

Stopping it at the beginning

Posted by LEARNING - 01 Jun 2013 01:18

Hey Everyone,

I know the trick to not falling is not "taking the first drink", but this seems impossible for me. In my daily life, it is inevitable that I wouldn't have even one bad thought etc. And the worst part is, I actually fall each time i get even a little bit aroused. I've fallen every day for three days now!!! PLEASE HELP! what should I do if I get trapped?

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Re: Stopping it at the beginning

Posted by inastruggle - 01 Jun 2013 01:41

The way i understand it is,

that not taking the first drink doesn't mean not having a bad thought or getting aroused. Those things happen many times without us having a say in it.

Not taking the first drink means to not let it go any further than that.

There are many ways to stop it from going further.

Some people have a special tefillah in order to surrender the lust or thought to Hashem.

Some people take deep breaths or think distracting things such as science or philosophy.

I personally use the [blow it up method](#).

also don't feel bad if the urge or thought hits you without you causing it. It's not your fault.

hatzlacha

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Re: Stopping it at the beginning

Posted by some_guy - 02 Jun 2013 22:35

I do what inastruggle mentioned, that is thinking of science, sometimes philosophy. If you are going to try and do this then you should think of a topic or problem first. Then when the Yetzer Hara comes, you are prepared. If you cannot find a topic, try explaining electricity of something similar to a imaginary child. If you have a subject that you are genuinely interested in, then I highly suggest you give this method a try.

--some_guy/Elias/eliyahu

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