

GYE - Guard Your Eyes

Generated: 4 August, 2025, 00:02

5 Questions to vote

Posted by Happyme0 - 12 Aug 2011 05:34

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This is not the best answers, i don't know if it will help most of you but i'll give it out anyways...

1.) By dwelling in it whether to sin or not to sin is like being under water with sharks close around you swimming. using the 12 step method works gives more protection only if you do it in your will not to commit the avera it's also like being with sharks around except some are little more aggressive and some are just terribly worst this time and also that person is protected by a cage but the cage getting worn out by the sharks if he dwells to long so he needs a faster response on how to escape.

2.) Switching to a different thought is the best solution i think (but has to guard the eyes also) because something bad comes and it goes away just by thinking something clean and pure thoughts (it has to be a quick second cannot dwell on impure thoughts and switch to something kosher later on, if so there will be a greater struggle between with you and the Y"H) or just something like studying torah what I learned today or needed to learn to something new?

3.) Doing something physical is good to solve most problems (not pulling out the hair of the scalp and punching walls through) but it can't be for a long length of time because some point you will have to rest and sleep in the night and it would be unhealthy to be active 24/7 without sleep that's unnatural, the best is just try ignore and maybe find a better solution from people or ask G-d for help and strength.

4.) Getting depress is the worst problem. So and so are a so and so which are a no no...

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