

hard fall from the crest

Posted by Kevin Pond - 15 Oct 2012 23:46

BSD

after being on the wall of honour for some time, after i was naively sure i was really clean , i had this !@ @#\$% FALL yesterday. in fact two falls. one MZL and one going online to even worse stuff than before my journey.

how am i feeling now?

tired, depresed, worthless. hating myself. feeling like i am cheating society.

any help anybody???

and to top it all, i didn't manage to report it on my log, as every time i wrote my dates I got a message saying I was exceeding some date or whatever. If any of you are on the technical team, i would really appreciate some help.

thumbs down,

kevin

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Re: hard fall from the crest

Posted by nederman - 25 Oct 2012 02:23

[TehillimZugger wrote on 25 Oct 2012 01:19:](#)

Even better, count the behaviors. You can get a wrist counter. When you get an urge and you don't think about sex, increment the counter. You'll develop a belief that you are super strong against this yetzer hara.

When you do think about sex, stop thinking about it as soon as you can and move as if nothing had happened.

Over a few weeks the feeling of powerlessness will come under control.

Great Idea! why don't you post it in "What works for me"?

BTW is it from David Burns' book?

I have posted it here so no need to post it again there I guess.

Yes, I read it in Intimate Connections by David Burns. He had a case of a guy whose only physical attraction was to little boys. The guy was doing cognitive therapy with Burns and he proposed an idea which they then tried successfully. He got a wrist counter. Every time he saw a woman he would have a fantasy about her, even though it did not arouse him. Then he incremented the wrist counter. Pretty soon he started getting aroused by women, wife included.

I think he also mentions the wrist counter in Feeling Good, and I think there he says that it is not fully understood why it works.

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