

Any of you had trouble with the TV and facebook?

Posted by DesertLion - 11 Jan 2010 22:12

Hey guys,

I wanted to know whether any of you guys find it more difficult guarding your eyes whilst watching the TV and going on facebook, than when you're out in the street.

When I'm outdoors, I'm on guard, so I'm acutely aware of what I'm doing. Furthermore, the fact that girls notice when you're staring at them is also rather embarrassing. This makes guarding my eyes when in public relatively easy.

However, when I'm watching the TV by myself, it doesn't seem so bad when I'm admiring/lusting over the attractive young girls on the screen (mainstream programmes. not porno). The fact that it isn't a real person seems to make it slightly acceptable. Moreover, the telly feels like something innocuous and family-orientated, rather than something a hard-core porn addict would be glued to 24/7.

I'm battling this lust, but do any of you have any tips that might help?

Thanks again guys,

DesertLion

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Re: Any of you had trouble with the TV and facebook?

Posted by ark321 - 11 Jan 2010 22:23

take things one at a time is my advice. once you have completely controlled yourself from viewing porn, then tackle the TV. i think trying it all at once may be a mistake...but it could depend on each person...anyway this is a question for the experts ...not me

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Re: Any of you had trouble with the TV and facebook?
Posted by WeWillNotBeForsaken - 11 Jan 2010 22:49

For some reason, I feel that there is no way in the world I would be able to give up TV right now. Definitely not condoning it, but I do not have it in me to stop TV - one of my outlets.

(Although I have heard that its better to go cold-turkey and avoid watching anything that might not be appropriate.)

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Re: Any of you had trouble with the TV and facebook?
Posted by the.guard - 12 Jan 2010 22:26

DesertLion, as a non-Jew, it's much harder to give up TV altogether. Instead, focus on programs that shouldn't have many triggers.

For a Jew, well, just see today's Shmiras Ainayim Chizuk e-mail (#323)

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Re: Any of you had trouble with the TV and facebook?
Posted by BecomeHoly - 13 Jan 2010 00:39

Today's chizuk email.. quite interesting... I quite enjoyed the lshem yichud I will watch a movie....

Whats interesting is that our YH will always say... yes... but this is a "kosher" movie....

In any case... I try to watch stuff from discovery channel. Like mythbusters, dirty jobs, extreme engineering... although I can't say these are ONE HUNDRED PERCENT free of any type of

innuendos or whatever... but a) I learn something b) its usually pretty clean so I can get my "fix"

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Re: Any of you had trouble with the TV and facebook?

Posted by silentbattle - 13 Jan 2010 02:10

Another advantage of online watching - no commercials, which 1) often contain more triggers than the shows themselves, and 2) are expertly crafted to change your opinions of what you need...

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Re: Any of you had trouble with the TV and facebook?

Posted by DesertLion - 18 Jan 2010 23:05

Hey Guys,

I'm sorry I took so long to thank you for your replies. The past two weeks have been hectic at work.

I appreciate your comments and I've already started to adapt your strategies to suit my lifestyle. Thanks a lot guys and TC!

DesertLion

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Re: Any of you had trouble with the TV and facebook?

Posted by silentbattle - 18 Jan 2010 23:11

Great to hear from you, hope things were hectic in a good way?

Keep on trucking!

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Re: Any of you had trouble with the TV and facebook?

Posted by DesertLion - 21 Jan 2010 23:27

Hey Silentbattle,

Things have been hectic in a good way! Today, I had the first signs of success in something I've been working on for the past two months.

I hope you've been well.

TC and let's keep on trucking. Btw, why do we say trucking? All things considered, I'd much rather be Ferraraing.

Regards,

DesertLion

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Re: Any of you had trouble with the TV and facebook?

Posted by silentbattle - 21 Jan 2010 23:42

:D :D

We say trucking...because that's bardy's line! And I like it...solid, rumbling on, nothing gets in the way of an 18-wheeler!

Then again, I say "rock on," and everyone has their own line - so by all means, you can keep on ferrari-ing! ;D

Glad to hear that things are working out - thank god, things are good here, working on my sorta-90 day celebration...

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Re: Any of you had trouble with the TV and facebook?
Posted by DesertLion - 21 Jan 2010 23:50

Haha, I don't think I'd argue with an 18-wheeler unless I was in a tank. Well done on hitting 90days! I've never achieved it myself yet, but I'm still gunning for it.

We might have to have Bardy crank out the BBQ, the Woodford?, 7up and sushi for you!

Anyway, I don't think my jokes are becoming any better and I need some sleep so ttyl.

TC buddy,

DesertLion

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Re: Any of you had trouble with the TV and facebook?
Posted by silentbattle - 22 Jan 2010 00:02

Your jokes work well enough to make me smile! :D :D

See my thread looking for ideas for my 90 day celebration...it's in "break free" somewhere recently...

No one here in america wants to meet up! :(>
Also see, I'm not by the full real 90 days yet...

Enjoy the sleep, and keep on ferrari-trucking!

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