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Posted by goldwings - 22 Jun 2025 13:31

So the story is like this, my biggest cue is gazing at attractive women in the street.

The fantasizing kills me and lead straight down the slippery slope.

So I would like to try the 1 sec. rule from F2F, NO staring! NO fantasizing!

I've tried it in the past it works like magic! it's hard, sometimes murder, but I think it's worth it especially in light of what they wrote in the GYE newsletter this week, the monster is eating us up LET"S STOP FEEDING IT!!

I am going out now and starting now.

who's with me on it?

would love to hear from you!

P.S. I have found in the past that walking in frum neighborhoods is way harder, because in non frum places you can just train yourself not to look, but in frum areas, your subconscious mind tells you 'there's nothing wrong their dressed ok' and I look, start fantasizing and there goes the slippery slope, what do you all think?

thanks!!

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Re: ?? ?????? ?????? ?????? ??????

Posted by cleanmendy - 22 Jun 2025 14:16

I love your attitude, full of life. Thanks for posting.

I feel that many of us have that issue, we fantasize more about our fellow yidden. Some of us may have a harder time in a frum store, than in walmart. We have to know ourselves and always try to plan before we go **anywhere**.

Keep up the fight! Let us know how it goes, we would love to hear.

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Re: ?? ?????? ????? ?????? ?????? ??????
Posted by yitzchokm - 22 Jun 2025 18:06

I am only attracted to frum women so I understand your struggle. It seems like you already know what to do about it. Keep on trucking.

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Re: ?? ?????? ????? ?????? ?????? ??????
Posted by alex94 - 22 Jun 2025 18:35

in frum areas, your subconscious mind tells you 'there's nothing wrong their dressed ok' and I look, start fantasizing and there goes the slippery slope

For this, refer to your well named topic title. The issue is the lust, the immodesty is just a ????? in that regard.

Chazak ve'ematz!

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Re: ?? ?????? ????? ?????? ?????? ??????
Posted by goldwings - 25 Jun 2025 14:47

OK i'm doing it for 2 days so far!

It's really hard, it's getting easier in a way but in other ways harder, I need some chizzuk!

but it's worth it, every time I look away or don't fantasize, deep down I feel better. the hard part now is the tugging thought of: just a peek

Thanks everyone for the chizzuk till now, it's really appreciated!!

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Re: ?? ?????? ????? ?????? ?????? ???????

Posted by daverose - 25 Jun 2025 20:40

Hi Im with you on this one. I find it very hard to walk on the st in frum areas but interestingly till I started to fight this monster I didnt really get triggered by it. Only now when im in the fight did everything turn into a struggle. But bh ive been pretty successful besides for a coupe days when I was down. I usually just listen to shiurim or music and make believe im texting so im looking down when I pass someone I want to look at.

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Re: ?? ?????? ????? ?????? ?????? ???????

Posted by goldwings - 26 Jun 2025 12:58

I'm totally with you rabbi daverose I also started struggling only once I started getting clean.

maybe I'll try your ideas.

thanx

and thanx for the chizzuk!

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