

Distractions

Posted by musicman - 24 May 2011 12:18

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Just curious, what do people here use as distraction tools when the going gets tough?

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Re: Distractions

Posted by TheJester - 24 May 2011 13:39

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[musicman wrote on 24 May 2011 12:18:](#)

Just curious, what do people here use as distraction tools when the going gets tough?

Hard ones, that make you concentrate.

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Re: Distractions

Posted by david712 - 24 May 2011 13:44

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The best think for me - I reach out to someone a real person let him know whats going on how i am feeling and we chap a shmooz about it. By the time I get off i am usually in a better place.

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Re: Distractions

Posted by ben durdayah - 24 May 2011 17:10

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Kickboxing, Possom Tossing, Kazoo Playing, Chulent Cook Offs...

Y'know, the usual GYE activities...

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Re: Distractions

Posted by ZemirosShabbos - 24 May 2011 17:19

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zemiros karaoke

roadkill shtreimel crafting

writing a serialized novel

extolling the virtues of the Heiliger Guard

running up your post count

learning daf yomi (*not THAT daf yomi, daf yomi of Bardichev's Battle and Yechida's Reflections*)

(don't forget bingo, origami, rock-collecting and hang-gliding)

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Re: Distractions

Posted by DesertLion - 24 May 2011 20:27

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Go to the gym/go for a walk, have a joke with a friend, play/listen to fav music. Whatever you do, don't start touching your penis and toying with the idea of looking at soft porn. Cos it rapidly goes downhill from there as I'm sure you know.....

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Re: Distractions

Posted by lamAdam - 25 May 2011 00:07

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For a long time I relied *exclusively* on distractions such as going for a run, saying tehillim, playing a game online, or even watching TV (that last one was useless, for me!). What I found, unfortunately, was the some of my most disastrous falls took place immediately after going for a run, when I thought I'd be too tired to m\*, or even immediately after saying several perakim of tehillim.

So I'm trying something new now -- REACHING OUT! My falls are largely the result of my isolation from friends and my attempts to isolate myself from Hashem. Making a phone call -- to my sponsor, my sister, my Bubbe, an old friend I haven't heard from in forever -- gets me out of my head. It's not a distraction so much as a form of surrendering to Hashem's will, which I've found to be the only way that I can survive through a day.

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Re: Distractions

Posted by musicman - 25 May 2011 02:59

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One thing is for sure, reaching out, especially in this beautiful community, has been the one weapon that's worked every time.

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