

watching movies

Posted by excon - 23 Jan 2021 23:22

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hi i am an 18 year old struggling in both areas

can anyone give their opinion on watching movies and series does this contradict the program because i personally feel when i have urge one of the best distracting options is to watch a captivating movie, clean obviously

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Re: watching movies

Posted by Shteeble - 24 Jan 2021 00:14

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[excon wrote on 23 Jan 2021 23:22:](#)

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What's a clean movie?

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Re: watching movies

Posted by Zedj - 24 Jan 2021 00:39

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Hey excon!

Welcome!

Keep posting and keep us updated on your progress!

In regards to movies.....

From my experience, there are very, very few "clean" movies or series.

One of my main triggers was watching a movie and somehow it "happened" to have provocative scenes or scenerios in it...then downhill from there.

If you want to get serious, start with filtering your easily accessible device(s) then get rid of any triggering apps.

Wishing you much success!

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Re: watching movies  
Posted by YeshivaGuy - 24 Jan 2021 00:53

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Where's Grant? He's the one for the job!

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Re: watching movies  
Posted by Ish MiGrodno - 24 Jan 2021 02:04

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Yup, this one calls for the General...

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Re: watching movies  
Posted by Sapy - 24 Jan 2021 02:39

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Hi Excon, welcome!

Regarding your question about movies, it's a little hard to answer, since it's not a one size fits all, in my opinion, and everyone needs to know his own situation.

First, it's forsure not a direct contradiction to the program here, we are working here on stopping to lust, and viewing pornography etc, and "kosher" movies are forsure not that.

Some here are working on abstaining from regular movies too, for a variety of reasons, many find it triggers them, and some just because of the waste of time and addiction of it.

But for some it can be too much to stop pornography etc and movies simultaneously, especially if you grew up with it, and it's part of your life. In which case it might be better to first work on getting rid from pornography etc first, and then see if/how you should work on other stuff.

But if you find it triggers you, and brings you to fall etc then it might be better to just stop it all.

Wishing you lots of hatzlacha, and looking forward to hear from you!

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Re: watching movies

Posted by Grant400 - 24 Jan 2021 02:48

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[Sapy wrote on 24 Jan 2021 02:39:](#)

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Well put. First work on the big stuff and reevaluate later.

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Re: watching movies

Posted by Markz - 24 Jan 2021 03:03

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[Shteeble wrote on 24 Jan 2021 00:14:](#)

[excon wrote on 23 Jan 2021 23:22:](#)

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Welcome Exxon. Keep on trucking :-)

What's the "both areas" of struggle.

Do you peek out of one eye at a time?

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Re: watching movies

Posted by Iodaas - 24 Jan 2021 05:27

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Distracting yourself might be a short term solution. But movies do have long term effect even in "clean" movies they mess around with our brains to look at woman as objects.

These long term effects can have a negative impact on a marriage.

Even in animated movies they cant refrain from adding shmutz between the lines.

I dont know what movies or tv shows you are talking about but from my experience they will always remind you of the shmutz that is out there.

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Re: watching movies

Posted by excon - 24 Jan 2021 13:38

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obviously there are very few clean movies but i am talking clean to some extent in comparison to pornography

thanx so much guys you have no idea how much good you are doing

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Re: watching movies

Posted by Hashem Help Me - 24 Jan 2021 13:48

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In addition to all the above responses, there is another point. When one watches subtle shmutz it may even be worse. If someone unfortunately watches pornography, yes it is terrible, and yes, it will take a long time to forget the images, and yes, it will probably ignite his interest in watching again and doing other things. However at least the guy knows that it is chaser treife. In comparison, when one watches a so call "clean" movie that has constant subtle messages that women are objects, sexuality is in this world for him to selfishly enjoy, and that one cannot really control this drive, he is being severely brainwashed without even realizing it. Rav Feldman RY in Baltimore has spoken on numerous occasions about how the movie industry produced children's cartoons that are subtly full of violence and crime, confusion as to what is right and wrong in this world, etc. and have brainwashed 2 or 3 generations of Americans without them even realizing. "Clean" movies produced these days are products of an industry with a one tracked mind....

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