

When I see a beautiful woman...

Posted by DesperateJew - 19 Mar 2010 02:20

As I understand it, I am never supposed to 'fight' with my YH. I am supposed to understand that I am powerless and place my fight in the hands of Hashem.

What then is to be my thought process when I see a beautiful woman who could be a trigger?

I try to push it out of my head and fight with the mental image. Surely there is a better way then putting up a fight. Can you share what has worked for you?

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Re: When I see a beautiful woman...

Posted by bardichev - 21 Mar 2010 21:17

Kutaaaaaaaaaan!!!!

Papapapapap paaa!!

Come right now to bardys pub ill pour u a glass of 7up (with a dash of vodka)

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Re: When I see a beautiful woman...

Posted by commando612 - 22 Mar 2010 01:00

[kutan shel hachabura wrote on 21 Mar 2010 20:59:](#)

Commando 612, that was excellent!

Thank you.

For me, I find (along the lines of what you wrote) that if I am in an 'anivus' frame of mind, then the pull of the woman is less.

OK she's whatever, but what does that have to do with me.

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Kutan, thanks !!!

So if I'm understanding you correctly, by feeling that she's "out of my league" would lessen the pull ?

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Re: When I see a beautiful woman...
Posted by Holy Yid - 22 Mar 2010 17:52

I don't know if that is a good approach.

What do you mean "she is out of my league"

1. I am a nobody and she would not want me anyways

2. she is a person not an object. Any urges I have about her are in my mind and they are not because of her. She might be the trigger but the urges are all mine, caused by me and my body, mind etc. They are not because of how she looks or dresses rather they are because I am super sensitive to any stimulation.

the first approach is negative self esteem and in the long run can really hurt you. The second is

the truth and will help you stay sane.

As we say 'she might be a problem but she is not my problem'

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Re: When I see a beautiful woman...

Posted by yechidah - 22 Mar 2010 20:46

I think that many wives feel this way.....

Personals Reflections

by Rebecca S Russell

On a lark

I peruse

The personal ads

And find myself

Shocked and dismayed

By what I read there:

Men who want to dominate

Their partners,

Who could care less

About what she wants

Or how she feels;

Who, in short,

Are not interested

In what I have to offer:

A loving, tender, loyal heart,

A one-man woman

Who insists upon

A real relationship

Based on mutual respect

And interests

And honesty,

Who really does believe

That friendship comes first

And that sex is an extension

Of a loving relationship,

Not the relationship itself.

No, they want a submissive,

Brainless Barbie,

Physical perfection

Without morals,

Who makes no demands

As she fulfills

Their every base desire;

Then they complain

When Barbie proves to be

Something less than real,

Who lies with her words,

And her body.

And as I read the ads I realize

That there seems to be

No place in this world

For women such as me,

Except with other women.

It's really too bad

That I am not gay,

For maybe then

I would not be

So lonely.

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Re: When I see a beautiful woman...

Posted by Yidster - 23 May 2010 19:47

Pushing away the thought and looking away has not worked for me, the thought just comes back, its like taking dirty laundry and dumping it in your closet and it will just pile up, the problem with us addicts we live in our head (not just with lust) so what I do is make a call to someone in the fellowship and talk about it, just by bringing the feelings to the light has helped me, by doing that you admit powerless, and you say hashem I cannot deal this, please take it away from me, some ppl pray for that person that she should have what she needs.

I bedafke don't turn away right away but tell my self its okay you don't need it and then look away (obviously don't stare)

Best of luck

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Re: When I see a beautiful woman...
Posted by 5770 - 24 May 2010 14:33

[guardureyes wrote on 20 Mar 2010 19:32:](#)

Dov talks about getting out of "take" mode and going into "give" mode, by praying for the woman you were triggered by (after turning away, of course) to have everything good in life... In other words, not to see how we can "use" her image for ourselves, but rather do for her...

can you give more detail? "praying for the woman you were triggered by"

I'd be worried that if I don;t get my mind off that subject it'll make things worse

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Re: When I see a beautiful woman...
Posted by commando612 - 24 May 2010 16:50

[5770 wrote on 24 May 2010 14:33:](#)

[guardureyes wrote on 20 Mar 2010 19:32:](#)

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Dov recently wrote more detail here:

www.guardyoureyes.org/forum/index.php?topic=2321.msg65538#msg65538

But if you can't pray for her, can you at least pray for me ? Pray that I'll marry a nice bas yisroel
:o :

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