

SELF TALK (for when the urge hits)

Posted by Shteeble - 05 Feb 2021 09:35

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(this first post is to be regularly edited so that it contains the full version.)

YOU DON'T NEED IT.

IF YOU GIVE IN, you may feel better now, but YOU WON'T IMPROVE YOUR LIFE SITUATION IN THE SLIGHTEST WAY.

THINK HOW YOU WANT TO BE CLOSE TO HASHEM.

THINK ABOUT HOW MUCH YOU LOVE YOUR WIFE, AND HOW YOU DON'T WANT TO DAMAGE THAT LOVE. YOU WANT TO IMPROVE YOUR LOVE FOR YOUR WIFE.

THINK ABOUT HOW MUCH YOU LOVE YOUR CHILDREN, AND HOW YOU DON'T WANT TO DAMAGE THAT LOVE. YOU WANT TO IMPROVE YOUR LOVE FOR YOUR CHILDREN.

LOVE YOURSELF. HAVE PITY ON YOURSELF. DON'T LET YOURSELF SINK INTO GEHENNOM.

THINK OF A HIGH PRIORITY TASK OR PROJECT THAT YOU MAY ACCOMPLISH BY NOT WASTING YOUR TIME on lust.

**REPEAT**

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