

What works affectively

Posted by Happyme0 - 07 Jun 2012 15:30

what work for me is trust in G-d all the time and always try to be happy everyday and don't rely on anyone for help but Him. Another best way i think is just don't do it, if you do always think about what you felt like when you done it and where it get you no where. If there is a lust in mind don't let it build up because will be struggling for hours to fight the temptation to win is to forget what came in mind of the lust. Always remember we are not perfect but don't make it an excuse to keep falling everytime because that's not a good thing... if the "we are not perfect" in mind always tempts you to fall then think differently that we have to be perfect...

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