

How To Stop Objectifying & Oogling

Objective

In this lesson, we are going to learn how to use your bad habit of oogling and objectifying women and girls to create more positive awareness in your life.

1. You will gain awareness about how oogling and objectifying women creates negativity in your life.
2. You will learn how to use this awareness to break this bad habit.
3. You will finally use this awareness and your new habit to bring a more positive outlook to the world you live in.

Summary

Do you remember the movie “Silence of the Lambs?” There is a quote in this movie that has stuck with me, one I feel describes our historical negative habits perfectly. This quote helped me create an exercise that truly helps us break our habit of oogling and objectifying women. It actually helps us take positive action in our life to create choice. Choice for what we DO want. It’s quite powerful.

Ok, here is the quote:

“You Covet What You See”

What does this mean?

- **Covet** - to wish for longingly

“You covet what you see.” - It means that you create and want more of exactly what you seeing. So, when you are spiraling in your porn and sex addiction cycle, and all you see is breasts and butts, then that is all you are going to want.

You are seeing body parts ... not people, relationships, connection or the world around you.

There is so much more to the world! So much more going on besides bodies, breasts and butts. And you are missing out on all these wonderful things.

See Something Else and You Will Covet Something Else!

Once you COVET those positive things, then you can take action and CREATE those positive things ... the things you really want!

We create habits around where our eyes go, what we look at, what we covet. If you are struggling with any form of compulsive sexual behavior, than it's a pretty safe bet that you are suffering from an "Oogling Affliction." You have created a habit around oogling. That is where your eyes go, and so you are going to covet (or want) what you see. Breasts and Butts, Breasts and Butts, Breasts and Butts

This often happens without any true conscious awareness, it's just where your eyes go. This is a product of your internal programming - a negative habit that you have the power to change.

- **Once you are aware of the habit, and awaken to what your eyes were programmed to see, then you can re-program them to see other things.**

You can program them to see the incredible world that you are missing, because you are trapped in your porn and sex addiction cycle. You may not realize it right now, but you do have control.

- What else can you see around you?

Remember, To Break a Habit You Have To Make a Habit.

Now, Start Making New Ones!

Exercise

Now it's your turn to bring your own awareness to what energy YOU bring into your life. I use this exercise to help you become aware of a critical habit that is subconsciously having a significant impact on your recovery.

Go out in public where there are people and stand there. Pay very careful attention to where your eyes go and to what attracts your attention. Bring awareness to what pulls your attention.

1. Do this for a few minutes and really focus on what catches your eye. Answer the following questions:

- **What are you seeing?**

- **What causes your head to turn?**

- **What are you looking at?**

Once you understand WHAT you are looking at, move on to step 2:

2. **HOW OFTEN** is this energy pulling your attention to it?

- If you have a problem objectifying and oogling, it should be very obvious after a minute or two.

Now, do the OPPOSITE ...

3. Look at everything **EXCEPT** what you were “seeing” before. Look at everything else that is around you:

- **What do you see now?**

- **Which field of vision is most rewarding?**

- **What visions did your compulsive oogling rob you of?**

- **What did you miss?**

- **Which perspective reflects the life you want to lead?**

Start Now With **Creating New Habits!!!!**