

The rubber band

Posted by wellworthit - 21 Oct 2017 17:07

I heard this from my therapist and i also read it in a book it sounds wrong but it works

This is for those that have sexual thoughts and cant get rid of them

take a rubber band put it around your wrist every time i mean every time a thought comes up pull the band and let it flick back on to your hand it should sting a bit not too much and as you are doing this say stop **that is it**

after doing the above for a bit of time im not sure if it a month or two but what ever it is you can take the band off and every time a thought comes up say stop and it will have the same effect

much hatzlocho

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Re: The rubber band

Posted by gyemuz - 21 Oct 2017 17:46

Makes perfect sense. physiologically your body associates the bad thought with pain. thanks, gonna try.

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Re: The rubber band

Posted by Markz - 22 Oct 2017 00:42

[wellworthit wrote on 21 Oct 2017 17:07:](#)

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Hi sweet guy that you are "well worth it"

Can I ask you not to create new threads?

Have 1 thread for all your personal growth and ideas please

now to **Rubberbands:**

Sounds like fun and games - not gonna help anyone that I know

In any case if I'd start wearing rubber bands it'd be a trigger to start lusting so that the band would have a purpose... no im not kidding!

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Re: The rubber band

Posted by Gevura Shebyesod - 22 Oct 2017 02:54

It's mentioned in the GYE handbook [HERE](#) and in other places on the site.

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Re: The rubber band

Posted by wellworthit - 22 Oct 2017 07:24

It's mentioned in the GYE handbook [HERE](#) and in other places on the site.

100% right

sorry i have not been round the whole site yet

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Re: The rubber band

Posted by alain - 27 Mar 2018 17:31

That's a great idea, wellworthit. I didn't know this can be found in the GYE handbook, so I will be sure to read it. Definitely will implement this.

I guess the only downside to wearing a rubber band is that even if you are going through a good phase, the minute you look at it you are reminded of your struggle.

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Re: The rubber band

Posted by Singularity - 29 Mar 2018 07:09

what's the issue of being reminded of the struggle? Doesn't it set a context to which we do things? Guess it depends on the person.

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Re: The rubber band

Posted by ieeyc - 29 Mar 2018 08:43

[alain wrote on 27 Mar 2018 17:31:](#)

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i guess those are the brakes