home.

thats good if im looking with jealousy but if im just looking for eye candy i dont see how im harming any woman ,hey if you admit youre wrong my respect for you will not be diminished

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Re: Connecting the days

Posted by No Mask - 24 Jun 2022 00:51

May I ask a stupid question, a lot woman [not all] dress in a way to attract attention, and they don't only dress nice, they dress tight, revealing, short, etc.

Why are they dressing like that?

Do they dress like that when no one is around?

So I'm thinking is it wrong to look at lady who dresses like that.

I'm not talking if its good for you, I'm mean if its wrong from her point

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Re: Connecting the days

Posted by sleepy - 24 Jun 2022 01:07

[No Mask wrote on 24 Jun 2022 00:51:](#)

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im sorry to have to say but putting aside the issurim involved, the idea that you are harming her does not apply in such a scenerio, since she wants you to look . my opinion anyway.

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Re: Connecting the days

Posted by connected - 24 Jun 2022 01:41

No mask & sleepy:

The fact that she dresses in a way that's intentionally more revealing and attracting doesn't negate from the harm done to them. All it means is that she's less aware of the consequences of her actions.

Sleepy, you say "harming her does not apply in such a scenario, since she wants you to look". I don't think the logic follows. If a cocaine addict would outright ask for a fix, would that make it right to supply it? She's asking to be harmed, my looking will provide that harm.

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Re: Connecting the days

Posted by sleepy - 24 Jun 2022 05:15

oy vey another deleted repetitive post

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Re: Connecting the days

Posted by sleepy - 24 Jun 2022 05:17

[connected wrote on 24 Jun 2022 01:41:](#)

No mask & sleepy:

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if they dont know, how am i harming them?!hezek rieya?im not looking with jealousy only with lust?!

im sorry my lack of clarity is not JUST due to my low IQ i think the posters are not being clear and have no clarity and me thinks that they themselves dont really know what they are talking

about

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Re: Connecting the days

Posted by frank.lee - 24 Jun 2022 05:29

Hi Sleepy,

One small part: By looking at that for pleasure, it objectifies them, and all women. This hurts them because it impacts your view on them and all women, making you more likely to hurt them emotionally, spiritually, physically.

This can be small and incremental but it is a step going in the wrong direction. Maybe comparable to smoking one cigarette at a time. Or similar to using certain toys/devices which make ppl more conditioned to desire pedophilic behaviour.

By repeating the "harmless to others" behaviour, in some cases it will bring the person to do horrific harm to others.

Does that make it a bit more clear?

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Re: Connecting the days

Posted by connected - 24 Jun 2022 13:38

58 days

The furthest I've ever made it (I look forward to writing this line every day now...)

In this week's portion of the instruction manual for our lives, our creator tells us to be mindful not

to get dragged away by our fickle desires.

Why?

So that we can remember and do all other instructions properly.

And then?

Then we'll be Kadosh.

As Chazal teach us, Kadosh means unique, set-apart, and special.

That's the goal, not to follow the rest of the world but to be unique. The Almighty created us that way, and we need to maintain it.

Stay Connected

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Re: Connecting the days

Posted by DavidT - 24 Jun 2022 14:24

[frank.lee wrote on 24 Jun 2022 05:29:](#)

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The eye's power to connect has a powerful ramification.

One of the Rishonim, R' Menachem Recanati, writes as follows:

Know that the eye has the power to influence things both to the good and to the bad. Therefore an "ayin hara" can cause damage ... Similarly, if a tzaddik curses or even looks with an ayin hara, another tzaddik must come to do the opposite ... Therefore Hashem warned Klal Yisrael not to even look at idols because doing so feeds the yetzer hara, from which it draws nourishment ...

The polar opposite of an ayin hara, an evil eye, is an ayin tova, a good eye. One of Hashem's middos is that He has an ayin tova for Klal Yisrael, and in some sense, does not "see" the evil of Klal Yisrael as the verse states [Hashem] does not look at evil in Yaakov, and has seen no perversity in Israel. **Hashem sees the neshamos of Jews and knows that they are overwhelmingly good** and that their aveiros are external to their essence.

R' Tzvi Meyer Zilberberg shlita notes that we are all instructed to follow in Hashem's ways and adopt this middah as well. We should see only that which is good in others because, in fact, **even with aveiros, a Jew is overwhelmingly good**. He adds that those of us who cannot see this, have sullied their eyes.

R Tzvi Meyer adds: It is only pure and untainted eyes, those that reflect the middos of Hashem, that can see the world as Hashem sees it, and focus on all that is good within another person.

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Re: Connecting the days

Posted by Yissie - 24 Jun 2022 14:35

frank.lee just to make sure I understand you. The issue of looking at a woman is not really about her specifically. If I will never interact with her, then I will end up not having done anything wrong to her. The problem is about all other women that I will interact with later, I will behave with them differently since I "objectify" them.

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Re: Connecting the days

Posted by frank.lee - 26 Jun 2022 01:30

Yissie, thanks for clarifying.

I don't think that it does not hurt her at all. By having hirhurei / histaklut barayot, it can cause her to get punished. It can have other spiritual effects..

Another thing, if the person looks in this case, they are training themselves to look at others for physical pleasure and that impacts them, causing them to increase in this bad action, it will most likely end up being also to ppl that they do have a relationship with, who they may be seeing more...

I was writing a different point, how it can cause other harm..

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Re: Connecting the days

Posted by sleepy - 26 Jun 2022 04:00

[frank.lee wrote on 24 Jun 2022 05:29:](#)

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yes and no , i think HHM mentioned heizek reiya, and in general i think the only one im harming is myself but the women i gaze at, harming microscopically doesnt deter me from looking at them besides for the fact that i feel that im such a mentch when i deal with women

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Re: Connecting the days

Posted by connected - 26 Jun 2022 14:42

60 days

The furthest I've ever made it (I look forward to writing this line every day now...)

Two months since the last time I viewed porn.

Two months since the last time I masturbated.

Two months since the last time I killed myself on YouTube.

I certainly feel more energized throughout the day. When four o'clock comes around, I don't feel like I need my fix in order to make it through the rest of the day.

So far, ??? ??? has proven to be the easier part of the deal. ??? ???, on the other hand, well, that's a whole 'nother story.

Am I treating my wife and kids better? Somewhat. Is my Davening better? A bit. What about my learning? Hmm.

But now I feel that I have what to work with. As long as I was actively in the pit, I couldn't think

about elevating my other areas of deficiency.

??? ???, I'm comin for ya.

Stay connected

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