

temptation

Posted by Shlemiel - 25 Oct 2021 03:11

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Shalom. I have not posted in a while.

The other day, I dispensed with my tablet, because I could not install a proper filter on that particular electronic device. I am now feeling less of a challenge, having removed this device from my environs (I sold it). Yet, still, I have 1 other device that has a half-decent filter; only half-decent. I am posting my thoughts, because in regard to some emotional stress I am experiencing right now, I feel a little more of a temptation than I have, since dispensing of the device in question.

And, this is the crux of the issue: dealing with unpleasant emotions in a constructive manner, rather than "acting out" (G-d forbid). Whether or not there is any cathartic value, in sharing a little bit about what is going on with me at this juncture in my life, I do not know. I feel that this is only the beginning of a more sincere struggle, since I have been aware of these issues. I think the essence of my potential success in abstinence, has to do with meeting the challenges of these underlying emotional issues.

B'eizrach H'Shem.

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Re: temptation

Posted by anonymous.lost.everything - 25 Oct 2021 10:33

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A good general approach is to make a friend here and speak on the phone about whatever's on your mind. Your results may vary, it depends on how experienced you both are, but it can do wonders for depression, anxiety and urges to act out. i'll send you a pm with my number so I walk the talk ...

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Re: temptation

Posted by ColinColin - 07 Nov 2021 19:44

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You might benefit from a counsellor.

But when you feel these emotions, do something constructive.

Anything that is Kosher.

It is about channelling the emotions into constructive activity.

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