

This worked very well for me at night.....

Posted by Kedoshimtehiyu - 06 Aug 2017 16:54

It was many times when going to sleep, I would wake up an hour or two later with a strong yetzer hara. There was something that really helped me and I believe will help those who are doing the 90 day program and on their way to be free. Try to set a goal for yourself. Just tell yourself that I will accomplish being fully shomer habit for one full day. At the end of that day, you will say that you earned yourself \$5,000. For the 2nd day, say to yourself that if I accomplish this, I will earn \$6,000 the next day. Increase the amount by another \$1,000 for every day thereafter. In actuality the amount it is worth to get through 90 days free, is exponentially higher than the dollar amount you are declaring for yourself for each day you are free. I just found this method to be more tangible and gave me a better ability to take control and be able to fight off the yetzer hara. I've tried this strategy using dollar amounts, quantity of gold coins, and even a precious gem. It really did work well for me.

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Re: This worked very well for me at night.....

Posted by Markz - 06 Aug 2017 17:09

[Kedoshimtehiyu wrote on 06 Aug 2017 16:54:](#)

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Welcome!!!

Interesting stuff. So do you get a congratulations for passing 90 days?

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Re: This worked very well for me at night.....
Posted by Kedoshimtehiyu - 06 Aug 2017 17:58

Hi,

The 90 day mark is something I passed some time ago. My challenge now is to fight the yetzer hara that attacks me in my sleep. In the middle of the night when my mind is half asleep, it is very difficult to take control as you can during the day. I always say the first 4 tehillim, and Kriat Shema before bed. The yetzer hara can still get me in the middle of the night.

This strategy that I described can really help. Before going to bed, I would declare to myself, that if I can get through the night clean, I will have \$10,000 waiting for me when I get up. Understanding that the reward for overcoming this yetzer hara that night is far far greater, I feel quite confident that the \$10,000 I declared is well earned and is definitely mine.

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