

Know your triggers....

Posted by longbeach - 29 Aug 2011 15:32

I have noticed, now that I am paying attention, that I have certain triggers that make me immediately think that it "is time to turn to" the internet's less appropriate content.

I think that learning what my triggers are will help me control my reponse and put me on alert when they arise. It really has become a habit, and an almost automatic response, to these triggers. I am interested to see what changes 90 days, with G-d's help, will bring.

Know your triggers...

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Re: Know your triggers....

Posted by longbeach - 29 Aug 2011 15:34

The previous post came because I suddenly "hit" one of my triggers, and literally came within a keystroke of "falling." Instead, I came here, and shared that of which I am hopefully becoming more aware.

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Re: Know your triggers....

Posted by gibbor120 - 29 Aug 2011 16:18

Great! Keep Growing!

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Re: Know your triggers....

Posted by ninetydays - 29 Aug 2011 16:20

It is interested. I think one of my triggers is being in a situation where I know I have access to

porn but it the access will be closed soon so I need o shoot up before access is closed.

ninety

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Re: Know your triggers....

Posted by gibbor120 - 29 Aug 2011 16:26

I have been there. There were times that I may not have even had an "urge" just then, but I
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knew that I had the "opportunity" -- and so I capitalized on it