## **GYE - Guard Your Eyes**

sometimes I dont read it cuz I want to watch

Generated: 3 August, 2025, 21:54 unlimited movies Posted by emunah17 - 01 Jul 2011 15:10 Shalom, How in the world do I control movie watching. Its impossible. Re: unlimited movies Posted by Shteeble - 01 Jul 2011 15:27 2 ways come to mind.... \_\_\_\_\_\_ Re: unlimited movies Posted by the guard - 01 Jul 2011 15:42 Use kabalos, gedarim and personal knasos... Read the handbook to find out more. ==== Re: unlimited movies Posted by emunah17 - 01 Jul 2011 17:00 Thanx shteeble lol but I cant my mother has a computer and my whole family watches Re: unlimited movies Posted by emunah17 - 01 Jul 2011 17:07

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## **GYE - Guard Your Eyes** Generated: 3 August, 2025, 21:54 Re: unlimited movies Posted by ICanRepair - 01 Jul 2011 17:09 Dear Emunah 17, I can relate, I grew up in a home constantly watching movies, whether at home on the TV or going to the theatre. Like everything in our struggle, the main thing is not give up. If at this point not watching movies entirely seems impossible, then can you minimize? If, for example, you watch two movies a week, then watch only one. Every small movement we make turning away from improper sights and kedusha is so precious to Hashem. But it's not to trivialize how bad movies can be, sitting for some two hours looking at attractive women of actresses. Speaking personally, if I'd see a move at night, the next morning I'd find myself thinking of it during Shacharis with my tefillin on, Hashem yishmor. Still, if completely giving up movies/TV seems impossible, perhaps start by minimizing how much you watch. Slowly but surely you'll see you can do it. ==== Re: unlimited movies Posted by emunah17 - 01 Jul 2011 17:12 thanx icanrepair Do you have any suggestions of what I can do instead? Re: unlimited movies Posted by ICanRepair - 01 Jul 2011 17:23

www.guardureyes.com/GUE/Time/KosherActivities.asp

here's a page of ideas

emunah17 wrote on 01 Jul 2011 17:12:

thanx icanrepair Do you have any suggestions of what I can do instead?

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Exercise. Take up a sport. A bike ride. A run.