

Does anyone have any good ideas?
Posted by jay.s123 - 11 Jan 2015 23:15

I keep falling and falling and falling.

I want to be able to '**reward**' myself for not falling (every ... week/month/day...).

But also '**punish**' myself when (and if) i fall.

Does anyone have any good ideas?

Whats worked for you?

Keep in mind im 20 and in collage

Please help...

p.s. (Giving money to charity is a good idea for a punishment except i don't earn any money...)

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Re: Does anyone have any good ideas?
Posted by shomer bro - 11 Jan 2015 23:30

Punishments can be things like having to learn a certain amount of gemara or tehillim, telling someone that you acted out, washing the floor and taking out the garbage, etc.

Rewards can be to treat yourself to pizza, ice cream, some extra chill time, walk in the park, etc.

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Re: Does anyone have any good ideas?

Posted by cordnoy - 12 Jan 2015 00:38

Sorry...I don't think either of those will work in the long run.

perhaps, you wanna tell us what seems to be the issue.

b'hatzlachah

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Re: Does anyone have any good ideas?

Posted by jay.s123 - 12 Jan 2015 01:20

What do you think will work?

Please refer back to my previous post which you (cordnoy) commented on called 'my story...'
that explains my issue

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Re: Does anyone have any good ideas?

Posted by shomer bro - 12 Jan 2015 01:25

I was just throwing out ideas. The main thing is to build off what others say and find what works
for you. Personally, knowing that i will have to report my falls to someone keeps me in check.

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Re: Does anyone have any good ideas?

Posted by cordnoy - 12 Jan 2015 06:03

[jay.s123 wrote:](#)

What do you think will work?

Please refer back to my previous post which you (cordnoy) commented on called 'my story...' that explains my issue

I will try, but there are many threads.

Especially when you're new.

If you'd like people to know your story, it is best to post in the same thread.

b'hatzlachah

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