breaking free
Posted by Determined1 - 08 Aug 2018 21:58

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Hi I'm up to day 13 and I'm really trying to win, but I'm feeling a lot of desires and I need encouragement and advice from anyone that can give, please respond quickly

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Re: breaking free
Posted by Markz - 08 Aug 2018 22:11

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Hey welcome back brother

What means quickly - 70 wpm?

Not sure I can do that...

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Re: breaking free
Posted by cordnoy - 09 Aug 2018 00:48

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Determined1 wrote on 08 Aug 2018 21:58:

Hi I'm up to day 13 and I'm really trying to win, but I'm feeling a lot of desires and I need encouragement and advice from anyone that can give, please respond quickly

Welcome,

How do you define "winnin'?"

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Re: breaking free
Posted by Determined1 - 09 Aug 2018 04:47

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Not acting out or viewing inappropriate material

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Re: breaking free
Posted by mzl - 09 Aug 2018 05:15

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[Determined1 wrote on 08 Aug 2018 21:58](#)**:**

Hi I'm up to day 13 and I'm really trying to win, but I'm feeling a lot of desires and I need encouragement and advice from anyone that can give, please respond quickly

Do yoi feel like the desires are getting worse or staying the same?

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Re: breaking free
Posted by Determined1 - 09 Aug 2018 11:44

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Usually after a week the desires just continuously build up till I feel like I can't handle it anymore

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Re: breaking free
Posted by mzl - 09 Aug 2018 12:37

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[Determined1 wrote on 09 Aug 2018 11:44](#)**:**

Usually after a week the desires just continuously build up till I feel like I can't handle it anymore

When you remember something that arouses you, or you see attractive women etc. do you just

try to move on or do you take some other action first (e.g. surrender, for example)?

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Re: breaking free
Posted by Determined1 - 09 Aug 2018 18:56
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Try to move on

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Re: breaking free
Posted by mzl - 09 Aug 2018 19:12
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Determined1 wrote on 09 Aug 2018 18:56**:**

Try to move on

When you move on do you think your mind really lets that desire all go or does it hang on to it in the background?

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Re: breaking free
Posted by Determined1 - 09 Aug 2018 19:14
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Hangs on to it in background

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Re: breaking free
Posted by mzl - 09 Aug 2018 19:28
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Determined1 wrote on 09 Aug 2018 19:14**:**

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Hangs on to it in background

Do you know of anything you could think or do to make your mind let it go each time?

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Re: breaking free
Posted by Markz - 09 Aug 2018 19:30

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mzl wrote on 09 Aug 2018 19:12:

Determined1 wrote on 09 Aug 2018 18:56:

Try to move on

When you move on do you think your mind really lets that desire all go or does it hang on to it in the background?

This is question 3...

Where do you find this questionnaire?

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Re: breaking free
Posted by Markz - 09 Aug 2018 19:35

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We have half a minion here,

ChizukSC, Determined1, Hashem Help Me, Markz, mzl

let's hear from each settler what helps them have a successful day, so that our friend can determined1 his path

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Re: breaking free
Posted by mzl - 09 Aug 2018 19:48
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Determined1 wrote on 09 Aug 2018 19:14:

Hangs on to it in background

I bet Markz knows something to do to let go of it each time.

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Re: breaking free
Posted by lionking - 10 Aug 2018 02:20
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mzl wrote on 09 Aug 2018 19:48:

Determined1 wrote on 09 Aug 2018 19:14:

Hangs on to it in background

I bet Markz knows something to do to let go of it each time.

A CPU only has a set amount of resources to run multiple threads at a time. By raising the priority of the applications in foreground, you leave over less processing power for the applications in the background. Eventually the system would either force kill the background

apps or at least hibernate them depending on the OS setup.

Your brain works in a similar fashion. By being fully in mind with the task at hand, you leave less room for background thoughts. It can be called mindfulness, living in the moment, or similar names. One of the ways to get rid of background thoughts, is to overpower it with positive conscious thoughts.

Hatzlocha Rabba!

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