

What works for me - 5 points

Posted by anonymous_14.1 - 21 Dec 2016 08:54

5 steps to take to try to avoid immodest internet

1 Torah study

2 Ice cold shower

3 Exercise

4 Mikvah

5 A simple but engaging activity such as cleaning out a closet.

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Re: What works for me - 5 points

Posted by cordnoy - 21 Dec 2016 13:41

[anonymous_14.1 wrote on 21 Dec 2016 08:54:](#)

5 steps to take to try to avoid immodest internet

1 Torah study

2 Ice cold shower

3 Exercise

4 Mikvah

5 A simple but engaging activity such as cleaning out a closet.

Thanks for keeping this brief.

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Re: What works for me - 5 points
Posted by Shlomo24 - 21 Dec 2016 17:38

[anonymous_14.1 wrote on 21 Dec 2016 08:54:](#)

5 steps to take to try to avoid immodest internet

- 1 Torah study
- 2 Ice cold shower
- 3 Exercise
- 4 Mikvah
- 5 A simple but engaging activity such as cleaning out a closet.

What I like is that all those things are actions, they aren't just philosophizing about lust. I can see, objectively, how all of those 5 things might help give a temporary reprieve from lust. I like the last one a lot.

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Re: What works for me - 5 points
Posted by doorknob - 23 Jan 2017 14:53

Procrastination works for me.

If i want to watch some porn.

I say to myself first let me do something else before I watch it.

Like reading a newspaper for instance.

When i start reading a newspaper i forget about the porn.

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Re: What works for me - 5 points
Posted by Shlomo24 - 23 Jan 2017 22:04

I hear what you're saying, but for me, porn is so much more exciting than any other activity that would push it off. So it didn't work. And if I pushed it off, I usually ended up right back where I was. There was just a time interval in between.

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Re: What works for me - 5 points
Posted by doorknob - 24 Jan 2017 00:00

I agree if your life is boring you will not be able to procrastinate.

You will watch porn till you ejaculate.

But if your life is interesting you can and will be able to procrastinate from needing a fix like a porn junky.

Get yourself a hobby or do something like learning torah that stimulates your mind .

Then you will not need to stimulate your genitals.

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Re: What works for me - 5 points
Posted by Singularity - 24 Jan 2017 09:19

[doorknob wrote on 23 Jan 2017 14:53:](#)

Procrastination works for me.

If i want to watch some porn.

I say to myself first let me do something else before I watch it.

Like reading a newspaper for instance.

When i start reading a newspaper i forget about the porn.

As long as the newspaper isn't from London. Or else you'll have a problem with the second page. (well I haven't been there since 2008. I hope it's changed).

Also as long as the newspaper isn't more than £3.50

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Re: What works for me - 5 points
Posted by GrowStrong - 24 Jan 2017 09:40

I think it can be dangerous.

You will end up procrastinating whether to put the gartle on or not in the morning (or whether to leave it on after shacharit or take it off)

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Re: What works for me - 5 points
Posted by GrowStrong - 24 Jan 2017 09:42

What did this anonymous dude do to get more than 60 negative karma points?

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Re: What works for me - 5 points
Posted by Singularity - 24 Jan 2017 09:43

[GrowStrong wrote on 24 Jan 2017 09:42:](#)

What did this anonymous dude do to get more than 60 negative karma points?

That riddle's more difficult than figuring out how to beat the lust.

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Re: What works for me - 5 points
Posted by Shlomo24 - 24 Jan 2017 10:55

He wasn't very well-liked by many members. He would talk about very esoteric solutions and he never mentioned what he even struggles with or if it works for him.

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