bein hazmanim
Posted by haramaz96 - 08 Apr 2014 05:21

_____

as we all know bein hazmanim is a very hard time to gye and b shomer habris. any tips on how to get thru this break?

==
====

Re: bein hazmanim
Posted by TehillimZugger - 08 Apr 2014 07:14

_____

Shalom Aleichem and Welcome to GYE. There are many tips in the handbook for dealing with Shemiras Einayim. A good Book on Shemiras Einayim is "Windows Of The Soul" which is divided for a month's worth of daily readings. The book is available on the "Articles" section of the website, as well as in ebook format in the "Ebooks" section.

Is there anything specific bothering you that you would like to share? We're here to help!

Keep On Posting!

==
====

Re: bein hazmanim
Posted by Machshovo Tova - 08 Apr 2014 18:35

_____

[haramaz96 wrote](#)**:**

as we all know bein hazmanim is a very hard time to gye and b shomer habris. any tips on how to get thru this break?

Welcome.

1. Try focusing on one day at a time. When you wake up in the morning, before getting out of bed, make a commitment that just for today you will keep your eyes and your mind free of lust to the best of your ability.

2. Do not fool yourself into the trap of half measures. Not only chatzi shiur (half measure), but even a mashehu (smallest quantity) must be avoided.

3. Keep busy with healthy activities and enjoy the gift of living normal life.

4. Daven to Hashem and talk your heart out to Him at least once a day. Tell Him how you are powerless without His help. He's waiting for you to let Him in to your life.

Hatzlacha

MT

==

Re: bein hazmanim
Posted by gibbor120 - 08 Apr 2014 20:29
_____

[haramaz96 wrote](#)**:**

as we all know bein hazmanim is a very hard time to gye and b shomer habris. any tips on how to get thru this break?

Welcome! Stay busy. Make plans. Don't hang out in your room. Go out with friends. Get some exercise. Read a good book. The Y"H preys on boredom and lonliness. Avoid them at all costs.

Post here. Read the entire "just having fun" section.

That should keep you busy.

==
====