

\$1.79 for Shemiras Einiyim!!

Posted by Ybird - 21 Nov 2023 15:26

Hi guys

Recently i Bought from Amazon a Tally counter (that tiny clicker device that the Dep of health used to count the kids in sleepaway summer camps once a summer)

i hold it in my pocket and every time i hold myself back from looking at woman i click,

i started using it yesterday and today i have already almost 50 clicks!!

You can buy for very cheap for [\\$1.79 from amazon](#) for the small electronic version



If youre from the old guys that like Walkmans CD player you can buy a larger manual for just under [\\$8.00 from amazon](#)



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Re: Clicker

Posted by Ybird - 19 Dec 2023 21:37

[iyh2023 wrote on 19 Dec 2023 21:04:](#)

Hey R' Ybird, how many clicks you up to?

255 clicks

a wedding last night gave me 20 clicks

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Re: Clicker

Posted by iyh2023 - 19 Dec 2023 21:39

[Ybird wrote on 19 Dec 2023 21:37:](#)

[iyh2023 wrote on 19 Dec 2023 21:04:](#)

Hey R' Ybird, how many clicks you up to?

255 clicks

a wedding last night gave me 20 clicks

Hows your thumb doing?

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Re: Clicker

Posted by Ybird - 19 Dec 2023 21:40

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Re: Clicker

Posted by doingtshuva - 20 Dec 2023 01:04

Keep on kicking

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Re: Clicker

Posted by Ybird - 22 Dec 2023 15:06



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Re: Clicker

Posted by abieham - 24 Dec 2023 06:12

For the past month I have been giving myself 25 cents every time I don't look at women. I am waiting to buy something special at the end beezrat hashem. It's good I am starting in the winter hopefully I will be strong also in the summer. In the past I would walk with my head up and try to look away. Now I'm much more aware and stay away from possible triggers.

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Re: \$1.79 for Shemiras Einiyim!!

Posted by frank.lee - 25 Dec 2023 00:38

Hey @abieham, how have you been?

I heard in the name of the guy who wrote the easy way to stop smoking: quit when it is hard, so you'll never fall later. Similar but the opposite of what you were saying.

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Re: Tally counter for Shemiras Einiyim!!
Posted by Ybird - 02 Jan 2024 14:58

Yesterday January 1st i clicked i checked on my clicker and it was 365 clicks

what a coincidence

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Re: Tally counter for Shemiras Einiyim!!
Posted by Ybird - 04 Jan 2024 16:32



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Re: \$1.79 for Shemiras Einiyim!!
Posted by Ybird - 22 Jan 2024 14:51

500 clicks since Rosh chodesh Kislev (6 weeks / 42 days / about 12 clicks a day)

Its totally doable



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Re: \$1.79 for Shemiras Einiyim!!
Posted by davidt - 22 Jan 2024 16:00

I have a question. Do you think this idea might be counterproductive some times?

We know that "*Hesach Hadaas*" is a very important tool in this struggle. So if a person is constantly alert and paying attention to analyze everything he sees, it keeps the person busy with this a whole time...

As the saying goes, if you clean mud, you get muddy...

?What are your thoughts on this?

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Re: \$1.79 for Shemiras Einiyim!!
Posted by Ybird - 22 Jan 2024 18:14

Its not the first time i hear that, and in short the answer is that everyone is different, and it works for me.

the long answer is that before my clicker i used to look a lot on woman, and when it came a time when i wanted to resist it was very hard not to to look because it was between me and hashem, no-one knows about it, and i thought that hashem will forgive me given my circumstances ____ fill in the blanks. but now with my clicker i walk on the street with my eyes down, and i have this "challenge" type of feeling, let me challenge myself how long i could walk/drive without looking around, let me reward myself with giving a click for every time i resist temptation,

and it accumulates Bh

Regarding hesach haddas, i dont see a bigger hesach hadaas than this (again, talking about me, this is not for everyone) a click reminds me to be hesach hadaas and not look,

so in short the answer is that i am counting the times "I" resisted temptation, not a click for woman, i dont look at woman to be able not to look and than give a click, i walk with my eyes down and click every time i want to lift my head.

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Re: \$1.79 for Shemiras Einiyim!!
Posted by davidt - 22 Jan 2024 20:32

[Ybird wrote on 22 Jan 2024 18:14:](#)

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Thank you so much for the clarification. I think I'll also try this out.

Keep it up!!

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Re: \$1.79 for Shemiras Einiyim!!
Posted by eerie - 22 Jan 2024 23:57

Personally, it works for me too. Holding at 263 clicks

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