

Felt the urge, went out, saved a day  
Posted by farblunjet - 17 Jun 2022 12:06

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I had the urge to emerge, but distracted myself by getting some emotional connection (but with a abad crowd.) So now it's 15 hours later that I've distracted myself. But now....

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Re: Felt the urge, went out, saved a day  
Posted by frank.lee - 18 Jun 2022 22:40

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Great! How are you now?

I saw suggested here to make a list in advance of things to do when bored. You can do the same for things to do when facing a strong urge.

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