

Cant stop thinking

Posted by bright - 30 May 2023 04:17

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I saw that something that was a sequel to something that caused me to fall in the past is available and i cant take my mind off it. What should i do

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Re: Cant stop thinking

Posted by Foolie - 30 May 2023 04:24

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Find a physical hobby, go running, lift weights, go shopping for something that you can start collecting something that can be publicly displayed

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Re: Cant stop thinking

Posted by Markz - 30 May 2023 04:49

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[bright wrote on 30 May 2023 04:17:](#)

I saw that something that was a sequel to something that caused me to fall in the past is available and i cant take my mind off it. What should i do

DONT FIGHT IT!!

**This happens to the best of us.**

**They call it AI**

Awol Intelligence

I found for myself that it helps to fill the artificial gap with something of equal or better

intelligence value - of course it must be engaging.

What's yours?

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Re: Cant stop thinking  
Posted by Foolie - 30 May 2023 04:54

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Or listen to Markz his advice is better

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Re: Cant stop thinking  
Posted by Markz - 30 May 2023 05:03

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[Foolie wrote on 30 May 2023 04:54:](#)

Or listen to Markz his advice is better

This is the 1 time I happen to agree with you.

Man, you should write more often, you sure have talent!!

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Re: Cant stop thinking  
Posted by Foolie - 30 May 2023 05:13

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[Markz wrote on 30 May 2023 05:03:](#)

[Foolie wrote on 30 May 2023 04:54:](#)

Or listen to Markz his advice is better

This is the 1 time I happen to agree with you.

Man, you should write more often, you sure have talent!!

Just point where you need me to tell them to heed your advice and I'm there

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Re: Cant stop thinking  
Posted by bright - 30 May 2023 05:23

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mainly learning

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Re: Cant stop thinking  
Posted by lionking - 30 May 2023 10:41

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I can totally relate. I got into watching TV shows a couple of years ago. I tried to make sure to only watch mostly clean ones (if such a thing exists...) and they weren't triggering directly to me. (Indirectly the whole watching was affecting me and causing me to fall more easily, I need to get back in to no watching entertainment videos even if it is clean, no women, etc...)

Right after I was mekabel to stop watching, a certain series came out with a final episode, it was murder not to watch it. I pushed it off for months, and when I finally gave in, I was disappointed. I thought the plot line would finish differently.

Markz nailed it, don't try to fight watching it, fill your head up with serious stuff rather than keeping on thinking I wish I can watch XYZ...

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Re: Cant stop thinking  
Posted by Markz - 30 May 2023 13:22

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[lionking wrote on 30 May 2023 10:41:](#)

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LK apparently your post was hacked by UFI (Unidentified Fake Intelligence).

I did not say "fill your head up with serious stuff". There's a big difference. Please re-read my

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Re: Cant stop thinking  
Posted by lionking - 30 May 2023 14:52

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Serious ? engaging better intelligence

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