

My struggle

Posted by Heilige - 23 Jun 2016 18:23

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Hi my struggle have been in the past with pornography but not in awhile b"h. But I still struggle with just looking around at pritzus from time to time.. Even with a filter...

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Re: My struggle

Posted by Markz - 23 Jun 2016 18:35

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Welcome brother

I was in such a boat too...

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Re: My struggle

Posted by Heilige - 23 Jun 2016 19:02

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Thanks

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Re: My struggle

Posted by shmirashachaim - 23 Jun 2016 22:01

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We all were.. But now we're all in the GYE boat so we should be good now. Just keep yourself in it and don't fall off!

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Re: My struggle

Posted by cordnoy - 23 Jun 2016 23:35

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I'm gettin' see sick.

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Re: My struggle

Posted by shmrashachaim - 24 Jun 2016 00:29

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Oh oh and forgot to mention that Cordnoy is the captain of the boat as you can see.

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Re: My struggle

Posted by Rightkedusha - 24 Jun 2016 02:40

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Been there, done that. Welcome to GYE!

I believe my story is somewhat similar to yours...

The main thing is you want to change and that's a BIG step. I hope you get the right guidance and chizuk from this site. Hatzlacha!

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Re: My struggle

Posted by inastruggle - 24 Jun 2016 17:16

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Welcome to gye,

Check out the [3 second rule](#) and have a look at this chizzuk email

**Count the Diamonds!** One trick that I have found helpful with the challenges of seeing improper and immodest sights in the street is making it into a game in my head. That is, I count the times that I need to look away. In other words, when I notice something improper/problematic and look away, I say to myself "that's one." A moment later, there's another need to look down, or away - "that's two." Then, someone is walking by and the Yetzer Hora says, "maybe take a good look to see if it's someone improperly dressed that you should look away from!" (don't fall for that trick) and, hopefully, I don't even look to begin with - "that's three." A bus passes by with a horrific ad - "that's four." Then, at the end, I've reached 12 or 25 or 100 or whatever, and I mark it down and reward myself when I get to a certain goal. Here's why I think it helps: The power of NOT LOOKING is something special and holy (even though it often doesn't feel holy at all - you're left with that image in your head and lusting emotion) but we know it IS something VERY special. It's been shared on the GYE emails that after looking away it's an "Eis Ratzon" - an opportune time to daven for something, based on the power of that moment of NOT LOOKING. We're told that "There's no greater Mitzva than avoiding a sin!" (Gemara in Kiddushin), which means by NOT LOOKING, you just did one of the greatest Mitzvos! Literally! If so, how can I not count how many SUPER Mitzvos I did on the way home? That's 5...That's 6.....That's 25.... Imagine giving Tzedaka or doing a super special Chesed 25 times in one day, and maybe in just one trip! What an accomplishment! And this is in a way even greater... So, make a goal and then celebrate those Mitzvos!! I believe that the reason this is so helpful is that it reframes the challenge from 'no' and 'no' and 'don't look' and 'don't do an aveira,' which is hard and negative and feels like 'missing out' to something positive and energetic. Each 'no' is really a 'yes' - "that's another one", "and that's another one! Now I'm up to 54!" Each time one looks away is a ticket to greater Divine assistance, greater Kedusha, greater growth. Yes, it's so hard because naturally it doesn't feel that way - but by counting up and programming ourselves to view each 'looking away' as a powerful step UP of Kedusha & growth, suddenly the day or the trip etc. is suddenly filled with opportunities for such powerful Mitzvos and Zechusim and growth!

Hatzlacha rabbah!

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Re: My struggle

Posted by gibbor120 - 24 Jun 2016 18:31

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Welcome! Have you read the handbook?

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