

7 times the tzadik falls and stands up again

Posted by Nomore1 - 08 Feb 2022 05:22

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Hi This 2022 I want a new opportunity. Since it started. I've only did THAT 3 times. For some of you it could be easy. But I'm standing up.

today I fell. I don't know what Happen but I know what it will happen. I will ask for some daily partner and will start this path together. 'cause I'm ebed Hashem and I know I can fight Vs the yetzer. Please any helpful words? Or techniques?

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Re: 7 times the tzadik falls and stands up again

Posted by Shtarkandemotional - 08 Feb 2022 06:35

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WELCOME!! Here you can find lots of helpful tips! And great resources to help you break free! You can do it! We believe in you! Here are some points to think about:

1. make a system to keep your clarity going. The clearer we are why we don't wanna view porn the easier it'll be stay back. After all the more we don't like something the easier it is to not touch it. (perhaps writing down every reason why you wanna stop porn and triggering material? and reminding yourself it each day for 10 min?)

2. learn to keep the triggers more distant from you... - the more we have it super close then even if you CLEARLY know why you dont wanna go there it can happen in a state of impulsivity..

3. making porn not an option always makes the fight so much easier! How about making a vow you'll rip up 20\$ within 24 hrs of viewing porn? This is just one of many ideas of making it not an option.

4. Often we take the lazy way! Realize, we need to stay away from porn on day 1,10,100,1000,10,000 if we want to be successful and that means a lot of work! We gotta prepare in advance for that and think about how you can do that with the top 3 things I listed. I personally DON'T believe that if you do only one of them - you'll see long term success. It takes a strong analytical plan! Keep on going! And keep on looking back at what you can learn from! You got this! There are so many that succeeded! You can too!!

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