

Logic over Lust- Comments

Posted by chancyhk - 21 May 2025 23:58

---

Please use this thread for any comments you might have on my lessons. i want to keep the original forum only for lessons.

=====

Re: Logic over Lust- Comments

Posted by jewizard21 - 22 May 2025 00:07

---

Remember that sexuality/sex is inherently a kadosh thing and just as in anything that kedusha can get corrupted.

Sex is not tumah in of itself, when in marriage with the proper mindset it is one of the most kadosh things in this world.

Also the plessure of being clean and in control of our mind is longer lasting and more beneficial than anything lust can give us.

Lust is usually an escape from emotions and it only distances ourselves from truly feeling ourselves and for others.

You cant climb a mountain by jumping to the top, it takes each step one at a time to get there. Step 90 doesn't happen without any of the steps from 1-89 and step 30 doesn't happen without 1-29, so take each step one at a time and know that with each step you are climbing mountains.

Keep on Trucking, One Day At A Time!!

=====

Re: Logic over Lust- Comments

Posted by yitzchokm - 22 May 2025 00:08

---

I really appreciate what you wrote about the diffuse tool. I ended up using this tool naturally when I answered the three questions, what is bothering me with my current behavior, what is the best thing that can happen if I change and what are the worst things that can happen if I don't change and the Core Values exercise but I wasn't able to give over this tool to others who said that they are upset that the Torah commanded them to refrain when the only thing they want is to go ahead and do them. Your post gives everything they need to hear and it is a great reference.

=====

Re: Logic over Lust- Comments

Posted by moishelle - 22 May 2025 00:43

---

Amazing thread and very clearly written, Thanks I really appreciate it and am looking forward for the upcoming lessons...

Just one comment...

How about linking these 2 threads together [like this](#) (I didn't want to do it in your other thread so to leave that one for lessons only, but you can edit your second post and just link it up)

=====

Re: Logic over Lust- Comments

Posted by simchastorah - 25 May 2025 18:55

---

Thank you Professor Chancy Hak for your clarity and tkifus. You are truly a unique gem here on GYE

=====

Re: Logic over Lust- Comments

Posted by chosemyshem - 26 May 2025 12:44

---

Keep 'em coming!

I gotta say, way back in the day you posted something on my thread along these lines that was extremely eye opening and something I still keep on coming back to.

Here it is:

[chancy wrote on 02 Apr 2024 17:30:](#)

You nailed it!

I know the feeling, you just want to stop feeling bad, you need to escape to a place of pleasure and fun. Porn is an extremely potent drug! Thats exactly what it does. It just does a little less damage to the physical body than drugs.

Its not easy dude, not easy at all. But the struggle it real and really important to our tikun in this and next worlds.

What worked for me is to sit with that feeling and push it for a few minutes, and see that this desire is nothing more than you brain wanting something that feels good, but nothing that you actually want, because you know how problematic it is and how terrible you will feel afterwards. So just sit and feel the desire ebb and flow and allow some sense to come into your brain meanwhile. Like what am i actually planning to do? how will i feel afterwards? can i mamesh not get up and walk away? you will see that you have power and options beside being a robot and doing what a small part of you wants right now.

Love

Chancy

=====

Re: Logic over Lust- Comments

Posted by chancyhk - 27 May 2025 15:25

---

[chosemyshe wrote on 26 May 2025 12:44:](#)

Keep 'em coming!

I gotta say, way back in the day you posted something on my thread along these lines that was extremely eye opening and something I still keep on coming back to.

Here it is:

[chancy wrote on 02 Apr 2024 17:30:](#)

You nailed it!

I know the feeling, you just want to stop feeling bad, you need to escape to a place of pleasure and fun. Porn is an extremely potent drug! That's exactly what it does. It just does a little less damage to the physical body than drugs.

It's not easy dude, not easy at all. But the struggle is real and really important to our tikun in this and next worlds.

What worked for me is to sit with that feeling and push it for a few minutes, and see that this desire is nothing more than your brain wanting something that feels good, but nothing that you actually want, because you know how problematic it is and how terrible you will feel afterwards. So just sit and feel the desire ebb and flow and allow some sense to come into your brain meanwhile. Like what am I actually planning to do? how will I feel afterwards? can I mamesh not get up and walk away? you will see that you have power and options beside being a robot and doing what a small part of you wants right now.

Love

Chancy

I still use that tool as well.

Its an adaptation of the tool called "Riding the wave" i think somehting like that. Wehre you just watch the desire come and go. I added my 2 cents in which you also add some logic into the waiting game.

=====

Re: Logic over Lust- Comments

Posted by chancyhk - 27 May 2025 17:38

---

What class should i post next?

Fear of Failure- A discussion of how fear makes this struggle worse?

Realizing Reality- Working on seeing the not-so-pretty reality of our bodies.

What is Holiness?

Lust and Emotional health

=====

Re: Logic over Lust- Comments

Posted by yitzchokm - 28 May 2025 14:05

---

I'll take all of them, one at a time. The order doesn't matter. Take your time writing them.

=====

Re: Logic over Lust- Comments

Posted by yesoidshebiyisoid - 29 May 2025 23:49

---

Personally, I struggle alot with fear of failure.

=====

Re: Logic over Lust- Comments

Posted by BenHashemBH - 17 Jun 2025 15:38

---

Reb Chancyhk (haGadol), thank you for your beautiful posts. I really appreciate your depth and clarity on these important subjects.

Yaasher Koach for sharing them with us.

=====

Re: Logic over Lust- Comments

Posted by yitzchokm - 17 Jun 2025 15:54

---

You articulate very well in writing and the ideas are very powerful. It is a great reference for helping myself or others.

=====

Re: Logic over Lust- Comments

Posted by chancyhk - 17 Jun 2025 19:17

---

Thank you for reading and for taking the time to comment.

It means a lot to me that i can share my own experience and my own understanding of the human psych. I hope that it helps others.

@yesoidshebiyisoid, I hope that you are here and reading what i wrote.

=====

Re: Logic over Lust- Comments

Posted by lamaazavtuni - 17 Jun 2025 23:56

---

Y am I just seeing the comments but not the actual article that chancyhk wrote? Is it in a different thread?

=====

Re: Logic over Lust- Comments

Posted by chancyhk - 18 Jun 2025 04:04

---

[lamaazavtuni wrote on 17 Jun 2025 23:56:](#)

Y am I just seeing the comments but not the actual article that chancyhk wrote? Is it in a different thread?

<https://guardyoureyes.com/forum/1-Break-Free/436230-Logic-over-Lust#437467>

=====

=====