In the Moment of Temptation
Posted by KoachCheshvan - 19 Jul 2020 22:23

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Last night and parts of today, I have been feeling the "twinge" of PMO temptation. It was of the strength and type that would have normally overtaken me, but b"h, I was able to keep aware:

1). That the temptation with associated "thought track" was a manifestation of my addicted brain wanting to get its fix.

2). That to entertain ANY curiosity regarding the temptation was essentially assenting to it. (e.g.: seeing if I had any questionable pictures left on my computer or phone).

3). That I really didn't want to succumb and I would feel terrible later if I had succumbed and I would have to update here to say that I had a fall. I don't want to do that.

There has been an on-and-off twinge today and I am anticipating some rough days ahead. That is how it usually is. When I resist the temptation, it lingers for a bit.

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Re: In the Moment of Temptation
Posted by iwillnevergiveup - 20 Jul 2020 01:51

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It's truly amazing accomplishment!

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Re: In the Moment of Temptation
Posted by serinetrotter - 20 Jul 2020 19:40

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Good job! I can relate to what you're saying. I'm on day 3, but it's so tough!

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Re: In the Moment of Temptation
Posted by Realestatemogul - 21 Jul 2020 03:42

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Hey!

I don't think I've met you before, so welcome if you are new!

This is a really great post and thanks for sharing!

It is interesting that you say the temptation lingers because I find that to be more so the case
when I actually fall, but when it was just a close call the lingering is much much shorter.
Sometimes I would even get chizzuk from overcoming it, but I guess there are other times that
maybe are more in line with what you are saying.

Either way - Keep up the great work and thanks for sharing your insights!

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Re: In the Moment of Temptation
Posted by KoachCheshvan - 22 Jul 2020 02:28

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No, I agree with you. It is much harder to get back on track after a fall. I have never been able
to just have the one fall and then get right back on track. But sometimes I find that when my
urge is of a strong variety, it can last on-and-off for a few days.

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Re: In the Moment of Temptation
Posted by KoachCheshvan - 22 Jul 2020 02:37

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There has been on-and-off twinge temptation, and I have been fighting it by reminding myself that it is not **me** who wants to act out but my **addicted brain.**

I have found something else that has been helping a lot. When I have been in the moment of temptation, I put on the *Superman March* from *Superman the Movie*. I then visualize myself as Superman like when I was a child and would daydream and fantasize that I was my favorite superhero. And it has worked to not only feel good but it gets me out of those addictive thoughts and the associated emotions.

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Re: In the Moment of Temptation
Posted by Realestatemogul - 22 Jul 2020 03:05

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I must say there is no one in the world more superman than someone fighting his urges!