

#2 Guard your eyes.

Posted by mekubal - 03 Mar 2010 21:54

I noticed myself today looking at specific news related website that is related to my general interest that one might would assume to be relatively kosher... but I continued looking at it, in hope that I would see or read something that would captivate my attention.

Filters are not a practical in my situation and filters would miss the kind of stuff that I am inappropriately interested in -or- filter out the material necessary for my occupation. So this made me rethink and go over #2.

I just want to comment that in #2, **only** negative-reinforcement techniques are listed: "give ourselves a pinch that hurts, give 25 cents to tzedaka."

I can't claim to be complete success myself, but while many have realized positive reinforcement works on the longer-scale, it maybe worthwhile to implement on the short term scale.

IE: When looking at something inappropriate, stop and say Okay Yetzer Hara, you have a tayvah... Lets compromise. I will stop looking at this and I'll do X to satisfy myself instead... and get back to doing what I should be doing. X is something different for everybody... Maybe its food, Maybe its a blatt of gemara. Maybe its listening to music. Whatever it is, it is a positive reinforcement.

I think some people have tried to make similar points in other forums, but I wanted to make post here to the general public that want to work through the GYE handbooks.

=====

Re: #2 Guard your eyes.

Posted by the.guard - 04 Mar 2010 09:35

Good point, thanks.

=====

=====

Re: #2 Guard your eyes.

Posted by Blind Beggar - 17 Dec 2011 19:48

The one practical thing that I have gained from the recent GYE kumzits is to start reading the Handbook. What do I see in Tool 2? The 3 Second Rule. What a great reminder. At work there are really only one or two triggery women on Sunday, so I can start the 3 Second Rule on them tomorrow before they all come back in force on Monday.

I'll keep y'all posted!

=====

=====

Re: #2 Guard your eyes.

Posted by Blind Beggar - 23 Dec 2011 06:47

The 3 Second Rule is not much help at work where most nisyonos are over in less than 3 seconds anyway.

The next tool in the handbook doesn't have a thread.

#3 Making fences.

This is the main factor keeping me clean. Every fourth Thursday night I make a shvua in the name of ADNI from then until 1 a.m. Friday morning 4 weeks later (that way there is always an overlap) that if I catch myself viewing or *imagining* erotica and I remember the shvua and I do not stop within 30 seconds then I will go to Kever Rochel (very possible but a very big investment in time and effort and my wife will have to be informed) within 72 hours. If I am an onus and cannot go, then I will go within 72 hours of being able to as long as that is in the next

6 months.

This is a single fence TaPhSiC. Look in the handbook for the double fence version.

Are you worried about making a shevuo? You should be! There is a thread on the subject here :
www.guardyoureyes.org/forum/index.php?topic=3232.msg86331#msg86331

=====
=====

Re: #2 Guard your eyes.

Posted by Blind Beggar - 02 Jan 2012 22:02

The best way to test a TaPhSiC vow is to ask a sphinx of black quartz.

=====
=====