

The ABC Checklist for Combating Lust

Posted by Shteeble - 13 Oct 2014 14:21

A checklist is an aid used to reduce failure by compensating for potential limits of human memory and attention. It helps to ensure consistency and completeness in carrying out a task.

The ABC Checklist for combating lust is designed to help you win the battle against lust. It is hoped that this list will help redirect your attention and thus reduce failure.

It is designed to be a quick guide that one can memorize, and then use anywhere at any time ("Let's see, what was B for again... oh yeah... Now C. ok... Now D. right... truck, truck.).

Here's an idea. Take out a sheet of paper, and see how many of these you can write down from memory. See if you can improve that number. It's more tools in your arsenal, and you can never have enough.

Please add your suggestions for any letter. Multiple items will be used for each letter, as you can never have too many tools at your disposal.

This first post will be updated to contain the most up to date version of the list.

Enough with the rules. Let's start:

- **Ask** Hashem for help.
- **Acceptance**, Accepting the life that Hashem gives us.
- **Ahavas Hashem** - Say, "I want to love YOU Hashem, rather than this ..."
- **Break** the habit - we are creatures of habit. Your past does not dictate your future any

longer. Make a conscious decision on how you will act.

- **Breathe Deeply** - Exhale slowly and completely to get out the old air that stays behind in the lungs due to shallow breathing. This will create more space in the lungs for fresh air. Breathe in deeply and fully. Repeat a couple of times. Your body and brain need high oxygen levels to be at their best.
- **Bathroom** - There is often a connection between the need for a bowel movement, and the onset of a sudden lust attack. How interesting...
- **Call** a friend in recovery.
- **Commit** to improving some aspect of your avodas Hashem.
- **Coffee** - Being behind in your caffeine schedule may be causing RID.
- **Cry** real tears to Hakodosh Boruch Hu.
- **Daven** for help to be able to do what we are supposed to do.
- **Delay** acting out. - Tell yourself, "I can always act out a little later."
- **Drink Water** You may be slightly dehydrated, which can cause RID.
- **Eat** something. - Being hungry is often a source of RID.
- **Feelings** - Identify your feelings of RID and address your true needs rather than covering them up with lust.
- **Funnies** - Read something that will make you laugh. [GYE Funny Pages](#)
- **Focus** on the fact that you are improving your life.
- **Get up** out of your chair. Standing helps.
- **Humility**
- **Help** someone in need.
- **Identify** what you did that brought about the desire. Establish for yourself, beyond any doubt, that such action is very detrimental to you.
- **Imagine** that today is your last.
- **Jiggle** your toes. Notice the interesting sensation in your toes, and forget any unpleasant sensations.
- **KOMT** - Keep on monstuh trucking.
- **Let Go** - Let go of resentments, expectations, worthless guilt, thinking you can do it on your own...
- **Modeh ani lefanecha**.....
- **Never give in.**
- **Own Responsibility** for your actions and choices, and the resulting life that you now have due to the choices you made. Accept that you are the one responsible for whatever situation you find yourself in. Know as well, that you can continuously take small actions that will, over time, drastically improve the quality of your life.
- **Positivity** - Kill lust with positive thoughts.
- **Quit Fighting**
- **Remind yourself** of the times you had a burning desire to act out, yet you were misgaber. This is proof that the burning desire does not require that you act out.
- **Read** - the GYE Handbook, white book, big book, etc.
- **Surrender**
- **STOP!** - Stop acting out. Stop thinking too much.
- **Talk to Hashem**
- **Tefillah**
- **Understand** what void you are trying to fill and get it filled in a healthy way that works!
- **Vei Is Mir** - how I feel after acting out.
- **Walk** - Take a walk around the block.

- **WHY** - What is *your* WHY? WHY do you want to keep from acting out? Knowing WHY helps with the HOW. Also see: [90,000 Reasons to say "NO" to acting out](#)
- **Worse** - Lusting will make matters worse.
- **X Out** - Click the "X" in the upper-right corner of your screen.
- **YES!** - The easiest way to say no, is when I have a powerful yes burning inside. What am I living my life for?
- **Zzz** - Just go to sleep.
- **Zugg Nuchamuhl** - Repeat this list again starting from "A."

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Re: The ABC Checklist for Combating Lust
Posted by Shteeble - 23 Oct 2014 16:15

Hi Chevra,

If you have a chance, please add your suggestions!

[Shteeble wrote:](#)

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Re: The ABC Checklist for Combating Lust
Posted by cordnoy - 30 Jun 2015 12:26

[Shteeble wrote:](#)

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How come I didn't notice that the soldier bumped this?

Thanks!

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Re: The ABC Checklist for Combating Lust
Posted by cordnoy - 10 Jan 2016 04:20

[Shteeble wrote:](#)

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Hey Shteebs, now that you have rejoined us, perhaps it's time for chazarah, or another A,B,C, or perhaps a different alphabet.

Thanks

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Re: The ABC Checklist for Combating Lust
Posted by Watson - 10 Jan 2016 08:15

The complete ABCs for addicts:

S if for surrender.

That's it.

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Re: The ABC Checklist for Combating Lust
Posted by Shteeble - 10 Jan 2016 10:42

Yes. chazarah. definitely. thank you for bringing this thread back to my attention. It is designed to be a quick guide that one can memorize, and then use anywhere at anytime ("Let's see, what was B for again... oh yeah... Now C. ok... Now D. right... truck, truck.).

Any additions can go right in this thread.

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Re: The ABC Checklist for Combating Lust
Posted by skeptical - 10 Jan 2016 18:53

Dr. Watson

The complete ABCs for addicts:

S if for surrender.

That's it.

A is for Awareness/Acceptance

B is for Bottom/Big Book

C is for Cliches

D is for Dry Drunk

E is for

F is for Fellowship

G is for Groups/Gratitude

H is for Higher Power/Honesty/Humility

I is for Inventory

J is for

K is for

L is for Living Life

M is for Meetings

N is for

O is for One Day At A Time

P is for Powerless

Q is for

R is for

S is for Surrender/Serenity Prayer/Sharing/Steps

T is for

U is for

V is for

W is for White Book

X is for

Y is for

Z is for

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Re: The ABC Checklist for Combating Lust
Posted by Watson - 10 Jan 2016 19:56

If you'll allow me, I've added the underlined items

[skeptical wrote:](#)

A is for Awareness/Acceptance

B is for Bottom/Big Book

C is for Cliches
OK, you got me

D is for Dry Drunk

E is for Easy does it

F is for Fellowship / First things first

G is for Groups/Gratitude/ G-d

H is for Higher Power/Honesty/Humility

I is for Inventory

J is for Just for today

K is for Keep it simple

L is for Living Life

M is for Meetings

N is for

O is for One Day At A Time / Opening up

P is for Powerless

Q is for

R is for Real people, real life

S is for Surrender/Serenity Prayer/Sharing/Steps

T is for Time takes time

U is for

V is for

W is for White Book

X is for

Y is for Don't ask why, ask how

Zzzz is for Get plenty of sleep

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Re: The ABC Checklist for Combating Lust
Posted by Shlomo24 - 10 Jan 2016 21:21

I added a couple more.

A is for Awareness/Acceptance

B is for Bottom/Big Book

C is for Cliches

D is for Dry Drunk

E is for Easy does it

F is for Fellowship / First things first

G is for Groups/Gratitude/ G-d

H is for Higher Power/Honesty/Humility

I is for Inventory

J is for Just for today

K is for Keep it simple

L is for Living Life

M is for Meetings

N is for

O is for One Day At A Time / Opening up

P is for Powerless

Q is for

R is for Real people, real life

S is for Surrender/Serenity Prayer/Sharing/Steps

T is for Time takes time

U is for God of our Understanding

V is for

W is for White Book/Work the Steps

X is for Xperience, Strength and Hope

Y is for Don't ask why, ask how

Zzzz is for Get plenty of sleep

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Re: The ABC Checklist for Combating Lust
Posted by skeptical - 11 Jan 2016 16:07

A is for Awareness/Acceptance

B is for Bottom/Big Book

C is for Cliches

D is for Dry Drunk/Do the next right thing

E is for Easy does it

F is for Fellowship/First things first

G is for Groups/Gratitude

H is for Higher Power/Honesty/Humility

I is for Inventory/It works if you work it, and you're worth it

J is for Just for today

K is for Keep it simple(, Stupid)

L is for Living Life/Let go, and let G-d

M is for Meetings

N is for Nothing is so bad, lust won't make it worse

O is for One Day At A Time/Opening up

P is for Powerless/Program/Progress, not perfection

Q is for (Don't) Quit before the miracle happens

R is for Real people, real life

S is for Surrender/Serenity Prayer/Sharing/Steps/Sick and tired of being sick and tired

T is for Time takes time

U is for Understanding, God of our

V is for Ve are not Victims

W is for White Book/Work the Steps

X is for Xperience, Strength and Hope

Y is for Don't ask Y, ask how

Zzzz is for Get plenty of sleep

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Re: The ABC Checklist for Combating Lust
Posted by cordnoy - 11 Jan 2016 16:29

V is for Ve are not a Victim

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Re: The ABC Checklist for Combating Lust
Posted by markz - 11 Jan 2016 16:39

According to our great cordnoy

G is for '

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Re: The ABC Checklist for Combating Lust

Posted by Shlomo24 - 11 Jan 2016 16:54

[markz wrote:](#)

According to our great cordnoy

G is for '

LOL! This is the best line I have seen in a long time. +1 to your karma, mark.

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