

Did I Just Fall?

Posted by TalmidChaim - 12 May 2014 06:56

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I watched a television show tonight which featured nudity and sexual activity. I looked away, well, fought the urge to just stare (like I would do in the past), but did see some provocative imagery. I definitely did not fully indulge in the explicit scenes. However, I did not close my eyes completely, and, more importantly, did not turn off the show all together. Basically, it was a struggle, a give and take.

I did not watch this show in anyway with the intent to view nudity, gratify myself to it, or circumvent my defenses by letting myself slip (i.e., trick myself into opening up a Pandora's box of bad activities). I really, really did not want to see nudity, and was actually angry and disappointed when it showed up. I've just become hooked on the story, and legitimately wanted to see what happened in today's episode. However, this show is known to feature nudity. I knew it was a distinct possibility that I would see sex, etc., and I watched the show anyway. (I realize that television like this represents a potential trigger, and should be avoided.)

My question is, sincerely: Should I count this as a fall, or a slip, or neither? I am fine setting my 90-day count back to 0, but at the same time, don't want to be too strict and debilitating with myself. I should have avoided the show, but I see that more as "fencing" mistake.

Thanks Again!

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Re: Did I Just Fall?

Posted by charlesl - 12 May 2014 07:27

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I don't know if you should reset.... I do know that recovery about making progress (not being perfect). So be good to yourself, thank G-d for helping you to be able to identify your tendencies towards lust and the desire to want to turn away from them instead of wanting to indulge them, that is progress! You have helped me in what you have said also, so thank you!

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Re: Did I Just Fall?

Posted by dms1234 - 12 May 2014 07:47

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I would count it as a slip but what difference does it make? Just forget about it and move forward!!

) If you can't help yourself than perhaps try a neder. It really helped me. But common why should we watch movies and TV? What pleasures is it really giving us? Its really is just to please the masses who cant seem to hehe take that Karl Marx!)

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Re: Did I Just Fall?

Posted by Pidaini - 12 May 2014 08:56

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But really, stay away from movies and tv (see my avatar). I agree with dms1234, just keep on going. make a decision, fall or not, and take your lesson from the fall/slip that it shouldn't happen again.

how will you stop yourself from watching? I know it's not easy, as I don't have TV but I'm still please themselves. ("opium of the masse" always looking for ways to watch movies on line, I can only imagine how much more difficult when you have the TV right there just waiting to be turned on.

So what's the plan?

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Re: Did I Just Fall?

Posted by yehoshua - 12 May 2014 13:09

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I think it is a slip, I am full of these kind of slips. But the main thing is, that you talk about it. That is the right step, I think.

Don't feel bad about it and just admit that you have a problem, accept it. These shows are

definitely a thing i can't control.

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Re: Did I Just Fall?

Posted by TalmidChaim - 12 May 2014 15:29

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Thanks, guys! Yeah, I'm thinking it's a slip too, as it's very different than my usual bad behavior. And I totally agree about the TV and movies being a problem.

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Re: Did I Just Fall?

Posted by israel613120 - 14 May 2014 03:39

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Yes, since you didn't actively search for the nudity its a slip, I also find it hard to give up the TV, movies and shows. I have searched for clips of trailers and that has led to a full blown fall. This has happened on at least two occasions so I also need a strategy to fight these urges.

P,S love your picture, TalmidChaim which yeshiva is it?

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Re: Did I Just Fall?

Posted by TalmidChaim - 14 May 2014 09:26

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Thanks, Israel. It's the Volozhin I think.

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Re: Did I Just Fall?

Posted by shivisi - 14 May 2014 11:16

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[TalmidChaim wrote:](#)

It's the Volozhin I think.

CONFIRMED! It is the Volozhin Yeshiva.

see source photo here: [upload.wikimedia.org/wikipedia/commons/f/f7/Volozhin\\_yeshiva.jpg](https://upload.wikimedia.org/wikipedia/commons/f/f7/Volozhin_yeshiva.jpg)

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Re: Did I Just Fall?

Posted by TalmidChaim - 14 May 2014 16:48

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Such a modest, unassuming building. It's amazing.

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Re: Did I Just Fall?

Posted by Gevura Shebyesod - 14 May 2014 19:00

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So you're a Talmid of Rav Chaim?

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Re: Did I Just Fall?

Posted by TalmidChaim - 14 May 2014 19:22

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I own a copy of Nefesh HaChaim, and would love to be fluent in its wisdom one day. I identify most with that hashkafah. But, I'm nowhere near anything remotely close to that level of Torah  
    ) Yes, absolutely.

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Re: Did I Just Fall?

Posted by SIB101854 - 15 May 2014 00:37

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Take a look at what passes for "plots" in TV, movies and shows. Then ask yourself whether TV, movies and shows are worth the risk, especially since the ratings are very watered down to the point of being almost nonexistent-since the networks and free cable compete with pay cable for viewers.

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Re: Did I Just Fall?

Posted by TalmidChaim - 15 May 2014 00:42

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I totally agree, SIB. They're in no way worth falling off a clean-streak.

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Re: Did I Just Fall?

Posted by Machshovo Tova - 15 May 2014 01:19

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[TalmidChaim wrote:](#)

I own a copy of Nefesh HaChaim, and would love to be fluent in its wisdom one day. I identify most with that hashkafah. But, I'm nowhere near anything remotely close to that level of Torah  
    ) Yes, absolutely.

So then all you need to know is:

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