

## **GYE - Guard Your Eyes**

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Poem that might help - at that crucial moment

Posted by cordnoy - 04 Jul 2013 01:48

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Life not going his way

One gets depressed

He was expecting better,

For he was trying his best

Therapist says he's arrogant

"You're selfish," said a friend

Perhaps even a narcissist

Of names - there's no end

In the heat of the summer

On a glorious hot day

The women are out

Seemingly eager to play

But to this fellow, it's not

His life does suck

Nothing going right

He's all outta luck

So what has he done

In the past - at this time?

When the going is rough

He turns to slime

To occupy his mind,

Although his work is not done

To get away from it all

Reality is gone

It's that first thought of lust

That transixes his brain

And the next 20 minutes

He throws down the drain

And yes, in that time

Everything - so delicious

But as soon as it's over

Life's the same dirty dishes

And the cycle continues

Day after day

The yetzer convincing

Oh it's so good to play

The key is that moment

When he sets up the trick  
To show him right then  
That you'll have none of his shtick

Life can be lousy  
But heck, you're alive  
And so is your family  
And they need you to survive

And when you're addicted  
To lust (like I am)  
Don't let that moment become two  
For then you're a dead man

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Re: Poem that might help - at that crucial moment  
Posted by snakeeyes - 04 Jul 2013 03:38

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Read it, very good and insightful!

Thanks

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Re: Poem that might help - at that crucial moment  
Posted by gibbor120 - 04 Jul 2013 20:50

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[cordnoy wrote:](#)

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Re: Poem that might help - at that crucial moment

Posted by cordnoy - 05 Jul 2013 03:26

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Point taken

Should've been 40 or 60

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I like the poem! Only 20 minutes??? you must not be an addict

Re: Poem that might help - at that crucial moment

Posted by gibbor120 - 05 Jul 2013 18:14

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I was just kidding around. but all kidding aside, many of us can spend hours, and hours, and

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Re: Poem that might help - at that crucial moment

Posted by Machshovo Tova - 05 Jul 2013 18:24

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[gibbor120 wrote:](#)

I was just kidding around. but all kidding aside, many of us can spend hours, and hours, and

hours... you get my point

...and many of us start out planning to indulge and to spend a couple of hours pleasuring ourselves, but we get caught up in the heat of the moment, and even before 20 minutes it's all over, and we look back in disgrace, "was it worth it?"

As R' Nachman said, "For a pleasure of a couple of minutes are you willing to give up eternal life?"

Hatzlacha

MT

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Re: Poem that might help - at that crucial moment  
Posted by cordnoy - 05 Jul 2013 21:37

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aint dat the truth?

[im not getting the replies sent to email the last few days; is it only me?]

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Re: Poem that might help - at that crucial moment  
Posted by cordnoy - 07 Jul 2013 19:29

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oy..do I need this poem today

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Re: Poem that might help - at that crucial moment  
Posted by cordnoy - 10 Jul 2013 22:00

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Perhaps im a little biased, but this poem is pretty good

helped me out twice already

perhaps we can add a dov quote or two in there, and make it official

thanks

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Re: Poem that might help - at that crucial moment  
Posted by ThisJewNeedsHelp - 04 Aug 2013 16:19

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Thanks man, this is what I needed to read right now. I feel the pull right now but I won't let it get me. I see it; I know it's there, but it won't fulfill me in the end.

Thanks

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Re: Poem that might help - at that crucial moment  
Posted by cordnoy - 04 Aug 2013 20:05

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my pleasure

glad it helped

kot!

b'hatzlachah

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Re: Poem that might help - at that crucial moment  
Posted by cordnoy - 02 Dec 2015 22:32

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[cordnoy wrote:](#)

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Hell of a poem (a bit biased)

On the call today, we said about lookin' at old posts.....this was good for me.

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