

stop rating

Posted by tzomah - 22 Jan 2017 17:47

hi everyone any ideas on how to stop rating every girl in sight every time i see a girl i automatically

size her up and rate specifics etc. by the time i catch myself i've got a full fledged opinion on every

part including what she's wearing any ideas or if anyone else feels this

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Re: stop rating

Posted by ngc51853 - 23 Jan 2017 16:21

You start small. You catch yourself in the act. You tell yourself "No! I'm not gonna think about that". Then you distract yourself until that urge passes. Wash rinse repeat until you train your mind to not to think like that anymore. Its not gonna happen over night. You don't go from beer-belly to 6-pack over night. U gotta train and exercise your mind. Constantly. Repeatedly.

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Re: stop rating

Posted by tzomah - 23 Jan 2017 16:53

[ngc51853 wrote on 23 Jan 2017 16:21:](#)

You start small. You catch yourself in the act.

can you explain small

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Re: stop rating

Posted by ngc51853 - 23 Jan 2017 17:09

Sure - small means that you're not committing to crazy kabalos in attempt to break free. Been there, and didn't work a bit. All that that method brings on is anger and resentment.

Rather, slowly work on changing your reaction to seeing a female by realizing that this struggle is not something you want in your life and that you want to change. Realize that your biggest opponent is yourself.

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Re: stop rating

Posted by tzomah - 23 Jan 2017 17:16

ok so i'm going to buy cofee soon there will be a girl there and i.....

what?

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Re: stop rating

Posted by GrowStrong - 23 Jan 2017 17:31

And you will continue to rate every female you see between a 1 to a 10 because that's the habit you have created for yourself that you cannot break.

Until you break it.

And that will happen by.....

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Re: stop rating

Posted by tzomah - 23 Jan 2017 17:38

so i need to forget the cofee

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Re: stop rating

Posted by tzomah - 23 Jan 2017 17:40

this is great never confronted this issue in such a real way thank you everyone and gye bye now

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Re: stop rating

Posted by cordnoy - 23 Jan 2017 18:19

So....

No! coffee

No streets

No computer

No stores

No library

Come join me in a one man igloo in Ankara.

Thanks GYE

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Re: stop rating

Posted by ngc51853 - 23 Jan 2017 18:32

when out and about - my FILTERED smartphone is my best friend. go for coffee - check out

drudgereport.com and see what stupid thing the democrats are doing today. check out the scores from last night's game and the highlights. download an ebook and read it. look at funny (clean) memes. write long dragged out posts on the GYE forum, etc etc etc

the goal is to train your mind to not instinctively think about the attractiveness (or lack thereof) of anyone you run into. staying at home will only exasperate the issue - delay the symptoms at most. you got to fight it.

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Re: stop rating

Posted by Trouble - 23 Jan 2017 18:38

[cordnoy wrote on 23 Jan 2017 18:19:](#)

So....

No! coffee

No streets

No computer

No stores

No library

Come join me in a one man igloo in Ankara.

Thanks GYE

Igloos in Ankara!?

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Re: stop rating

Posted by tzomah - 24 Jan 2017 08:58

the goal is to train your mind to not instinctively think about the attractiveness (or lack thereof) of anyone you run into. staying at home will only exasperate the issue - delay the symptoms at most. you got to fight it.

is distracting yourself a way of training the mind

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Re: stop rating

Posted by tzomah - 24 Jan 2017 09:00

[cordnoy wrote on 23 Jan 2017 18:19:](#)

So....

No! coffee

No streets

No computer

No stores

No library

Come join me in a one man igloo in Ankara.

Thanks GYE

shucks

I thought we could somehow squeeze her in

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Re: stop rating

Posted by Singularity - 24 Jan 2017 09:41

[cordnoy wrote on 23 Jan 2017 18:19:](#)

So....

No! coffee

No streets

No computer

No stores

No library

Come join me in a one man igloo in Ankara.

Thanks GYE

Chas v'Shalom, cords!

Your long, waving, luscious hair is way too triggering.

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Re: stop rating

Posted by ngc51853 - 24 Jan 2017 23:38

[tzomah wrote on 24 Jan 2017 08:58:](#)

"tzomah" post=304062 date=1485248338 catid=19

the goal is to train your mind to not instinctively think about the attractiveness (or lack thereof) of anyone you run into. staying at home will only exasperate the issue - delay the symptoms at most. you got to fight it.

is distracting yourself a way of training the mind

Consciously distracting yourself will train your mind to not jump to those thoughts every time you run into a trigger. You want to wean yourself off of the that "instinct". But it is important to recognize that you are distracting yourself to not look at what is in front of you. If you just are distracted for the sake of being distracted, then that really doesn't do anything. That would be like going to a lecture and sleeping through it - yeah, you're there but you didn't gain anything. It's all about focus and determination.

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