

Tips for ????? ???????

Posted by upanddown - 16 Jun 2024 23:35

Dear GYE friends,

I am looking for some practical, quick & easy tips for ????? ???????? in real life (not internet).

I'll share what has helped me in the past, but I'd love to hear some new ideas.

I feel that just like the YH comes in new forms every day (???? ?? ??? ?????? ????? ??? ??? ?????? ?? ?? ?? ?????, ???????? ?? ?) so to the "anti-YH-thoughts" must be refreshed from time to time.

What do you say or think to yourself when you are feeling spiritually weak (...?? ????? not working) and you're in the mood to just let your eyes loose and to enjoy looking at the many very attractive woman/girls that are around you, on the street, in the shops, at the counter or in your work place or at a wedding?

Any thoughts, stories or Chizzuk that have helped you, are very welcome.

Thank you in advance.

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Re: Tips for ????? ???????

Posted by upanddown - 07 Jul 2024 11:47

[upanddown wrote on 18 Jun 2024 21:26:](#)

[retrych wrote on 18 Jun 2024 16:12:](#)

Is she one of those people who deliberately tries to mess with careful guys, or is it innocent?
Nafka mina being the mental attitude you take in ognoring it.

I don't think she's doing it in order to be ?????.

She's more like trying to feel accepted by us for who she has chosen to be and for the way she has chosen to live. And she is over friendly.

Happens to be she really is naturally very pretty.

But iyH I'll manage to avoid challenging situations..

Thanks to all of you for your support!! It's amazing to be connected to such great Yidden here on GYE, everyone is trying to battle this final YH before Moshiach comes...

?? ????? ??????

Quick update about this one...

It was tough. There were big triggers.

But thanks to all of your support and advice, and thanks to the One Above, I have overcome this Nisayon and remained super clean BH!!

This woman left a few days ago, so this Nisayon is gone... but the YH has meanwhile dressed up in new ways and is not giving me time to breath... I will keep fighting.. but things are not easy...

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Re: Tips for ?????? ????????

Posted by trying the best - 15 Aug 2024 15:26

Hi,

very very well written. But i have a question about this. This is (almost) very well understood when it's at a jewish women/girl. But when seeing approaching/talking to a (sorry for saying, but sometimes it's just true) non jewish attractive good looking women/girl, skinny , shiny, summery dressed (modest written, or to bring it out Stronger, not the trigger anyone just for venting and bringing it out) uncovered belly button with a piercing on it, sleek smooth uncovered skin, long blond hair, shortest pants which is almost like a bikini, why should she 1. scream and

run away. And I'll stand there like a Goilem...

2. She will say I'm a freak.

3. When possibly having night out with me, she's probably scared of her husband/friends.

4. Once I get closer to her I might see that she's not even so pretty, well i can see it right away, she's summery dressed....

5. And so on...

isn't this the reasons she's (un)dressed like that?!? To attract people to her? And maybe get into physical touch?

sory if im being too loud and clear, it's just on my head and always had this question and I'm feeling very horry right now. Any comments welcome!

thanks for listening!

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Re: Tips for ?????? ????????

Posted by frank.lee - 15 Aug 2024 23:09

Please please please try right now taking ten minutes to read some of The Battle of the Generation.

Links all over this forum...

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Re: Tips for ?????? ????????

Posted by cande - 15 Aug 2024 23:20

[trying the best wrote on 15 Aug 2024 15:26:](#)

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the answer is **NO! and NO!**

shes not a attention seekin' OTD bitocha trying to pull.....shes just a no shayches clueless shiktsa.....not thinkin' sex.....

Warning: Spoiler!

sorry to bust your bubble.

regards,

cande

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Re: Tips for ?????? ????????

Posted by trying the best - 22 Aug 2024 22:29

Thanks for your response, but it still didn't click into me. I still have this major question and dont understand it. anyone?

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Re: Tips for ?????? ????????

Posted by BenHashemBH - 23 Aug 2024 00:17

[trying the best wrote on 22 Aug 2024 22:29:](#)

Thanks for your response, but it still didn't click into me. I still have this major question and dont understand it. anyone?

Most women are dressing up (or down) to feel good about themselves. They want attention. They may want to cause guys to look, but they don't care for most of the guys looking. They want to feel powerful and able to control you, but they don't care about how you react after that.

Basically, it's not about you, it's about them. It's all about attracting, not about connecting.

Hatzlacha

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Re: Tips for ?????? ????????

Posted by upanddown - 25 Aug 2024 22:36

[trying the best wrote on 15 Aug 2024 15:26:](#)

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very very well written. But i have a question about this. This is (almost) very well understood when it's at a jewish women/girl. But when seeing approaching/talking to a (sorry for saying, but sometimes it's just true) non jewish attractive good looking women/girl, skinny , shiny, summery dressed (modest written, or to bring it out Stronger, not the trigger anyone just for venting and bringing it out) uncovered belly button with a piercing on it, sleek smooth uncovered skin, long blond hair, shortest pants which is almost like a bikini, why should she 1. scream and run away. And I'll stand there like a Goilem...

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thanks for listening!

Great question.

The simple answer is: stop thinking about all of this. Get the right prospective. Understand, that

this hot, super attractive, beautiful girl is just a Nisayon sent to you from Hashem, for you to overcome and to grow. I think this is what **frank.lee** meant by suggesting to read "The Battle of the Generation". (Am I right?)

However, since this question has been going around your mind (and mine as well) it must be answered properly.

What I wrote about the YH just being ????? - is not my own Chiddush. It's the ????? in ??? ??????. He writes that the main tool the YH uses is ?? ??????. Imagination. Illusion. (I don't have the exact Lashon with me atm. See ????? in a ??? from Rav Uri Weisblum, at the end of the (red) ??? ????? which he bought out.)

So you think to yourself: This makes sense for 98% of cases, where you're just walking past a beautiful woman. Or that hot girl at the counter in the duty free store at the airport. She's not thinking sex, she's just a shiksa, as **cande** wrote. And even if she's dressed half naked with an uncovered belly, she just does it for herself because she loves attention, she loves it if all eyes are on her, as **BenHashem** wrote. (And if you actually do gaze at her she will give you a slap in your face! That's how woman are.) So it's simply illusion. And more than that: In reality this stunning woman is not beautiful at all. There is a 2 minute video somewhere in the GYE archives showing behind the scenes of a stunning woman on an advert, how they take an ugly looking woman and make her look stunning. (If anyone knows where that video is please can you post the link.) Just imagine this seemingly beautiful girl in the morning grumpy in bed, sweaty, without any make-up left, smelling from her mounth, messy hair etc - you'll run 1000 miles from her. It's all ??????. As the ??? shows you in the Parsha of ??? ??? ?????.

But what about the 2% of cases when it's not illusion? When it's clear that she does want physical touch or to build a relationship? And let's say she is naturally beautiful and has this very cute personality?

The answer is: There are 2 types of ?????: Illusion & Dellusion.

Illusion is when your senses are being tricked. E.g. an optical illusion tricks your eyes. That's what the YH does in most cases. You think she's beautiful, but she's not. It looks like she's interested in you, but she's not. ????. Its relatively easy to overcome and not to fall for this one.

Dellusion is much more dangerous. It's a false belief. A belief which contradicts the reality. Your ??? is being tricked. This is also ?? ??????. **The YH makes you think that this one off affair will satisfy your needs, but it will not!** You'll do it once and want it again. You think you'll be a happy man, but no, you'll become that broken, double faced spooky man who eventually can't get enough of gazing at girls and everyone keeps a safe distance! (Like "Shem", in that phenomenal story written by choosemyhashem on one of the threads...) You'll feel ashamed of yourself! You'll feel empty and weak. So yes, she might really be beautiful, and yes, she might want your physical touch, but YOU - your Nefesh - doesn't want it. ??? ????? ?? ?????. It's just simply ???????.

Lmk if this answers your question.

Sorry for the Arichus...

Keep strong,

UpAndDown

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Re: Tips for ?????? ????????

Posted by frank.lee - 26 Aug 2024 08:05

Yes @upanddown, exactly!

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Re: Tips for ?????? ????????

Posted by upanddown - 03 Jul 2025 00:47

Just sharing a thought I've had during these beautiful summer days:

Apparently, according to some sources, the average person makes a staggering 35000 decisions a day!

(see: go.roberts.edu/leadingedge/the-great-choices-of-strategic-leaders)

Now without going into details re how they got to that figure etc (i think its exaggerated), it's definitely a lot of decisions we make a day...

And if that is said for a non-jew, then I would think that a Yid is making at least DOUBLE the amount of decisions daily.. brachos, kavanah in davening, concentrate while learning, etc etc its endless!! And then comes Shmiras Einayim which can easily add up to another 1000 small decisions a day!!

This can cause what they call **decision fatigue**.

So by the end of the day we are more likely to give in to inappropriate behaviour because we are **drained**.

That is why we daven every morning ???????? ?????? ???????? ???????? - we ask Hashem for some natural, flowing, automatic Shmiras Hamitzvos, so that we don't get to drained and give in chalila...

It must become second nature. It's too hard to make a fresh decision every time a girl walks past. We need to train ourselves not to look even when we're set to auto-pilot mode...

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Re: Tips for ?????? ????????

Posted by yitzchokm - 03 Jul 2025 01:04

You mean to say that we should be trained to run clean on auto-pilot mode without having to make a conscious decision..

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Re: Tips for ?????? ????????

Posted by upanddown - 03 Jul 2025 08:48

[yitzchokm wrote on 03 Jul 2025 01:04:](#)

You mean to say that we should be trained to run clean on auto-pilot mode without having to make a conscious decision..

Yup, correct.

Especially re Shmiras Einayim which can be such a draining challenge as it's probably the most **frequent** challenge and also a seemingly '**small**' porblem (compared to P&M, like what's the big deal if I look...), which makes it even more of a struggle to overcome... the aim of the game should be for it to become literally ??? ??? (or subconsciously) to look away and to distract ones thoughts. *Shenizkeh*....

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Re: Tips for ?????? ????????

Posted by BenHashemBH - 03 Jul 2025 17:11

Not looking at women is difficult. Not looking at people in general is difficult, but much less stressful when there is no tayva involved.

If you "practice" not looking at people in general, not turning your eyes loose on the world, then as you get a handle on not automatically looking at even permitted things, that will help change your nature to more easily also not look at forbidden things.

Bypass the step of thinking about: Is it a woman, do I know her, how old, how attractive, what attire - are you sure, take a quick look, ok, yes I'm sure, don't look again, but I already looked, oy nebach. If you train your eyes not to start analyzing automatically (90%+ curiosity and unimportant things to see going on around us in these situations) then you can circumvent many challenges in shemiras einayim.

A swordsman builds his habits using dull weapons so he doesn't get wounded during practice. Similar idea here. Start working on this in shul. Keep your eyes and mind focused inside your own daled amos, and as you get better at this in non-nisayon settings, it will be easier to transfer this mode to public settings too.

I wrote a poem about using this approach here:

<https://guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach/415747-Real-Life-Lessons#416199>

Kol Tov

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Re: Tips for ?????? ????????

Posted by upanddown - 03 Jul 2025 19:25

About 9 years ago I heard a Hespel from R' Leizer Yehuda Finkel about R' Aryeh Finkel, he

said:

"?? ??? ????? ?????? ????? ??? ??? ??? ????? ????????"

He didn't look at anything that wasn't nokea to him.

That's mamesh your point.

Beautiful poem BTW. Thanks for sharing.

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Re: Tips for ?????? ????????

Posted by kavey - 03 Jul 2025 20:05

Shabbos is coming and its def going to be more difficult.

Need some Tefillos...

"Upanddown ben Upandup" (I'm sure thats what my father would have named himself on GYE)

Wow I love when I get a belly laugh on GYE!

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