

Hurving in lernen

Posted by iseenoevil - 23 Jan 2025 20:36

---

The main thing that has worked for me is being areington. When I'm into the sugya I get no urges. Havent seen anybody discuss it but that was always stressed over the years.

=====  
=====

Re: Hurving in lernen

Posted by altehmirrerr - 24 Jan 2025 03:23

---

=====  
=====

Re: Hurving in lernen

Posted by iseenoevil - 26 Jan 2025 03:07

---

53 days.

tukfoy kohayn

=====  
=====

Re: Hurving in lernen

Amazing keep it up! just curious how long are you clean for? and also btw which sugya?  
Posted by npr11 - 26 Jan 2025 20:13

---

I find that when I get into bed to go to sleep and the fantasies start creeping into my head, I can instead think of a kushya I have in the sugya I'm learning or even rethink the sugya to see if I'm missing something that I missed (like a "why" ??????? question) and that is a proper substitute to the urge. It takes only a slight amount of willpower, and works especially well if I **need** to have a kushya for shiur.

=====  
=====

Re: Hurving in lernen

---

Posted by iseenoevil - 26 Jan 2025 20:26

---

That had worked for me as well. Sometimes I review the shakla vetarya of the sugya

=====  
=====