

What's wrong with just looking?

Posted by Eye.nonymous - 26 Jul 2009 20:18

I've been looking through the GYE handbook for strategies and for attitudes. I don't understand; I've known a lot of these strategies for a long time already. Yet, I feel like I've been stuck in the same spot for years.

Two questions in particular I have been wondering about.

1. I feel repulsed if I slip up and look at indecent pictures. But, I don't feel any repulsion seeing the tznius women walking down the street. I can't break deep into myself and really feel that something is wrong with this, no matter how hard I try. Yet, chaza"l speak very severely of someone who even looks at a woman's pinky finger for pleasure. Whatever I've read and however much I think about it, I can't seem to break through this obstacle. Can anyone help?

2. The piece of advice that I thought might be the key to why I've been stuck for so long in the same place is, "work on your middos!" But, it's so vague. No matter which mussar sefarim I've read, and no matter how much I've thought about them, I can never manage to get a lasting effect from them. I would be interested to hear what methods other people have found helpful.

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Re: What's wrong with just looking?

Posted by kutan - 31 Aug 2009 21:30

Dear Rebbe B.

I agree with you fully, and appreciate your writing it.

A bachur needs to know its normal. That there is nothing wrong with him. Due to the private nature of this YH, each one thinks they are the worlds worst....

I'm talking to the big boys, who are past that.

And despising lust is not really right..., its the act of lusting, meaning going after ones ta'avahs. The lust is a normal reflex. But the lusting, that is disgusting.

Why is this important? because the first of the 3 of the 12 steps is to recognize that ones life became unmanageable. If one does not view lusting as despicable, then life is still manageable. Maybe a little wrong, but managable.

Your talmid,

kutan

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Re: What's wrong with just looking?

Posted by Eye.nonymous - 20 Oct 2009 20:40

I once had a rebbi that introduced me to do stream-of-consciousness free association. I was a young teenager at the time and I thought it was great and I even recorded a couple of my self-sessions.

I listened to them years later, and with 20/20 hindsight, I realized I was fooling myself. A lot of it had to do with fantasies, and I was fooling myself thinking I only had altruistic motives.

I suddenly realized another thing. All this "just looking," at women on the street is another lie. It's that degenerate western culture attitude that will hang p*rn in public museums and just call it "art." It's supposed to be art, natural beatiful.

It's all a big lie.

If a guy is looking at a woman just to take a look at her [even if she is dressed tnius], the REAL motive, though covered up by cultural lies, is only one thing--thoughts of SE*.

I feel kinda' stupid for not realizing this before.

For me, this puts a whole other perspective on guarding my eyes on the street. It takes the rationalizations and false motives and exposes them for what they really are.

Funny, though obvious as this is, I never really thought of it this way before. Every time I look at a women, the motive REALLY is to think if SE*.

Other motives were easy to justify. But this one is just obviously something I know I shouldn't be doing, and I'm really trying not to do.

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Re: What's wrong with just looking?
Posted by the.guard - 21 Oct 2009 12:09

Good point!

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Re: What's wrong with just looking?
Posted by Rage AT Machine - 21 Oct 2009 13:22

[Eye.nonymous wrote on 20 Oct 2009 20:40:](#)

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thats solid.

yeah, i always thought that when the beatles sang "i wanna hold your hand" it was kinda like the lie of the 60s...maybe a girl wants to hold hands and then hold hands followed by hold hands but a guy only wants to hold hands because it will lead to something else which will, in his twisted mind, lead to something better followed by something awfully perverted.....

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