

Did I Just Fall?

Posted by TalmidChaim - 12 May 2014 06:56

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 TalmidChaim - 15 May 2014 04:50

With frum Jewish communities? None that I could think of. But maybe starting a yeshiva in Tahiti would work!

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Re: Did I Just Fall?

Posted by SIB101854 - 15 May 2014 05:02

Shaar Daled-that is the core of Nefesh HaChaim.

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Re: Did I Just Fall?

Posted by Machshovo Tova - 15 May 2014 18:08

[israel613120 wrote:](#)

[TalmidChaim wrote:](#)

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

Correct me if I'm wrong but Volozhin was in a tiny town, with no distractions whatsoever. How appropriate!

Don't know if there is any comparable place nowadays?

Gradeh, in Boro Park there's also a "tiny town" (children's wear store) on 13th Avenue, but it's

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Re: Did I Just Fall?

Posted by TalmidChaim - 15 May 2014 22:24

Sib, so I hear. So much depth in such a relatively short work.

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Re: Did I Just Fall?

Posted by shivisi - 20 May 2014 10:10

[SIB101854 wrote:](#)

Shaar Daled-that is the core of Nefesh HaChaim.

Just for informational purposes, you may be right that shaar Dalet is the core of the NH because it discusses Torah learning, which is the core of the world, but I personally heard from Chacham R' Yaakov Hillel shlit"a, (I attended his in-depth shiur in Nefesh HaChaim for about 2 1/2 years), that the main purpose for which R' Chaim Voloszhiner wrote the NH in the first place, was to explain **[in Shaar Beis]** his and (according to some opinions)the Gra's mehalech (I tried to write "s h itta" but the forum crossed it out as bad word) in the famous machlokes about "*Tzimtzum*".

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