

Not sure where i'm holding

Posted by dsss - 13 Oct 2020 18:53

Hi, i'm new here. I'm a bachur who is forever trying to break free from this terrible mindset. I'm not exactly sure where i'm holding but sometimes the yetzer harah gets the better of me and i get the pull to look at pritzus. I dont watch porn as i sort of draw the fine line between worse and even worse but somehow looking at pritzus became muttur in my eyes. How can i break away from this constant draw for pleasure?

=====

=====

Re: Not sure where i'm holding

Posted by OivedElokim - 13 Oct 2020 19:06

Hey there!

Welcome to GYE. The first thing that you have to know is that you can do it.

The second thing you have to know is what **"it"** is...

Meaning to say, that you have to define exactly what it is you struggle with Shmiras eynaim (on the street, on the computer etc.) and then you can try to determine a strategy for overcoming it.

Hatzlacha!

=====

=====

Re: Not sure where i'm holding

Posted by Dave M - 15 Oct 2020 15:20

Have you perused through GYE for all the great tools available? Definitely start by readying the GYE handbook.

=====

=====

Re: Not sure where i'm holding

Posted by Hashem Help Me - 15 Oct 2020 15:57

You have come to the right place. Hang around and you will pick up techniques that will help you. You will start recognizing what triggers you and what you can do to minimize the "pull". Hatzlocha buddy.

=====

=====

Re: Not sure where i'm holding
Posted by Captain - 15 Oct 2020 16:18

Check out these great free resources:

The Battle of the
Generation <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>.

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download
here: <https://theshmuz.com/series/the-fight/>

=====

=====