

how to not look on vacation???

Posted by helpfyi - 30 Jun 2011 02:00

I need help on vacation, even when i go to any place that there are a lot of prizes just in normal places and is very hard not to look and always fall and look. I don't go to these exotic places just to normal park or the like or any place where there are goyim i have a hard time. all year i stick to my places and can control but when i get out of the regular i feel like i have to check everyone out. Any ideas??

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Re: how to not look on vacation???

Posted by helpfyi - 05 Jul 2011 14:38

ok i hear that, but i don't really care who they are just how that look a little different. What exactly am i davening for them ??

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Re: how to not look on vacation???

Posted by Me3 - 05 Jul 2011 14:55

[dov wrote on 03 May 2011 21:21:](#)

So when I surrender and pray now, it goes something more like this: "Hashem, I want you to please give health and happiness to Freida/Janet/shprintza (I use their real names befeirush) and protect her (and her and her) and her children and family from tzoress, from cancer, sadness, injury, and poverty. Help guide her to learn of You better than I know you, and help her come to know that all the beauty in her life is from *You* so that she will really have a relationship with You. And in the same way, help her have only *real*, safe, and genuine relationships with all people. Protect her from bad influences and from costly making mistakes in her life. Thank You so much, I love you and please give me all those brochos as well, so I can be useful to You and your people and come to know You better, too." Then I say Sh'ma, Adon Olam, smile at Him a little (Hashem is my Friend), and lay down to sleep. If I can't fall asleep, I read Lord of the Rings for a few minutes (or sometimes a nice sefer) and plotz.

If it is not sincere at all, then I do not say it, for He knows the truth. But I **do** care for strangers, as evidenced by the fact that I *would* rush to call 911 if I witnessed *anybody* fall down unconscious and bash their face on the ground ripping their lip with their teeth and bleeding. Blood gets me concerned - for anybody. That proves to me that I *do* care about anyone, even the shikseh in the supermarket or in the picture that I 'like so much'. So I daven for her, *by name*.

Running away from the lust in fear is silly. It gives it much more power. If I already *have* her in my mind and cannot just push her out, then the best thing for me to do is admit it, face it, and use her *real* name (unless it is a poisonous lust-name that is obviously fake) and daven for her, **indirectly** surrenderring my lust for her that way. I do not even have to ask Him to take away my lust for her - we do not really lust for someone that we *care* for, especially after we come to face their humanity. These women are mothers, sisters, daughters. Not objects. Love kills lust. Especially with the wife. The more lust I have, the less lust will control me and vice versa.

Many times I have repeated the prayer, "Hashem (G-d, Tatty, whatever), whatever I am really looking to get from her image, let me find it in You instead." And I trust that eventually He will, in His time. That's a surrender, too. A surrender to the truth. It works. Especially if I call a friend up and say these same tefillos to Hashem sometimes, on the phone - say it to Hashem while my buddy listens. Awkward, sure. But it is worth it. No one will laugh me off the phone - I will not die from doing that. If it is *real*, then it is **real**, period. Do we believe in G-d, or *not*?

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Re: how to not look on vacation???

Posted by helpfyi - 05 Jul 2011 15:04

very interesting idea.....

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Re: how to not look on vacation???

Posted by kosher - 05 Jul 2011 15:54

Your wife doesn't need to know the extent and depth of your struggles, but she should/could be aware of the challenges that every healthy male faces. This can certainly be discussed gently enough to be of assistance without much downside.

Regarding the original question:

Obviously, advance planning (and discussion with your wife if possible) to put yourself in the least challenging situation possible is the first step.

Perhaps even more important though is the constant general work on the struggle. With constant work and improvement, what seems impossible today (looking away in certain situations) can become second nature over time

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Re: how to not look on vacation???

Posted by Dov - 05 Jul 2011 16:30

[kosher wrote on 05 Jul 2011 15:54:](#)

Your wife doesn't need to know the extent and depth of your struggles, but she should/could be aware of the challenges that every healthy male faces. This can certainly be discussed gently enough to be of assistance without much downside.

Wow! Well said indeed, Kosher!! Burdening our wives with the crazy and sometimes bizarre twists we put on our thinking and what we *feel* like inside because of lust is both unhealthy and cruel. She is not our partner in this struggle.

But:

Suffice it to say that in my particular relationship with my own wife: If I would c"v act out in some

way, I would **need** to tell my wife in clear and explicit terms *exactly* what I did. I could not live with that lie. Lying about my behavior was how I got so screwed up in the first place, of course, and how I protected my acting out. My own wife deserves nothing less than the truth about my behavior. I learned a long time ago that our relationship is being lied to and eroded - not at the moment I get caught for playing around - but at the moment I take action to play around and violate her trust. And her trust *does not* extend into my brain - it is in how I *behave*, whether she is aware of my behavior or not.

So *the inner struggle* behind it and around it are none of her business! She is (and we are) mature enough to know that all that stuff belongs between me and my sponsor and recovery buddies. And I share them explicitly with Hashem in plain talk with Him and in Shemoneh Esrei, as well. That's one of the things that davening is for, of course.

Everyone is different and every marriage is, too.

Hatzlocha!

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Re: how to not look on vacation???

Posted by helpfyi - 05 Jul 2011 18:51

well put dov, everyone has to know their wife, and i know mine... i will keep it to myself ;D

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Re: how to not look on vacation???

Posted by ontheedgeman - 06 Jul 2011 03:18

how many tears and how much sadness have I caused my wife because I turned my head looking at the geese.

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Re: how to not look on vacation???

Posted by 5770 - 06 Jul 2011 03:50

[dov wrote on 05 Jul 2011 02:25:](#)

Sorry for my ignorance, Fyi, but does your wife know of your struggle clearly? Given that she is a woman and cannot possibly see it objectively, and given that she will by necessity take any roaming eyes by you as evidence of her *personal* lackings - or of your dissatisfaction with *her*

u hit nail on head. Women like this (including for example my wife-- virulent secular background - now a very reluctant semi-BT) find it hard to really understand the motivation for avoiding unsuitable places, music, videos even girlfriends of wives without viewing this as an assault on them personally - or on femininity in general. I wish I had a strategy for dealing with this. It is causing a lot of resentment - plus my wife thinks I am mental :-)

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Re: how to not look on vacation???

Posted by TheJester - 06 Jul 2011 08:26

[5770 wrote on 06 Jul 2011 03:50:](#)

Women like this (including for example my wife-- virulent secular background - now a very reluctant semi-BT)

What was your strategy/plan when you married her? What were her/your expectations, and how did they diverge?

an assault on them personally - or on femininity in general.

Many times, the women are right. Very often, men perceive problems as being primarily "in the women", for example, blaming them for dressing down, dressing up, *frum* women dressing too prettily, *goyim* dressing too provocatively, hot weather making all women dress... women doing... women not doing... women... women...

And maybe it is a problem.

A tagline that I saw on this forum, which I absolutely love, is "She might be a problem, but she's not your problem". This is one of the most beautiful pearls of wisdom.

If we go out to war at every opportunity, then we are actually obsessing over women, and they rule us as much as someone who runs after them in undiluted lust. In the same way that a rebellious teenager is "controlled" as much by their parents as one who is compliant, if s/he is contrary in every respect. When our wives see that we are "at war" with most of the female population, they correctly surmise that we are obsessed, and are objectifying women. I would expect some argument on this from some parts of the *frum* world, but I stand by it. Going to war with *pritzus*, even just in our minds, is giving in to it. Because we make it relevant to *us*. And in turn, this objectifies women - because their human side is not relevant to us when we do this.

Thus, women get upset when they see this behavior, since its effect is quite similar to what pornography does. Instead of seeing people (women), we see problems on legs. If we're lucky, we see only "potential problems on legs", or "doubleplus good, well-behaved things on legs". And then we can feel good about the state of the world, because it was doing its job properly.

That's why wives/women will get upset at that behavior, or outlook.

Now, that said, they most certainly do not appreciate the challenges that we face. And then we make things worse (sometimes), by pretending that we don't have a problem (they're usually a lot smarter than we give them credit for), or that our problem is "something else". Like "all those other women". They hear something like that, and think "self-righteous pig, who does he think he is, anyway?". Oddly, many (not all) women would be a lot more forgiving if we admitted that the problem is in the way we view the world, and we need to work on it. It's amazing - if we identify the problem somewhere else (like in "most women"), they hate us. And hinder us. If we identify the problem as being in ourselves and show them the work we're doing, they respect us. And sometimes even help us. **(Disclaimer: don't try this at home, without adult supervision)**

What many people don't understand is that they've already "involved" their wife, when they point out all the "problems" - they've just involved their wives in the wrong way. *A fortiori* when we involve them with our actions and not even our words.

I wish I had a strategy for dealing with this. It is causing a lot of resentment - plus my wife thinks I am mental :-)

and maybe she knows!

Maybe she's right,

Looks like she is already "involved". Whatcha gonna do? (And no, I am most definitely not suggesting "spilling all" to her, least of all before you figure yourself out - like managers, most wives tend to prefer problems with at least some regard to a feasible solution, and some tangible steps)

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Re: how to not look on vacation???

Posted by ben durdayah - 06 Jul 2011 10:36

[Yossi wrote on 06 Jul 2011 08:26:](#)

A tagline that I saw on this forum, which I absolutely love, is "She might be a problem, but she's not your problem". This is one of the most beautiful pearls of wisdom.

That is one of the many expressions coined by our very own forum rebbe, the heileger bardichever mhsmhh"h (=may he soon make himself heard here).

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Re: how to not look on vacation???

Posted by Dov - 07 Jul 2011 01:29

The best of the best:

[Yossi wrote on 06 Jul 2011 08:26:](#)

If we go out to war at every opportunity, then we are actually obsessing over women, and they rule us as much as much as someone who runs after them in undiluted lust. Going to war with *pritzus*, even just in our minds, is giving in to it. Because we make it relevant to *us*. And in turn, this objectifies women - because their human side is not relevant to us when we do this.

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What many people don't understand is that they've already "involved" their wife, when they point out all the "problems" - they've just involved their wives in the wrong way. *A fortiori* when we involve them with our actions and not even our words.

I wish I had a strategy for dealing with this. It is causing a lot of resentment - plus my wife thinks I am mental :-)

and maybe she knows! Maybe she's right,

Super spot on and geshmak!

Finally.

For me, the only eitzah is to admit and know who I am, and come to *really* admit it to myself through practicing *living* right. I need to humbly take the proper actions - without shame. I have no shame about who I am. G-d helps me just as He helps everyone else.

And while I have nothing to hide from my wife, I certainly do not need to rub her face in *my* garbage.

Aren't you? Aren't we all? Don't we all need help for our own crazinesses?
Daven for your wife a few times a day. Not that Hashem should 'bring her around' - it is none of your business what His plan for her is. But ask Him to help you be a better husband for her and to help you put her first before all other people, including yourself (except for your sobriety - that

comes before even you). run from struggle with her about this like fire. It is none of her business what's with your insides, as long as you are sincere she will see that. It may take a year or so....but then she will give you space, and eventually respect you for it deeply. The more she gets upset about your sobriety, the more you will love her.

And hear what Yossi wrote, please. The more you see your wife's friends as real people and stop being afraid of them, the easier sobriety (or whatever this thing is to you) will be. The answer is making them the real people they are. Traditional frumkeit is not addressing addicts, perverts and others like me and you, who have already made women into demigoddesses. And you have. With the well-meaning help of the Roshei yeshivah and mashgichim, s'forim hakedoshim, and other mesages meant for the un-perverted.

Join the club.

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Re: how to not look on vacation???

Posted by Blind Beggar - 07 Jul 2011 05:56

I see someone mentioned Bardichev's idea of "She may be a problem, but she's not my problem." I asked him to elaborate on this once and this is what he told me:

I AM NOT THE TZNIUS POLICE

I HAVE NO NEED TO LOOK AT OTHER WOMEN AND WONDER

WHY THEY DRESS CERTAIN WAYS

WHY THEIR HUSBANDS LET THEM DRESS THIS WHY

WHY WHY WHY.... ETC ETC

ALL IT DOES IS CREAT A TRIGGER

IT STARTS OFF ON A FRUM PREMISE

BUT IT IS ALL YETZER HORA

SO IF I SEE SOMETHING

I SAY NUU NUU

IT HAS NOTHING TO DO WITH ME

AND I MOVE ON

AYY SHE MAY BE A PROBLEM

YES SHE IS

SHE IS HER OWN PROBLEM

HER HUSBAND'S

HER FATHER'S

ETC.

NOT MINE

THAT'S WHAT I CALL KEEP ON TRUCKING

WE ALL HAVE TRIGGERS

WE DON'T NEED TO "ACT" ON THEM

NOW KEEP ON TRUCKING!!!!!!!!!!!!!!

Bardichev

I find that it helps me a lot not to be in the Tznius Police. I don't even have to check to see if a woman is a problem at all when I am not a policeman.

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Re: how to not look on vacation???

Posted by MAALIN BAKODESH - 07 Jul 2011 13:00

In addition to the rebbes yesod there is a great yesod that dovid chaim mentions often that we need to internalize that our lusting is not the problem its the solution.the problem is our spiritual condition is outa wack.dov can clarify if I'm missing something.

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Re: how to not look on vacation???

Posted by helpfyi - 07 Jul 2011 18:28

[Blind Beggar wrote on 07 Jul 2011 05:56:](#)

I AM NOT THE TZNIUS POLICE

I HAVE NO NEED TO LOOK AT OTHER WOMEN AND WONDER

WHY THEY DRESS CERTAIN WAYS

WHY THEIR HUSBANDS LET THEM DRESS THIS WHY

WHY WHY WHY.... ETC ETC

I find that it helps me a lot not to be in the Tznius Police. I don't even have to check to see if a

woman is a problem at all when I am not a policeman.

Very nice and true, but i would like to introduce a problem, i **am** in charge of my wife's tzniyos, what do i do if when i say that something she is wearing i don't think is ok, and she says "yeh but look at her her her and her who are all frum and they DO wear this type of thing??" . Yes i am more makpid on my wife then other people maybe because i know what turns men on more then other people do :-[, but what am i supposed to answer that?

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