

Urge-O-Meter

Posted by TG - 09 Jun 2021 14:22

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Hi,

So I have been thinking alot how we get urges and how many of us (especially myself) has a constant resting urge of let's say 2 or 3 out of ten on a scale. So I came up with a visual picture of a scale, through google images, to picture how we are feeling on any given day. I spoke to Yoin Motzah los about it, and he has grandiose amazing ideas about an app and whatnot, but being very not savvy, this is a simple analog picture that may help you. I call it the "Urge-O-Meter" ("Urge ah meter" sounded out) and I can define on a given day how my urges are doing. Maybe it can help you? If I was able id print it out, but again, my story, wife doesn't know/can't know...

Hopefully it helps you! Let me know via tgrehab@gmail

Thanks!

TG

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Re: Urge-O-Meter

Posted by #makelifegreatagain - 09 Jun 2021 15:19

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Cool! You actually made one!!

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Re: Urge-O-Meter

Posted by TG - 09 Jun 2021 16:10

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Re: Urge-O-Meter

Posted by the.guard - 10 Jun 2021 10:49

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That's funny because this very feature appears in our daily check-in system in the new "Flight to Freedom" program.

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