

movies and YOU

Posted by lavi - 08 Jul 2014 20:06

hello everbody,

i like the name of this category" what works for me, because there is an opportunity to write about true experiences that already was, without the great unknown future being a factor.

having said that i want to tell the oilam, what i have learnt and what i feel about movies ie. watching for entertainment any kind of show which involves acting. (i mean to exclude nature and science shows- to some extent.

absolute poison. clouds the mind. pumps the imaginations. wastes time. destroys true emotions. kindles lust (oh so gently), makes the fantasy real, makes real fantasy.

makes you oiver a whole bunch of issurim, which does tend to push away siatta dishmaya which we need so desparately. how on earth are you suppose to concentrate on any good thing, let alone a tosafos or a shmona esrei, with "stuff" flying through your mind. i know we need outlets, but there gotta be things that are exactly that outlets, not inlets, healthy stuff, and the way to tell is by seeing if they disturb you when you are trying to focus on doing important things.

i haven't seen youtube for a month and i feel a different person.

can you relate?

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Re: movies and YOU

Posted by pischoshelmachat - 10 Nov 2014 00:38

I have watched some great movies in my day although I haven't watched in years. Every movie I watched always led to an eventual fall because there is always a captivating female character whose image remains ingrained in my mind until I fall.

May the RBS"O help you rid yourself of watching movies.

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Re: movies and YOU

Posted by ineedchizuk - 10 Nov 2014 01:37

Seriously, what a phenomenal thread.

I very much relate to Cordnoy's point of it all being the same, AND to Lavi's point, that movies has the pull of 'nisht giferlach- I could be doing worse'.

I get hit with both.

Sometimes I get this obsession in my head, that pulls me to do what's clearly bad.

Other times, I'm in a strong enough frame of mind that I won't allow myself to simply jump off the cliff. And I feel like the yetzer hara is keenly aware of that. So that's when he switches gears, and uses his second method.

Sometimes he tells me to just do some 'random' searches. Other times, that I deserve to unwind, and that a good movie is relaxing, healthy, and brilliant (?????? ?????, ??? ????- I'm not kidding!).

Of course he conveniently helps me forget the obvious. That it's ossur, period. (I didn't go through all the posts, but on Lavi's thread, I think it's safe to assume that that's a given.)

The second method he uses is, in other words,

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Re: movies and YOU

Posted by Metal King - 10 Nov 2014 05:11

Lavi, I agree with Pischoshelmachat.

When I'm being truthful with myself, i see that both when watching tv and watching movies, I'm only half watching the program, the other half, the addicted half is busy ogling and appreciating any female flesh or form that flashes across the screen.

So my question to you is, do you honestly think you watch just the movie or the show? Or like me and other addicts do you get easily distracted and focus instead on the triggers flashing across the screen?

When I read in the stories from addicts in recovery, they talk about being at peace with the facts that they're addicts and always will be. Part of my getting to recovery (and it sounds like yours) is making peace with the fact that I am an addict in every aspect of life. I cannot watch a tv show or movie like a regular person because my addiction doesn't watch the show or movie, it watches the triggers.

So all arguments from a normal, non- addict perspective are moot.

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Re: movies and YOU

Posted by lavi - 10 Nov 2014 10:50

thank-you chevra for your feedback,

you all said things which i can relate to.

it so happens to be, that when discussing mutar or assur, although a lot of people need to know what is clearly assur, sometimes it is better not to get into it, because even though some things are technically ok, they can lead to worse things than a standard aveira, [and deep down, i don't even really WANT to EVEN be pulled to any distraction]

right now, i'm trying to make my life more busy and productive, because i find that a good tool to ward off movies and lust and the rest of the junk.

although i have to mention that i do have a personal matter, that i would like to discuss with a

gadol [in depth], which also bothers me.

it seems that simchas hachaim and a clear conscience are my priorities,[as well as gye!!!!]

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Re: movies and YOU

Posted by newaction - 10 Nov 2014 12:38

?? ?????? ????? Simple and plain joy is enough to get the jew out of all the ?????? (metzarim) that surround him . ?????? ??? ?????? ?? ?????? The Choze of Lublin said when does Hashem listens and saves the jew from his ?????? ? When the jew is happy with all that happens to him . KUTGW !

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Re: movies and YOU

Posted by ineedchizuk - 12 Nov 2014 00:01

[lavi wrote:](#)

]right now, i'm trying to make my life more busy and productive, because i find that a good tool to ward off movies and lust and the rest of the junk.

The best ??? ??? is ??? ???!

[lavi wrote:](#)

]although i have to mention that i do have a personal matter, that i would like to discuss with a gadol [in depth], which also bothers me.

it seems that simchas hachaim and a clear conscience are my priorities,[as well as gye!!!!]
can very much relate.

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Re: movies and YOU

Posted by israel613120 - 18 Nov 2014 06:10

Please can the chevra give some suggestions to de stress without reverting to movies.

I mean really de-stress.

The other day I had a really stressful evening due to work. I found only after watching a movie I felt my tight feeling chest literally relax.

Looking forward to hearing your suggestions.

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Re: movies and YOU

Posted by SIB101854 - 18 Nov 2014 07:03

How about taking a walk, and/or finding a personal trainer?

I watched the Giants yesterday in the afternoon-and I fought to keep myself flipping channels on basic cable during the unwatchable portions of the game-it wasn't easy-but I survived.

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Re: movies and YOU

Posted by cordnoy - 18 Nov 2014 09:02

I have alternate de-stressers, but....that's why I'm here in the first place.

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Re: movies and YOU

Posted by dms1234 - 18 Nov 2014 21:53

How about taking a DEEP BREATH! IN AND OUT! Do that several of times. Turn the frown upside down and remember that everything is going to turn out just fine!

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Re: movies and YOU

Posted by lavi - 18 Nov 2014 22:39

[dms1234 wrote:](#)

How about taking a DEEP BREATH! IN AND OUT! Do that several of times. Turn the frown upside down and remember that everything is going to turn out just fine!

dms,

i love you and your positive attitude towards things,

but your breathing trick won't work for me in a movie challenge, here's why:

sometimes we get a challenge that is based on what we do in the moment/minute, that is facing us, and if we can just ride the wave a short time, then we can make it,

in such cases i can relate/us the breathing/smiling/ techniques.

but if you got quiet and privacy, with hours in front of you, and you want to be entertained....or to try and forget your troubles.....i gotta to come up with something stronger.

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Re: movies and YOU

Posted by Metal King - 19 Nov 2014 05:14

[lavi wrote:](#)

but if you got quiet and privacy, with hours in front of you, and you want to be entertained....or to try and forget your troubles.....i gotta to come up with something stronger.

Lavi, you got an hour or more? Go be a helper. Visit someone who's sick. Pay a shiva call. Call your parents and/or grandparents. Go tape up siddurim in your shul that need repair. Volunteer for a charitable organization. There is no shortage of gemilut chasadim you could do.

30 minutes or less?

Open your mouth and express some gratitude to your Creator. Thank Him for your:

Health, Heart, lungs, brain, eyes, muscles, joints, organs, etc.

Your family- anything and all that they've done for you.

Your job,

Your home, etc. Focus only on the positive.

Everyone wants a magic pill. My old lady clients don't want to put in the exercise necessary daily to be physically fit. They want a shot, a pill, or a miracle. There is none. it takes hard work.

Have free time and don't want to act out or do activities that will lead to acting out?there's no easy tip that works. You gotta put in the hard work. Kindness to others and gratitude to Hashem.

That's it. Simple but hard. Now get to it.

I know you can :-)

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Re: movies and YOU

Posted by dms1234 - 19 Nov 2014 08:39

Talk to Hashem? Ask him to help you do his will not yours. And when you finally accept his will that its not good to watch movies then you can take that deep breath.

We can't just rely on tools for the rest of our life, we need something stronger (as you said) but WAY stronger. Like Hashem and an BIG attitude change (His will not ours).

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Re: movies and YOU

Posted by cordnoy - 19 Nov 2014 08:55

Actually no; I do not think Dov would say that.

He does speak about God, but only after one uses the tools of recovery.

God this and God that won't get us too far (if you're an addict) as big as God is.

When you work a recovery program, then you can allow God into your life.

Perhaps one day, I will be zoche.

b'hatzlachah

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