

Ouch! Why are you pinching me?

Posted by zalmandovid - 05 Mar 2010 20:28

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I thought that Subject line would grab your attention ;D. So whats with the pinching?

So I have started implementing a practical tip that is helping me. I actually got this tip from the handbook (a pretty useful little booklet). I have begun pinching myself. I know it sounds pretty dumb and ridiculous, but frankly I don't really care. As long as it works right. So whenever I walk down the street and my eyes go looking at a woman or any other thing I shouldn't be oggling I give myself a good pinch till it hurts. And let me tell you it hurts to get pinched, especially when you are doing it to yourself. I recognize that I am more conscious (is that how its spelled?, where is spell check?) of where I am looking. Before I didn't even realize.

I didn't realize how much I stared at women until a couple months ago. I was waiting in line at the grocery and this woman was right in back of me. I was facing her and oggling. All of a sudden she gets upset that I have not moved up in the line. I did not even realize how far the line had moved, and I was in a big rush!! Why was I not paying attention? I realized that it was because I was staring at her. I got so embarrassed.

Try pinching yourself. It may work for you like it's working for me. It may sound loony but it works. Also, nobody really sees you doing it. To onlookers it looks like your scratching yourself :D.

Does anybody know if you are allowed to pinch yourself on Shabbos? Maybe it is assur because of Hashchasa?

A good Shabbos to all, wishing everyone a wonderful week of growth!

My main forum post is here:

<http://rehab-my-site.com/guardureyes/forum/index.php?topic=1878.0>

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