

An Idea from R' Noach Weinberg  
Posted by ytw - 08 Dec 2022 19:49

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Hiiiiiiiiiiiiiiii everyone, I'm so happy to share with you that I BH past a third of the 90 day streak clean, and I'm so proud and happy of myself.

I wanted to share a cute little exercise that I heard from R' Noach Weinberg, on one of the topics in the 48 ways to wisdom, he mentioned an exercise and that is to "refrain from scratching your nose for the next 30 minutes", and I don't need to tell you that it is not an easy task to do, because when you think of what you're refraining from touching.... it itches you like crazy.

but I decided (and I encourage all of you) to try doing it, and as funny as it sounds I had the same emotional cycle like when I'm fighting an urge, (first having the thought of "who said I'll ever manage to refrain scratching for 30 minutes, it is almost impossible", then I just decided to take a minute at a time, then when I felt that it's becoming unbearable I started doing the "surf the urge" exercise...) and of course I don't have to tell you the amazing geshmakeh feeling after succeeding.

I'd like to encourage you all to try this exercise, because the feeling that we get after refraining and succeeding for 30 minutes is unimaginable, it makes me/you feel in control, when I had my next urge I was able to tell and to prove to myself that if I was able to refrain scratching the nose for 30 minutes I can refrain from my urge now as well.

happy celebrating with me, can't wait to celebrate my 90 days with you as well, and looking forward celebrating your successes as well.

p.s. let me know how the exercise went, and if it helped you...

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Re: An Idea from R' Noach Weinberg  
Posted by Human being - 08 Dec 2022 21:06

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[ytw wrote on 08 Dec 2022 19:49:](#)

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Wonderful idea. Yes im going to try to challenge myself. Love the self control challenge.

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Re: An Idea from R' Noach Weinberg  
Posted by ILAHCFM - 09 Dec 2022 09:48

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Sounds interesting. Gonna try it. Thanks ytw

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Re: An Idea from R' Noach Weinberg  
Posted by ytw - 11 Dec 2022 02:07

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Great, let me know how it goes/went.

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Re: An Idea from R' Noach Weinberg  
Posted by Human being - 11 Dec 2022 02:59

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Well did it for 4 minutes. (that was mt goal. I didn't have time for more. But i will definitely try longer!)

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