

The New W.I.T.Y Exercise

Posted by the.guard - 07 Jun 2021 14:36

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We launched a new exercise today called W.I.T.Y which can help us clarify for ourselves why it's just not worth it to continue.

?Check it out: [guardyoureyes.com/wity](http://guardyoureyes.com/wity)

Post your feedback here if you found it helpful, or if you have ideas to make it even better.  
Thank you.

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Re: The New W.I.T.Y Exercise

Posted by eyes - 07 Jun 2021 16:10

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Why is everything about P & M.

How about lust ?

How about shmiras Eyayim?

I think the whole thing should not be about P & M

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Re: The New W.I.T.Y Exercise

Posted by the.guard - 08 Jun 2021 07:18

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In general, P&M is the engine that feeds lust and shmiras einayim problems. Stop the P&M and you'll find that you stop lusting and looking at things you shouldn't. You really won't have a choice. Because if you try to stop P&M but don't stop looking at things you shouldn't, you'll fall back into P&M eventually.

So P&M is the klal. The rest are "prat".

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