

The ABC Checklist for Combating Lust

Posted by Shteeble - 13 Oct 2014 14:21

A checklist is an aid used to reduce failure by compensating for potential limits of human memory and attention. It helps to ensure consistency and completeness in carrying out a task.

The ABC Checklist for combating lust is designed to help you win the battle against lust. It is hoped that this list will help redirect your attention and thus reduce failure.

It is designed to be a quick guide that one can memorize, and then use anywhere at any time ("Let's see, what was B for again... oh yeah... Now C. ok... Now D. right... truck, truck.).

Here's an idea. Take out a sheet of paper, and see how many of these you can write down from memory. See if you can improve that number. It's more tools in your arsenal, and you can never have enough.

Please add your suggestions for any letter. Multiple items will be used for each letter, as you can never have too many tools at your disposal.

This first post will be updated to contain the most up to date version of the list.

Enough with the rules. Let's start:

- **Ask** Hashem for help.
- **Acceptance**, Accepting the life that Hashem gives us.
- **Ahavas Hashem** - Say, "I want to love YOU Hashem, rather than this ..."
- **Break** the habit - we are creatures of habit. Your past does not dictate your future any

longer. Make a conscious decision on how you will act.

- **Breathe Deeply** - Exhale slowly and completely to get out the old air that stays behind in the lungs due to shallow breathing. This will create more space in the lungs for fresh air. Breathe in deeply and fully. Repeat a couple of times. Your body and brain need high oxygen levels to be at their best.
- **Bathroom** - There is often a connection between the need for a bowel movement, and the onset of a sudden lust attack. How interesting...
- **Call** a friend in recovery.
- **Commit** to improving some aspect of your avodas Hashem.
- **Coffee** - Being behind in your caffeine schedule may be causing RID.
- **Cry** real tears to Hakodosh Boruch Hu.
- **Daven** for help to be able to do what we are supposed to do.
- **Delay** acting out. - Tell yourself, "I can always act out a little later."
- **Drink Water** You may be slightly dehydrated, which can cause RID.
- **Eat** something. - Being hungry is often a source of RID.
- **Feelings** - Identify your feelings of RID and address your true needs rather than covering them up with lust.
- **Funnies** - Read something that will make you laugh. [GYE Funny Pages](#)
- **Focus** on the fact that you are improving your life.
- **Get up** out of your chair. Standing helps.
- **Humility**
- **Help** someone in need.
- **Identify** what you did that brought about the desire. Establish for yourself, beyond any doubt, that such action is very detrimental to you.
- **Imagine** that today is your last.
- **Jiggle** your toes. Notice the interesting sensation in your toes, and forget any unpleasant sensations.
- **KOMT** - Keep on monstuh trucking.
- **Let Go** - Let go of resentments, expectations, worthless guilt, thinking you can do it on your own...
- **Modeh ani lefanecha**.....
- **Never give in.**
- **Own Responsibility** for your actions and choices, and the resulting life that you now have due to the choices you made. Accept that you are the one responsible for whatever situation you find yourself in. Know as well, that you can continuously take small actions that will, over time, drastically improve the quality of your life.
- **Positivity** - Kill lust with positive thoughts.
- **Quit Fighting**
- **Remind yourself** of the times you had a burning desire to act out, yet you were misgaber. This is proof that the burning desire does not require that you act out.
- **Read** - the GYE Handbook, white book, big book, etc.
- **Surrender**
- **STOP!** - Stop acting out. Stop thinking too much.
- **Talk to Hashem**
- **Tefillah**
- **Understand** what void you are trying to fill and get it filled in a healthy way that works!
- **Vei Is Mir** - how I feel after acting out.
- **Walk** - Take a walk around the block.

- **WHY** - What is *your* WHY? WHY do you want to keep from acting out? Knowing WHY helps with the HOW. Also see: [90,000 Reasons to say "NO" to acting out](#)
- **Worse** - Lusting will make matters worse.
- **X Out** - Click the "X" in the upper-right corner of your screen.
- **YES!** - The easiest way to say no, is when I have a powerful yes burning inside. What am I living my life for?
- **Zzz** - Just go to sleep.
- **Zugg Nuchamuhl** - Repeat this list again starting from "A."

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Re: The ABC Checklist for Combating Lust
Posted by Pidaini - 13 Oct 2014 17:50

[Shteeble wrote:](#)

A checklist is an aid used to reduce failure by compensating for potential limits of human memory and attention. It helps to ensure consistency and completeness in carrying out a task.....

..... Multiple items will be used for each letter, as you can never have too many tools at your disposal.....

I'm confused, if you add multiple items for each letter, you're gonna have to make a checklist for

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Re: The ABC Checklist for Combating Lust
Posted by skeptical - 13 Oct 2014 17:57

How about worrying about multiples when there are some? For now, fill in some of the other letters!

Just action.

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Re: The ABC Checklist for Combating Lust
Posted by Shteeble - 13 Oct 2014 19:01

[Pidaini wrote:](#)

[Shteeble wrote:](#)

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You make a good point.

The reason I said that, is because I don't want anyone thinking that their idea needs to be perfect before they post it. I agree that ultimately, a checklist of the best of the best would be of the greatest value, but you gotta start somewhere without being a perfectionist.

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Re: The ABC Checklist for Combating Lust
Posted by Shteeble - 13 Oct 2014 19:03

[skeptical wrote:](#)

How about worrying about multiples when there are some? For now, fill in some of the other letters!

Just action.

Okay, so let's work on the rest of the letters then.

At the same time if you have a good idea for letters that already have an item, I think you should still add it.

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Re: The ABC Checklist for Combating Lust
Posted by Pidaini - 13 Oct 2014 20:29

A - Acceptance, Accepting the life that Hashem gives us.

D - Daven for help to be able to do what we are supposed to do.

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Re: The ABC Checklist for Combating Lust
Posted by inastruggle - 13 Oct 2014 21:39

K Kill lust with positivity.

L Lust can always make things worse.

M Must Master Many Machshovos.

N Never give up.

N Never give in.

This is a cool idea.

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Re: The ABC Checklist for Combating Lust
Posted by dms1234 - 13 Oct 2014 22:51

M-Modeh ani lefanecha.....

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Re: The ABC Checklist for Combating Lust
Posted by neshamaincharge - 14 Oct 2014 01:42

[Shteeble wrote:](#)

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- **Call** a friend in recovery.
- **Daven** for help to be able to do what we are supposed to do.

- **Delay** acting out. - Tell yourself, "I can always act out a little later."
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- **Feelings** - Identify your feelings of RID and address your true needs rather than covering them up with lust.
- **Funnies** - Read something that will make you laugh.
- **Get up** out of your chair. Standing helps.
- **Help** someone in need.
- **Imagine** that today is your last.
- **Jiggle** your toes. Notice the interesting sensation in your toes, and forget any unpleasant sensations.
- **KOMT** - Keep on monstuh trucking.
- **L**/ What about Let Go?(of resentments, expectations, worthless guilt, thinking you can do it on your own... [li]**Modeh ani lefanecha**.....
- **Never give in.**
- **O**wn responsibility for your actions and choices
- **Positivity** - Kill lust with positive thoughts.
- **Quit** fighting!
- **R**
- **STOP!** (Acting out, thinking too much...)
- **Tefilla**
- **U**nderstand what void you are trying to fill and get it filled in a healthy way that works!
- **Vei** is mir- how I feel after acting out
- **Worse** - Lusting will make matters worse.
- **X**
- **YES!** The easiest way to say no, is when I have a powerful yes burning inside. What am I living my life for?
- **Zzz-** just go to sleep

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Re: The ABC Checklist for Combating Lust
Posted by Shteeble - 14 Oct 2014 02:44

Thank you, all, for contributing...

[Shteeble wrote:](#)

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Re: The ABC Checklist for Combating Lust

Posted by Gevura Shebyesod - 14 Oct 2014 04:59

R - Read - the handbook, white book, a mussar Sefer, Harry Potter, Harry's Son...

And of course:

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Re: The ABC Checklist for Combating Lust

Posted by Shteeble - 14 Oct 2014 05:14

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Re: The ABC Checklist for Combating Lust
Posted by inastruggle - 14 Oct 2014 09:25

R- Relax, Hashem is on our side.

X- Xenagogue, Find a xenagouge.

X- xenogenous, **Nothing** is Xenogenous

Warning: Spoiler!

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Re: The ABC Checklist for Combating Lust
Posted by Shteeble - 14 Oct 2014 13:13

Warning: Spoiler!

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Re: The ABC Checklist for Combating Lust
Posted by Pidaini - 14 Oct 2014 13:43

Oh shteeble!! How can I thank you enough for bringing back some of the old school jolliness!!!

C- Connect to someone outside of your head, by either

.....**D** - Davening, or

.....**E** - Emailing, or

.....**F**
Warning: Spoiler!

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