

Women Co-Workers

Posted by fresh start - 10 Dec 2017 17:30

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Hi all!

It's been a while since I have posted.

I have been clean for roughly 2 and half years. I am not going to run through my whole story but in a nutshell I had issues with chat lines and inappropriate friendships?relationships with women (obviously with acting out). Since getting caught by my wife my life has improved dramatically. I instituted programs and self-improvement to get me to where I am today. Clean. Great relationship with wife. B"H!

I recently landed my first job since leaving kollel. In my position I have to work closely with a woman co-worker. It is a cordial working relationship. However, I find myself in a position where I need to communicate consistently with a lady for the first time in over 2 and half years. Until this point I have not needed to interact much with any ladies. I avoided the whole parsha. If it needed to take place, I would keep it brief. There was almost never a need for continued correspondence. Now things are different, I have to communicate with her through phone calls, email etc. (it is long distance thank G-d). But we are in contact multiple times daily.

Because of my past I became a natural woman pleaser/magnet. I am sweet, and helpful. She is beginning to warm up to me. I know the mehalech is to keep it professional and not to initiate stam conversation.

But it is a constant challenge to just stay polite without getting caught up in deeper talk.

I am in touch with a Rav and report weekly to him. This really helps. But I want to hear from other's, who share the same perspective as me, what they have experienced. What has worked and what has not worked. How they may have overcome the challenge or CH"V where unable to overcome.

Thank you for your time!

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Re: Women Co-Workers

Posted by doingtshuva - 20 Dec 2017 10:47

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[tzaddik212 wrote on 19 Dec 2017 03:29:](#)

"but I try to stick to the guidelines of my Ruv"

What are the guidelines of your Ruv?

I should be nice to them, but **not** friendly.

(I may look at her when I talk to her, but when not, I keep my eyes to myself.) I don't know if you agree

I avoid calling her by the **name**.

Knowing well **hilchos yichud**.

I try to make a **kidush hashem**. (being an example)

But I'm sure that this was told for me, and everyone should see what works for them the best.

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Re: Women Co-Workers

Posted by fresh start - 25 Dec 2017 03:00

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[cordnoy wrote on 19 Dec 2017 04:07:](#)

[fresh start wrote on 19 Dec 2017 03:27:](#)

[mishtaper wrote on 18 Dec 2017 01:31:](#)

What works for me is to remind myself that my brain likes to tell me a story that "she is warming up to me" like my wife says what made you think that she's interested at all she has a life. Good luck and hang in there.

I think you may be on to something here. I like what you are saying. The same point was shared with me by a saintly lurker on the forum.

Ouch!

Not sure if I've been called worse. Oh right, when I first joined, they pegged me right as an egotistical self-centered bastard. It didn't take long for them to figure me out.

Feel free to always turn to me for a bite of humble pie.

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Re: Women Co-Workers

Posted by korbonos - 28 Dec 2017 00:31

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B"H

I think you need to report to your Rav much more frequently than once a week. Try after every close call. Close, not as in almost capitulating, l"r. Rather, close in any conversation with even the slightest friendly overtures. This way, IY"H, you'll build a fence around this mitzvah. In addition, try saying a kapital tehillim before every time you know you'll have to interact with her, even by texting or email. Ask HaShem to help you to have true shalom bayis. With HaShem's help, you'll be able to start a new type of clean streak. Hatzlocha rabba!

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