

Subway Travails

Posted by reallywanttobegood - 15 Jun 2017 01:57

With hashems help I have been clean since January. However recently I began a new job that necessitates

using the subway. I am finding it to be a tremendous struggle not to look at woman on the train especially during rush hour when the train is jam packed. In theory i know it would be a great idea to distract myself somehow with a shiur, speech, Music etc..., however i find it to not be practical in my case, as I use three subway lines each for 10mins max, coming on the heels of a 1.5 hr bus ride, thus breaking up any continuity necessary for focus.

I would appreciate comments and suggestions.

Thanks

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Re: Subway Travails

Posted by Markz - 15 Jun 2017 02:12

[reallywanttobegood wrote on 15 Jun 2017 01:57:](#)

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I would appreciate comments and suggestions.

Thanks

My head can easily keep lust in mind whatever the situation

I try to listen to lectures that are highly entertaining.

Alternately you could go around and hand FREE TOWING bumper stickers to each guy/gal on the train. That may do the trick

When you have a free moment (on the subway of course) could you share how you made it here since January

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Re: Subway Travails

Posted by 360gye - 15 Jun 2017 19:40

For me personally, if i know where i'm going and i know the stops i have to get off at, i find it very helpful to listen to music. It sounds like you know exactly where you need to go, maybe at least try listening to your ipod/mp3

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Re: Subway Travails

Posted by mikestruggling - 17 Jun 2017 19:57

maybe try what my sponsor told me when you see (even out of the corner of your eye) someone who is triggering say "Hashem I am surrendering this lust to you please help me" then Daven for that woman for example "that woman should have a great day (should have enough money to afford more clothing)"

Good luck!!

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Re: Subway Travails

Posted by Markz - 18 Jun 2017 02:02

[mikestruggling wrote on 17 Jun 2017 19:57:](#)

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Good luck!!

I used to curse them in my good old lusting days before gye because it was all their fault

I now bless them

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