

Summer Heat.....

Posted by fightingyid - 08 Jun 2015 21:55

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Is it just me, or is the summer a time where woman, even frum woman dress more innapropiatly?

HELP!!

How do I guard my eyes during these hot summer months?

We all know looking leads to lust, which leads to viewing porn, any Advice, Chizuk, or Ideas to get through this or ideas how to look away etc.?

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Re: Summer Heat.....

Posted by serenity - 09 Jun 2015 00:26

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Try not to dwell on it. Take it one day at a time. And no, it's not just you. Hatzlacha!

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Re: Summer Heat.....

Posted by fulfillinglife613 - 09 Jun 2015 01:23

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I focus on not looking AGAIN.

If I saw it I saw it but by consciously not looking again I'm also reminding myself that I need to refocus my brain and concentrate on something else.

It works for me most of the time.

Since it's really hard to not look again, it helps me to be extra careful where I do look.

For some reason this backwards way of thinking works for me.

I think it's because it was too hard for me to decide I'm not looking anywhere. Then when I

would see things the guilt would eat me up and I'd just quit. This way I'm at peace with what I see by accident and I just focus on not concentrating on it.

Whatever works...

Other people have posted some great tips in the forum.

Hopefully one of the senior members will chime in with links to the right posts....

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Re: Summer Heat.....

Posted by SIB101854 - 23 Jun 2015 13:08

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Summer is the time when one of the operative rules of women's attire is "less is more." Try this approach which has worked and continues to work for me-Take one day at a time, think about using what I call the subway stare, concentrate on a sefer-even if a woman in such attire is sitting or standing within eyesight in a crowded subway car or bus, and do not objectify all women by their attire. When you engage in viewing a woman in such attire as a sex object, as opposed to someone who deserves rachmanus, your guard against porn and masturbation will evaporate slowly but surely.

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Re: Summer Heat.....

Posted by serenity - 23 Jun 2015 20:43

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I might modify or add to your statement and say "When you engage in viewing a woman in such attire as a sex object, as opposed to someone who deserves as much rachmanus as you do, your guard against porn and masturbation will evaporate slowly but surely."

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Re: Summer Heat.....

Posted by SIB101854 - 24 Jun 2015 21:16

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excellent modification and/or addition!

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Re: Summer Heat.....

Posted by stillgoing - 25 Jun 2015 01:17

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[Offical Warning about this from the department of Heartland Security CLICK HERE!!](#)

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