

Shoin do

Posted by siyatta - 25 Dec 2023 21:28

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I've been trying to stop forever but it never lasted very long. It's almost like it's easy to maisiach daas from the problem when there is no urge but the minute the urge comes back it's c'maat impossible to withstand and then comes the guilt and everything that comes with the failure.

I'm trying to finish with this machala once and for all and I'm hoping that having a support system is part of the solution. I've read a bit about 12 step programs and I hear that they're very effective (at least for alcohol addiction) but I don't know if all the steps are necessary or if the ikar is just having the support of others and feeling like I'm not alone in this. My goal is to do one of these streaks but it seems unreasonable if i can't go a week.

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Re: Shoin do

Posted by bright - 29 Dec 2023 18:12

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For battle of the generation, speak to Vehkam. It really doesnt have anything objectional in it. I would reach out to some of the oilam here if I were you.

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Re: Shoin do

Posted by true\_self - 31 Dec 2023 18:16

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Congrats for your 8 day streak!

Speaking about burning in purgatory, I personally will burn anyway so I don't care anymore how much the temperature would be or how many times I'll burn, what can help me refrain from lusting is to think of consequences that hit me NOW in real life. I'm told that thinking of rewards received from abstinence is better but it's a higher level that I didn't yet reach.

You can print out the PDF if thats works better for you.

Keep on trucking buddy! You're amazing!

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Re: Shoin do

Posted by bright - 01 Jan 2024 01:23

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[true\\_self wrote on 31 Dec 2023 18:16:](#)

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What the #%\$ are you talking about?

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Re: Shoin do

Posted by redfaced - 01 Jan 2024 01:53

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Yea im with bright on this .

As a fellow with some cooking knowledge I can say that @ 350 you'll bake, but at 400 you'll burn.

and the numbers go up higher than that too

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Re: Shoin do

Posted by true\_self - 01 Jan 2024 19:31

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[bright wrote on 01 Jan 2024 01:23:](#)

[true\\_self wrote on 31 Dec 2023 18:16:](#)

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You misunderstood my point and I may be guilty for that.... Anyway I don't have time to elaborate now.

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Re: Shoin do

Posted by true\_self - 01 Jan 2024 19:33

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[redfaced wrote on 01 Jan 2024 01:53:](#)

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I believe that the temp may already be set for 3,487, does 3,556 make it any worse?

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Re: Shoin do

Posted by yitzchokm - 01 Jan 2024 19:34

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[true\\_self wrote on 01 Jan 2024 19:33:](#)

[redfaced wrote on 01 Jan 2024 01:53:](#)

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I believe that the temp may already be set for 3,487, does 3,556 make it any worse?

How about the length of time spent there? And yes, the magnitude changes but there still is a pain rating scale from 1-1,000. Think about the temperature for melting different stones and of different stars. They make a big difference.

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Re: Shoin do

Posted by yitzchokm - 01 Jan 2024 22:00

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[bright wrote on 01 Jan 2024 01:23:](#)

[true\\_self wrote on 31 Dec 2023 18:16:](#)

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What the #%\$ are you talking about?

Our struggles come from the desire for immediate gratification and the punishment in Gehinom sometimes feels distant enough that it doesn't help us overcome our struggles. Finding immediate gratification from doing good and winning is a very effective technique for fighting the Y"H, as is mentioned in TBOTG.

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Re: Shoin do  
Posted by bright - 02 Jan 2024 01:20

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You have such keen insight.

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Re: Shoin do  
Posted by siyatta - 03 Jan 2024 17:59

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Baruch Hashem 13 days! It's a small step but moving in the right direction.

I'm usually afraid of Wednesdays. Hard to go into detail but something about my schedule on Wednesdays tends to make it the hardest day of the week for me.

What do you guys do when you're about to go into a more challenging time/situation/matzav? Any tactics to be one step ahead of the yetzer hara?

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Re: Shoin do

Posted by true\_self - 03 Jan 2024 18:34

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[yitzchokm wrote on 01 Jan 2024 22:00:](#)

[bright wrote on 01 Jan 2024 01:23:](#)

[true\\_self wrote on 31 Dec 2023 18:16:](#)

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Thanks! This was my point just slightly different. Finding immediate **consequences** is more effective for me.

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Re: Shoin do

Posted by true\_self - 03 Jan 2024 18:36

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[siyatta wrote on 03 Jan 2024 17:59:](#)

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Calling a friend to share my feelings helped me in the past.

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Re: Shoin do

Posted by siyatta - 10 Jan 2024 18:11

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Hey all, quick update, I wanted to share my success, B'H at 20 days today! this is a huge accomplishment for me. I don't know the last time I made it this long, probably around the Yomim Noraim, which is less of a *kunss*.

As I wrote previously Wednesdays are my hardest day of the week, part of it I think is biological as I tend to do the mitzvah me'erev Shabbos le'erev shabbos, so Wednesday is far away from the last one and the next time is not right around the corner either. I tried adding another day in the week but as we know it takes 2 to tango (k'pshuto). I guess I can't complain as I'm reading threads of the giberim here who don't have the weekly either, Hashem yaazor.

The other aspect is the relative lack of structure for me on Wednesdays, I find that when my structure is disrupted and I have extra unstructured time on my hands, anything can happen.

I said the yehi ratzon after birchas hashachar this morning with extra kavana (the words are powerful, if you're ever awake enough to think about it ??? ????? ??? ????? ??? ???).

I can't break this streak at this point! Hashem help me!

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Re: Shoin do

Posted by Vehkam - 10 Jan 2024 19:30

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imho the lack of structure is the more compelling reason...

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