

Work

Posted by John Watson - 12 Oct 2014 21:22

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What do you do when you work in an office with attractive female colleagues?

How do you stop yourself lusting after, looking at and fantasising over them when you're bored, stressed, angry or just plain feel like it?

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Re: Work

Posted by Gevura Shebyesod - 12 Oct 2014 22:40

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Hey who stole your medical license?

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Re: Work

Posted by John Watson - 13 Oct 2014 00:17

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It's not that I'm obsessed with a particular co-worker, it's just difficult being around any attractive woman for so many hours a day. Any time my mind wanders it wanders straight to them and from them to all sorts of places. Any second I stop working and look up I am immediately faced with something potentially lustful.

Some days I find easy to stay sober but some days are challenging, and on those days I feel it would be very helpful to be away from all lust triggers. But when that's not possible what do you do?

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Re: Work

Posted by shomer bro - 13 Oct 2014 01:12

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I try to say a mishnah or 2 be'al peh. If that doesn't work I have a note card in my pocket with the feelings and thoughts I may be having before a fall, and under that I have the thoughts and feelings after a fall. So that can help put the situation in perspective and take it out of my head. Then I have a list of things to do to change the direction of my mind. Sing a song (quietly), go on a walk, etc.

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Re: Work

Posted by John Watson - 13 Oct 2014 01:43

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I can daven for anything, doesn't mean it has to happen. So, in the event that it doesn't happen, what can I do?

Saying a mishna is a wonderful idea. However, as an addict it does not help me at all. I've also tried dozens of variations of notes to myself, songs, walks etc etc. As an addict they didn't help.

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Re: Work

Posted by John Watson - 13 Oct 2014 02:37

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I'm looking for something that works for an addict. As an addict distractions don't work for me.

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Re: Work

Posted by Shteeble - 13 Oct 2014 02:39

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It is useful to have a list of things that can take your mind off of the boredom, stress, etc. Big lists with lots of enjoyable, productive items work best.

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Re: Work

Posted by skeptical - 13 Oct 2014 18:50

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Don't look at the women unless you need to interact with them, in which case, keep your eyes above their neck.

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Re: Work

Posted by dms1234 - 13 Oct 2014 22:26

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**John Watson**

I'm looking for something that works for an addict. As an addict distractions don't work for me. Correct. Really the first thing you must do is surrender your will to Hashem's and then pray for him to help you this once (lets take once incident at a time). Then you can follow skeptical's

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Re: Work

Posted by cordnoy - 07 Aug 2015 01:09

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Nobody really answered his question - at least for any considerable length of time. Not sure if there is an answer. The 'work' must be done before enterin' the office.

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advice