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Posted by goldwings - Yesterday 13:31

So the story is like this, my biggest cue is gazing at attractive women in the street.

The fantasizing kills me and lead straight down the slippery slope.

So I would like to try the 1 sec. rule from F2F, NO staring! NO fantasizing!

I've tried it in the past it works like magic! it's hard, sometimes murder, but I think it's worth it especially in light of what they wrote in the GYE newsletter this week, the monster is eating us up LET"S STOP FEEDING IT!!

I am going out now and starting now.

who's with me on it?

would love to hear from you!

P.S. I have found in the past that walking in frum neighborhoods is way harder, because in non frum places you can just train yourself not to look, but in frum areas, your subconscious mind tells you 'there's nothing wrong their dressed ok' and I look, start fantasizing and there goes the slippery slope, what do you all think?

thanks!!

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Re: ?? ?????? ?????? ?????? ??????

Posted by cleanmendy - Yesterday 14:16

I love your attitude, full of life. Thanks for posting.

I feel that many of us have that issue, we fantasize more about our fellow yidden. Some of us may have a harder time in a frum store, than in walmart. We have to know ourselves and always try to plan before we go **anywhere**.

Keep up the fight! Let us know how it goes, we would love to hear.

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Re: ?? ?????? ????? ?????? ?????? ??????

Posted by yitzchokm - Yesterday 18:06

I am only attracted to frum women so I understand your struggle. It seems like you already know what to do about it. Keep on trucking.

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Re: ?? ?????? ????? ?????? ?????? ??????

Posted by alex94 - Yesterday 18:35

in frum areas, your subconscious mind tells you 'there's nothing wrong their dressed ok' and I look, start fantasizing and there goes the slippery slope

For this, refer to your well named topic title. The issue is the lust, the immodesty is just a ????? in that regard.

Chazak ve'ematz!

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