

Stay calm and just ask yourself...

Posted by sickofsubmitting - 02 Jan 2015 04:46

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It is very easy to simply freak out in any given situation. This is no exception. When I simply let the thought sit with me, it grows stronger and stronger until I fall. If I take a few deep breaths, and try to stay calm, I am not as likely to fall.

Sometimes, as I am about to fall, I ask myself: "do you really want to do this?" This I found to be helpful in the last few days.

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Re: Stay calm and just ask yourself...

Posted by shomer bro - 02 Jan 2015 06:18

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Similarly, all it takes is that small slip to lead to a big fall. We can't let those seemingly small thoughts to fester in our minds. We gotta surrender them immediately to Hashem and move on.

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Re: Stay calm and just ask yourself...

Posted by cordnoy - 02 Jan 2015 07:05

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Welcome,

Lookin' forward to hearin' more.

b'hatzlachah

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Re: Stay calm and just ask yourself...

Posted by dms1234 - 02 Jan 2015 21:19

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**sickofsubmitting**

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Yup! So true! I also found that taking a few breaths helped me. But i also found that after i take that breath i have to ask Hashem for help in making the *right* decision for me.

Keep on Breathing!

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Re: Stay calm and just ask yourself...

Posted by sickofsubmitting - 06 Jan 2015 08:59

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Another thing I am trying. I try to write out all my fantasies, or certain inappropriate videos that I have already seen. Writing in particular is very helpful for me in order to get all the nervous energy out. But I also write out my fantasies to just to see how ridiculous I they really sound. Pornography works the same way, if you think about it. Porn scenes are often incredibly ridiculous, and unrealistic.

It is often said that one who davens for his friend who is in a similiar situation, then his tefillah will be answered first. I would suggest from that you find a GYE partner, and ask him if you could daven for him, in exchange for him davening for you. That way, you are helping yourself, and another fellow Jew in combating this taa'va.

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Re: Stay calm and just ask yourself...

Posted by cordnoy - 06 Jan 2015 09:23

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One of the points of the SA meetin's is to share your struggles, feelin's, ideas, pains, emotions, thought processes, etc. It becomes much clearer then, and one can straighten himself out.

i heard from one regular SA goer thopens his mouth at a meetin', and he has no idea what is about to come out, but one thing is for sure - it is from the depths of his heart.

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Re: Stay calm and just ask yourself...

Posted by sickofsubmitting - 08 Jan 2015 04:46

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What is SA?

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Re: Stay calm and just ask yourself...

Posted by Round 2 - 08 Jan 2015 10:46

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[sickofsubmitting wrote:](#)

What is SA?

Its a 12 step meeting called SA or Sexaholics Anonymous for people addicted to sex, lust  
masturbating ect.

someone correct me if im wrong.

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