

Trying to elevate my shmiras einayim
Posted by Dave M - 26 Dec 2018 17:27

Hello,

I am trying to elevate my level of shemiras anayim. B'H, I do not go on inappropriate website, as that is a red-line for me. I have installed one of the jewish filters on my home computer. However, at work, I find myself periodically looking at things I should not be looking at.

Sometimes this leads to MZ"L. About a year ago I joined this wonderful organization, GYE. Through reading the articles on GYE and getting the chizuk emails, I've made a lot of progress in this area to the point that I can go multiple weeks without "acting out". However, usually after a few weeks I will have a fall. What prompted me to post today was that recently I had a pretty bad "fall" which devastated me. It showed that I am unable to beat this challenge myself. I am hoping by interacting with the fellow members, I can pick myself back up and "stay up".

=====

Re: Trying to elevate my shmiras einayim
Posted by Dave M - 05 Mar 2021 01:11

800 days. Thank you Hashem, GYE, and the wonderful chevra here.

=====

Re: Trying to elevate my shmiras einayim
Posted by Dave M - 14 Mar 2021 20:15

This is an incredible shiur by R' Yossi Bensoussan. Specifically listen from point 14:40 - 21:00, where he talks about a method for pushing off the Y'H and the proper perspective in taking baby steps to win this battle.

www.torahanytime.com/#/lectures?v=134548

=====

Re: Trying to elevate my shmiras einayim
Posted by Dave M - 16 Mar 2021 14:18

I have some small urges creeping up now. Posting to "put it out there" and create some accountability.

=====
=====

Re: Trying to elevate my shmiras einayim
Posted by Striving Avreich - 16 Mar 2021 14:26

Where there any triggers?

Is this the kind of "got to move on and live life" kind of urge? (if it's not helpful to think about it too much don't worry about not responding)

=====
=====

Re: Trying to elevate my shmiras einayim
Posted by Dave M - 16 Mar 2021 14:34

Honestly? Probably because I work in a mixed environment and it's not easy working with females. Working from home certainly has its advantage and it limits the mixed gender interactions. But I still do need to work with them. Again, just writing about this helps calm the urge down. Thanks for responding.

=====
=====

Re: Trying to elevate my shmiras einayim
Posted by Onceandforall - 16 Mar 2021 14:56

Hey Dave M it's been a while. Wanted to send some chizuk:

I am subscribed to your forum and get email updates. Ever since that time 2 summers ago when we both committed to not watching movies I have been following you. Without getting into details I have had ups and downs along the way and whenever I saw you post about how I, in a small way, helped you it gives me loads of chizzuk and it pushes me to get back into the fight.

Update: I am completely clean of P for something between 70-80 days (I'm not counting) and I have been keeping a regiment where I limit M to certain times that its allowed if I need to, all based on advice of HHM who I have been meaning to call - sorry :/ I recently decided to limit M to only weekends and iy"H be"H I will continue to limit further. No movies or TV all this time either except a few exceptions that were made.

Last but not least - after many many years of waiting, I am engaged to most amazing girl!!

This fight is long from over, but people like you made sure I never gave up and keep giving me chizzuk to continue for life. Wishing you siyata d'shmaya, I'm davening for all of us!!

=====
=====

Re: Trying to elevate my shmiras einayim
Posted by Dave M - 16 Mar 2021 16:51

[Onceandforall wrote on 16 Mar 2021 14:56:](#)

Hey Dave M it's been a while. Wanted to send some chizuk:

I am subscribed to your forum and get email updates. Ever since that time 2 summers ago when we both committed to not watching movies I have been following you. Without getting into details I have had ups and downs along the way and whenever I saw you post about how I, in a small way, helped you it gives me loads of chizzuk and it pushes me to get back into the fight.

Update: I am completely clean of P for something between 70-80 days (I'm not counting) and I have been keeping a regiment where I limit M to certain times that its allowed if I need to, all based on advice of HHM who I have been meaning to call - sorry :/ I recently decided to limit M

to only weekends and iy"H be"H I will continue to limit further. No movies or TV all this time either except a few exceptions that were made.

Last but not least - after many many years of waiting, I am engaged to most amazing girl!!

This fight is long from over, but people like you made sure I never gave up and keep giving me chizzuk to continue for life. Wishing you siyata d'shmaya, I'm davening for all of us!!

That's amazing!! I'm so happy for you and mazol tov! Thanks so much for you post, it really does give me and everyone else chizuk to see how much of a difference we can make in each other's growth in this area

=====

Re: Trying to elevate my shmiras einayim
Posted by Dave M - 16 Mar 2021 16:53

[Dave M wrote on 25 Jul 2019 13:15:](#)

Last couple of days I've had some slip ups. I need to be honest with myself here. Although I have been free from viewing explicit contents or MZ"L for many months now, there is definitely room to improve my shmiras einayim. As I have noted on **Onceandforall's** thread. I go to a jewish gym to workout a few days a week. The members are mostly from the frum crowd, so should be ok, right? Well, not so fast. They have TV monitors throughout the gym with various shows/movies playing. When working out, I find myself being drawn to the movies that are playing. Often times, my workout ends before the movie does. So what do I do? I google the movie to find out what happens and sometime will watch clips from the movies. Last few days what I saw was definitely not good. Deep down I know what I'm doing is not helping my battle and potentially can leads to worst. But going to the gym and working out is such an enjoyable outlet. I struggled with this quandary for a few months. Until I read **Onceandforall's** thread. It helps hit home. I finally decided to put gadarim in place to protect me from this. This also reminded me of what I read in the GYE handbook (page 12) I copied here:

If we are serious about breaking free of lust addiction, we need to try to refrain from watching TV, movies and reading secular magazines and newspapers as much as possible, since all of them are full of promiscuity. Even the most innocent-sounding children's movies today are filled

with imagery which can be very triggering for a lust addict and we must therefore try to avoid them as much as we can. Let's talk about movies, for example. Movies are one of the biggest stumbling blocks to a proper healing from lust addiction, because often we find them very hard to give up. They serve as a source of entertainment for millions of people around the world, and they are often a welcome distraction from the difficult realities of life. But movies are filled to the brim with triggers to lust. And even if one is successful to find a movie with absolutely no provocatively dressed women or kissing scenes in them (almost impossible today), will there still not even be any attractive female actors in the movie at all? If we are trying to guard our eyes in the street - and we must be; how can we allow ourselves to stare at attractive women in a movie for about 2 hours straight? As lust addicts, most of us simply cannot look at attractive women - even modestly dressed - and not think or feel any undercurrent of lust. The nature of the addiction has taken this ability away from us. And we must admit this truth to ourselves; as long as we

are lusting - we are still feeding the addiction. Therefore in the GYE community, we know that if we are truly serious about breaking free from the poison of lust, we must let this be our sacrifice for Hashem's glory and give up non-Jewish movies for good. And surely this will be considered a most precious sacrifice in Hashem's eyes, a sacrifice brought on the altar of our hearts!

Please Hashem. Accept this sacrifice from me and give us the needed siyata dishmaya

FYI, this is the post Onceandforall was referring too. B'H, I have been clean from movies since then.

=====

====

Re: Trying to elevate my shmiras einayim
Posted by Striving Avreich - 16 Mar 2021 16:58

[Dave M wrote on 16 Mar 2021 14:34:](#)

Honestly? Probably because I work in a mixed environment and it's not easy working with females. Working from home certainly has its advantage and it limits the mixed gender interactions. But I still do need to work with them. Again, just writing about this helps calm the urge down. Thanks for responding.

I know what you mean. I'm sure you and the others have tips for not having our mind go there.

=====

====

Re: Trying to elevate my shmiras einayim
Posted by Dave M - 17 Mar 2021 14:04

Yesterday, I slipped. I updated my Taphsic to close that loop-hole. Part of the danger of a streak is feeling over-confident in this fight. But staying clean truly requires siyata dishmaya from Hashem. Perhaps, Hashem felt the need to bring me to a test to remind me never to let my guard down.

=====

Re: Trying to elevate my shmiras einayim
Posted by DavidT - 17 Mar 2021 14:15

[Dave M wrote on 17 Mar 2021 14:04:](#)

Yesterday, I slipped. I updated my Taphsic to close that loop-hole. Part of the danger of a streak is feeling over-confident in this fight. But staying clean truly requires siyata dishmaya from Hashem. Perhaps, Hashem felt the need to bring me to a test to remind me never to let my guard down.

??? ??? ?????? ?? ?????: ????? ?? ??? ?????? ????? ??? ??? ?????? ???????, ?????, '???? ??
????? ?????? ??????'. ?????? ????"? ?????? ?? - ????? ????? ??, ?????, '?' ?? ?????? ?????'

=====

Re: Trying to elevate my shmiras einayim
Posted by Snowflake - 17 Mar 2021 14:37

Last couple of days I've had some slip ups. I need to be honest with myself here. Although I have been free from viewing explicit contents or MZ"L for many months now, there is

definitely room to improve my shmiras einayim. As I have noted on **Onceandforall's** thread. I go to a Jewish gym to workout a few days a week. The members are mostly from the frum crowd, so should be ok, right? Well, not so fast. They have TV monitors throughout the gym with various shows/movies playing. When working out, I find myself being drawn to the movies that are playing. Often times, my workout ends before the movie does. So what do I do? I google the movie to find out what happens and sometime will watch clips from the movies. Last few days what I saw was definitely not good. Deep down I know what I'm doing is not helping my battle and potentially can lead to worst. But going to the gym and working out is such an enjoyable outlet. I struggled with this quandary for a few months. Until I read **Onceandforall's** thread. It helps hit home. I finally decided to put gadarim in place to protect me from this. This also reminded me of what I read in the GYE handbook (page 12) I copied here:

If we are serious about breaking free of lust addiction, we need to try to refrain from watching TV, movies and reading secular magazines and newspapers as much as possible, since all of them are full of promiscuity. Even the most innocent-sounding children's movies today are filled with imagery which can be very triggering for a lust addict and we must therefore try to avoid them as much as we can. Let's talk about movies, for example. Movies are one of the biggest stumbling blocks to a proper healing from lust addiction, because often we find them very hard to give up. They serve as a source of entertainment for millions of people around the world, and they are often a welcome distraction from the difficult realities of life. But movies are filled to the brim with triggers to lust. And even if one is successful to find a movie with absolutely no provocatively dressed women or kissing scenes in them (almost impossible today), will there still not even be any attractive female actors in the movie at all? If we are trying to guard our eyes in the street - and we must be; how can we allow ourselves to stare at attractive women in a movie for about 2 hours straight? As lust addicts, most of us simply cannot look at attractive women - even modestly dressed - and not think or feel any undercurrent of lust. The nature of the addiction has taken this ability away from us. And we must admit this truth to ourselves; as long as we

are lusting - we are still feeding the addiction. Therefore in the GYE community, we know that if we are truly serious about breaking free from the poison of lust, we must let this be our sacrifice for Hashem's glory and give up non-Jewish movies for good. And surely this will be considered a most precious sacrifice in Hashem's eyes, a sacrifice brought on the altar of our hearts!

Please Hashem. Accept this sacrifice from me and give us the needed siyata dishmaya

Amazing post, made me rethink my hobbies/free time activity.

Please keep posting Dave, you inspire me too.

I remember when I had a larger streak and had a close call too. Hashem fills in the blanks for us. Probably as a reminder not to let the guard down as you said. But keep it up. You are a true gibbor for sacrificing movies and secular stuff. I'm sure Hashem values your sacrifice more than any korban. I hope to have the same strength as you do.

=====

Re: Trying to elevate my shmiras einayim
Posted by Striving Avreich - 17 Mar 2021 14:43

Thank you for the sobering reminder

=====

Re: Trying to elevate my shmiras einayim
Posted by Dave M - 02 Jun 2021 13:00

TaPHSiC extended till Tisha Bav

=====