

Distractions to get through the moment

Posted by eslaasos - 16 Jul 2015 21:43

I was thinking how sometimes you just need to get through the moment, and it would be helpful to have a list of possible distractions in the background ready to be used when needed.

A few suggestions - please add your own ideas.

1. Playing chess on your (filtered) smartphone.
2. Go buy some takeout.
3. Read the forums / listen to the excellent shiurim on GYE.
4. Take a cold shower (never worked for me).
5. Interact with people about normal day to day stuff.

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Re: Distractions to get through the moment

Posted by Singularity - 20 Dec 2016 08:51

my list:

- Porn
- Porn
- Porn
- Porn
- Porn

That's what happens to my well-designed list of distractions when I'm in the moment. Shocking, but true. As cordnoy said above, in the distant, distant past.

But how about I'm not in the moment, perhaps I was in the wrong place at the wrong time and I saw something I shouldn't have, and thus propensity for me to search something "innocent" on youtube is **there**, but as much as the propensity to do other things (while I still can), THEN:

- Phone my wife
- Write for a novel
- Go for a run
- Post on the Forums
- Find some motivation to exercise online (this is tricky because most of the sites have women with tight-fitting running clothes)
- Count calories (also tricky because if I've just devoured a pizza, I'd be more inclined to "finish the job" of depression)
- Take a stroll around the business district
- Go buy my wife a small, but heartfelt, gift (I love to shop but I hate shopping. So I try shop for others) (Once again, ALSO tricky because, well, the shops....)
- Making lists.
- Making plans to make lists.
- Making nice plans with deadlines. And then maybe sticking to them.
- Tracking runs on www.geodistance.com, seeing how long it would take to run from me to Jerusalem. Is it even possible? Hmmm...

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Re: Distractions to get through the moment

Posted by YidFromMonsey - 20 Dec 2016 17:19

Out of the White Book:

"Whenever I felt some experience, image, memory, or thought was controlling me, as was often the case, I would **bring it to the light**, talking it out with another program person. Get the air and sunlight on it. **Lust hates the light and flees from it**, it loves the dark secret recesses of my being. And once I let it lodge there, it's like a fungus and starts flourishing-the athlete's foot of the soul. But as soon as I bring it to the light, exposing it to another recovering sexaholic, the power it has over me is broken. **Light kills lust.**"

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Re: Distractions to get through the moment
Posted by will Succeed Beh - 20 Dec 2016 18:40

[YidFromMonsey wrote on 20 Dec 2016 17:19:](#)

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SO TRUE, even getting into a good lighter mood cuts the lust!

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Re: Distractions to get through the moment
Posted by cordnoy - 21 Dec 2016 23:37

[will Succeed Beh wrote on 20 Dec 2016 18:40:](#)

[YidFromMonsey wrote on 20 Dec 2016 17:19:](#)

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of the soul. But as soon as I bring it to the light, exposing it to another recovering sexaholic, the power it has over me is broken. ***Light kills lust.***"

SO TRUE, even getting into a good lighter mood cuts the lust!

No; those two are not comparable.

Itl may work, but they ain't the same thing.

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Re: Distractions to get through the moment
Posted by will Succeed Beh - 22 Dec 2016 19:00

[cordnoy wrote on 21 Dec 2016 23:37:](#)

[will Succeed Beh wrote on 20 Dec 2016 18:40:](#)

[YidFromMonsey wrote on 20 Dec 2016 17:19:](#)

Out of the White Book:

"Whenever I felt some experience, image, memory, or thought was controlling me, as was often the case, I would ***bring it to the light***, talking it out with another program person. Get the air and sunlight on it. ***Lust hates the light and flees from it***; it loves the dark secret recesses of my being. And once I let it lodge there, it's like a fungus and starts flourishing-the athlete's foot of the soul. But as soon as I bring it to the light, exposing it to another recovering sexaholic, the power it has over me is broken. ***Light kills lust.***"

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Explain more!

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Re: Distractions to get through the moment
Posted by cordnoy - 22 Dec 2016 19:43

[will Succeed Beh wrote on 22 Dec 2016 19:00:](#)

[cordnoy wrote on 21 Dec 2016 23:37:](#)

[will Succeed Beh wrote on 20 Dec 2016 18:40:](#)

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SO TRUE, even getting into a good lighter mood cuts the lust!

No; those two are not comparable.

Itl may work, but they ain't the same thing.

Explain more!

Do you understand why and how light kills lust?

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Re: Distractions to get through the moment

Posted by Eyeglasses - 22 Dec 2016 19:53

People love their own fantasies but cant take others, so when one discloses it with someone else he'll be ashamed and will want to get rid of it.

Wrong?

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Re: Distractions to get through the moment

Posted by will Succeed Beh - 23 Dec 2016 11:38

Hi Cordnoy

To me it seemed more like a poem, so i put in my own interpretation for it!

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Re: Distractions to get through the moment

Posted by cordnoy - 23 Dec 2016 14:46

[Eyeglasses wrote on 22 Dec 2016 19:53:](#)

People love their own fantasies but cant take others, so when one discloses it with someone else he'll be ashamed and will want to get rid of it.

Wrong?

Correct, that is wrong.....completely.

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Re: Distractions to get through the moment
Posted by cordnoy - 23 Dec 2016 14:47

[will Succeed Beh wrote on 23 Dec 2016 11:38:](#)

Hi Cordnoy

To me it seemed more like a poem, so i put in my own interpretation for it!

My point precisely.

Itl is far more than a poem, and somethin' that can be life changin' to many people.

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Re: Distractions to get through the moment
Posted by will Succeed Beh - 24 Dec 2016 20:34

[cordnoy wrote on 23 Dec 2016 14:47:](#)

[will Succeed Beh wrote on 23 Dec 2016 11:38:](#)

Hi Cordnoy

To me it seemed more like a poem, so i put in my own interpretation for it!

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Ok Reb Cord

So please be so nice and explain it to us!

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Re: Distractions to get through the moment
Posted by cordnoy - 24 Dec 2016 23:46

[will Succeed Beh wrote on 24 Dec 2016 20:34:](#)

[cordnoy wrote on 23 Dec 2016 14:47:](#)

[will Succeed Beh wrote on 23 Dec 2016 11:38:](#)

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My point precisely.

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Ok Reb Cord

So please be so nice and explain it to us!

Please read the white book where it was quoted from.

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