

Hashem...help me.

Posted by Will - 17 Aug 2009 07:33

The more I read through the posts here on GYE, the smaller I feel. Everybody here has an incredible drive for truth, and an unbelievable will (no pun intended). I came here a few days ago thinking I knew a bit about a few things, and now I shamefully hang my head realizing that I know nothing about everything. Everybody here has given me tremendous chizuk, whether they realize it or not...and it is that chizuk that forces me to stare my biggest problem in the eye. Baruch Hashem, not acting out is an easier battle for me now...and it was perhaps the victory of that skirmish (breaking the cycle) that made me think I was almost done...but I have conveniently neglected the root of it all: Shmiras Einayim. It is extremely hard for me to keep my eyes to myself. Unbelievably hard. But with Elul coming up, I cannot ask Hashem for forgiveness of my past if I have not done my part. For the next 90 days, I will give Shmiras Einayim my every effort. And I don't care how hard it is.

So here I am, trembling as I think about the challenge of the coming months...But I do know one thing...Yetzer Hara? You goin down.

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Re: Hashem...help me.

Posted by Will - 27 Aug 2009 21:10

Wow Efshar, thank you for such a beautiful blessing and feedback! Mazel Tov on the bris!!

Eden- Right now Im going through the sefer Cheshbon HaNefesh to try and get a full grasp on the psychology behind these "animalistic desires"...Then I plan on keeping a daily journal, and perhaps essays on my negative traits...have you figured out a regimen for yourself yet? I would really love to hear about it. Maybe we can be "Cheshbon Hanefesh Buddies"? PM me if you're interested...

Day 11-Ive noticed this struggle getting a lot easier. I walk down the street and its no longer a massive accomplishment to look away when I know the 'female kind' is around. Something that did happen to me though was, as I was walking, a kollel wife- whose husband I know well- saw me and smiled....I felt awkward so I waved back. Whats the right thing to do in this situation? If I dont wave, it might be considered rude. If I do wave, who knows what it might be considered. Any ideas?

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Re: Hashem...help me.

Posted by Kedusha - 28 Aug 2009 02:57

[Will wrote on 27 Aug 2009 21:10:](#)

Wow Efshar, thank you for such a beautiful blessing and feedback! Mazel Tov on the bris!!

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Don't worry, what you did was fine. You could have also said a polite "good morning" (or "good afternoon").

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Re: Hashem...help me.

Posted by rashkebehag - 28 Aug 2009 16:59

or just nod politely and smile back

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Re: Hashem...help me.

Posted by the.guard - 29 Aug 2009 18:41

a kollel wife- whose husband I know well- saw me and smiled....I felt awkward so I waved back.

Whats the right thing to do in this situation?

Are you authorized to carry a weapon?

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Re: Hashem...help me.

Posted by Kedusha - 03 Sep 2009 16:26

[guardureyes wrote on 29 Aug 2009 18:41:](#)

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Whats the right thing to do in this situation?

Are you authorized to carry a weapon?

LOL ;D

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Re: Hashem...help me.

Posted by bardichev - 03 Sep 2009 16:29

a kollel wife- whose husband I know well- saw me and smiled....I felt awkward so I waved back.

Whats the right thing to do in this situation?

KEEP ON TRUCKING

DANCING

LOOKING AT YOUR PHONE TOES WHATEVER

DO NOTHING

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Re: Hashem...help me.

Posted by Dov - 03 Sep 2009 20:43

[guardureyes wrote on 29 Aug 2009 18:41:](#)

a kollel wife- whose husband I know well- saw me and smiled....I felt awkward so I waved back.
Whats the right thing to do in this situation?
Are you authorized to carry a weapon?

Hilarious, the whole thing. When really I can't figure out if I was right or wrong, see I'm getting
tyed in a knot, or if thinking about it isn't healthy for me, I just assume it's not *meant* for me to
understand at all and I guess that Hashem wants me to just **move on** (keep on trucking). Who
knows what was going on there? None of our business, for sure. You can still daven a half a
minute for the kolel wife and for her husband and for yourself. Then put in a good word for me...
Maybe for me *first*. ;D

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Re: Hashem...help me.

Posted by bardichev - 03 Sep 2009 21:26

DISAGREE REBBEREBER=DOV (WHATS THE DOIV THING)

DONT EVEN DAVEN FOR HER

THAT IS PART OF THE

YH PLAN

TO KEEP HER "ALIVE"

KEEP ON TRUCKIN MOVE ON BEAT IT!!!

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Re: Hashem...help me.

Posted by Dov - 03 Sep 2009 21:54

[bardichev wrote on 03 Sep 2009 21:26:](#)

DISAGREE REBBEREBER=DOV (WHATS THE DOIV THING)

DONT EVEN DAVEN FOR HER

THAT IS PART OF THE

YH PLAN

TO KEEP HER "ALIVE"

KEEP ON TRUCKIN MOVE ON BEAT IT!!!

I agree with you 99 & 44/100th% purely. It might be the totally wrong thing to do. But everyone's different. I believe in very few "rules" and directives. If whatever I'm already doing isn't working (and I had >15 years of that chazerai), I try something else. If *that* works, I keep it in my pocket for the next time and share it with others. I only daven for the person if it's a strong temptation to take an intentional look, or if they come back into my mind. For me, it works every time, especially when it really hurts inside. It usually takes one or two doses of prayer and their image completely loses it's power over me. I need to be free.

- Deiv (having a munkatcher moment)

PS. Where's my OY SHABBOS thingie? Nu, chaver. My bDS is advancing, chulilu.

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Re: Hashem...help me.

Posted by kutan - 09 Sep 2009 20:55

Yup, its official,

people are different, and different things work for different people.

although in case anyone has not noticed, R' B. and R' Doiv seem to be slowly rubbing off on each other. Give it another few years and we should have identical twins.

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Posted by bardichev - 14 Sep 2009 04:20

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