

how do i take a shower?

Posted by desperate_teddybear - 17 Dec 2010 03:45

for who get it and might have figured out a way:how do i take a shower? it is so hard for me, the only way i get through it clean (literally and addiction-wise lol) is by disconnecting myself from my mind during the process...

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Re: how do i take a shower?

Posted by mnman415 - 17 Dec 2010 05:29

hmm, that is difficult. i have not taken a shower at my house in over a year. i take a shower at the mikvah everyday. is that a possibility?

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Re: how do i take a shower?

Posted by desperate_teddybear - 17 Dec 2010 06:34

[HashemsSoldier wrote on 17 Dec 2010 05:29:](#)

hmm, that is difficult. i have not taken a shower at my house in over a year. i take a shower at the mikvah everyday. is that a possibility?

nope :-\ otherwise that would be a good solution...

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Re: how do i take a shower?

Posted by returner613 - 17 Dec 2010 07:46

I have not personally tried this - but how about taking it uncomfortably cold?

(note: If doing so, I would recommend doing so in the morning. Reason being, I remember reading somewhere that while being in cold water does inhibit arousal - afterwards (when you warm up) the body may actually be more prone to arousal than usual - so, if this is true - probably not a good idea to do before going to sleep..)

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Re: how do i take a shower?

Posted by Stuart - 17 Dec 2010 14:06

Shower when you are in a big rush to go somewhere, which will make you go in and out. Don't shower when you have too much time to spare.

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Re: how do i take a shower?

Posted by mnman415 - 17 Dec 2010 18:35

[Stuart wrote on 17 Dec 2010 14:06:](#)

Shower when you are in a big rush to go somewhere, which will make you go in and out. Don't shower when you have too much time to spare.

for example if you have a schedule and every day you daven at 7 30. then wake up at 6 45 or 7 and take a quick shower since you know that you have to be at shul very soon

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Re: how do i take a shower?

Posted by Jooboy - 20 Dec 2010 03:41

The shower can be a VERY difficult place for many of us. Thanks for not being embarrassed to raise the issue.

I would try the following:

1) Call my sponsor or another addict and bookend it (check in before and after and say exactly what did or did not happen)

2) Pray (God, I am powerless over acting out in the shower. Please you take away my compulsion and save me from my addiction. I agree to help out (doing suggestion #1) and not get in the way (don't do anything I'm supposed to be doing).

3) Gratitude (when you get through a shower clean, write out your gratitude to God for saving you from this sickness)

Hatzlacha

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Re: how do i take a shower?

Posted by desperate_teddybear - 20 Dec 2010 03:56

I really enjoy my showers they are one of the few pleasures I let myself have in my crazy world. But If I sacrifice this calming time for the ribono shel olom maybe he will make it so I have a calm enoug life I no longer need them...so nu, I will try this 'chap a shower' in and out idea. It will haveto become soething I squeeze into my schedule at the gym or in he morning..the crazy thins I have to do to beat this addiction-then agqin, the crazy things I did to get into it in the first place...lol

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Re: how do i take a shower?

Posted by desperate_teddybear - 21 Dec 2010 03:07

Dude why didnt I think of that? All I need is a littled deoderant and all set

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Re: how do i take a shower?

Posted by frumfiend - 21 Dec 2010 03:32

I am awed by the dedication of people to being clean(pun intended). People are willing to give up showering at home. Wow!

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Re: how do i take a shower?

Posted by mnman415 - 22 Dec 2010 02:28

go from erev shabbas to erev shabbas, what a
kaavod for shabbas, the only shower one takes a weak is for shabbas..... gevaldik!!!! ;D

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Re: how do i take a shower?

Posted by desperate_teddybear - 22 Dec 2010 05:49

come shabbos, people will be asking me, 'rebbie teddy, where'd your suntan go' and i will just smile mysteriously, for only i know the shabbos secret, kept hidden and passed down throughout the ages. amen.

this is such a time saver, i should have thought of it years ago. i mean, why do we bother taking showers in the first place, if not for lichvod shabbos- you're just going to end up getting dirty all over again the next day anyways. why bother?

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Re: how do i take a shower?

Posted by mnman415 - 22 Dec 2010 20:39

[d_teddybear wrote on 22 Dec 2010 05:49:](#)

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wow! what a good idea, there IS a way to work on ones suntan during the winter!

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Re: how do i take a shower?

Posted by desperate_teddybear - 22 Dec 2010 20:55

[HashemsSoldier wrote on 22 Dec 2010 20:39:](#)

[d_teddybear wrote on 22 Dec 2010 05:49:](#)

come shabbos, people will be asking me, 'rebbie teddy, where'd your suntan go' and i will just smile mysteriously, for only i know the shabbos secret, kept hidden and passed down throughout the ages. amen.

wow! what a good idea, there IS a way to work on ones suntan during the winter!

that, and skiing naked.

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Re: how do i take a shower?

Posted by mnman415 - 22 Dec 2010 21:14

i dont know what i would rather do.....ski naked or only tak a shower once a week

well i go to the mikvah every day, so only showering once a week is out of the picture, yikes!

that meens i have to go skiing naked????????? can i be snowboarding???

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