

Where's my roar?

Posted by Gibbor kAri - 09 Jan 2022 16:25

Hey,

I fell.

I gave a woman I know a ride and when I handed her something, our hands touched. Once I got

Restarting my 2 day streak.

Whimper.

Any ideas to avoid a repeat? I feel like the slightest provocation is enough to get me to look at or do forbidden things, there's very little separation between the initial arousal and actually acting out. I have very little gevura, I'm like flowing water, not like a rock, I'm not much of a lion, I'm more of a coward, falling at the Yetzer Hara's slightest suggestion, I'm almost like his right

home I masturbated with that thought in mind
Sad.

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Re: Where's my roar?

Posted by DavidT - 09 Jan 2022 17:20

When a person stops acting on his cues, the brain begins to disassociate these triggers, and they become weaker. This is because of neuroplasticity, in which neural pathways are constantly being formed and reorganized in the brain. Just as repeated use creates neural pathways (bundling cues together with unhealthy behaviors), abstaining from acting out when confronted with cues causes these unhealthy pathways to fade away.

You can create new neural pathways by choosing healthier behaviors when cued (like exercising or calling a friend when stressed), which bundles these cues with healthier behaviors. Over time, these new, healthier responses become easier and more automatic.

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Re: Where's my roar?

Posted by Shtarkandemotional - 09 Jan 2022 19:17

[DavidT wrote on 09 Jan 2022 17:20:](#)

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EMES!!!

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Re: Where's my roar?

Posted by Hashem Help Me - 09 Jan 2022 20:55

Get a chaver to hold your hand and guide you through this.

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