

Shteeble's Close Range Firefight

Posted by Shteeble - 12 Jan 2016 15:43

Please, Hashem, protect me from lust.

Please, Hashem, help me out of this situation.

Please, Hashem, provide me with the proper thoughts and actions.

Hashem, I surrender my desire for lust; over to You.

Hashem, please help me find in You what I am looking for in lust.

Please, Hashem, help me to desire to be close to You, rather than desiring lust.

Hashem can help me through this, no matter how I feel right now.

I am not running the show.

I don't want to be running the show.

Hashem is running the show.

I am in good hands.

All I want is the ratzon Hashem.

1. Ask of Hashem, the bakoshos listed above.
2. Reflect on the points listed above.
3. Use the bathroom - There is often a connection between the need for a bowel movement, and the onset of a sudden lust attack. How interesting...
4. Identify what you did that brought about the desire. Establish for yourself, beyond any doubt, that such action is very detrimental to you.
5. Drink Water You may be slightly dehydrated, which can cause RID.
6. Eat something. - Being hungry is often a source of RID.
7. Feelings - Identify your feelings of RID and address your true needs rather than covering them up with lust.
8. Rest - Ask yourself if you would benefit from a 10 minute nap on the couch, and if the answer is "yes," go for it.
9. Call a friend in recovery.

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Re: Shteeble's Close Range Firefight
Posted by Bigmoish - 12 Jan 2016 15:47

I keep getting stuck at "X"...

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Re: Shteeble's Close Range Firefight
Posted by Shteeble - 12 Jan 2016 16:14

x stands for the X at the upper right corner of your browser.

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Re: Shteeble's Close Range Firefight
Posted by Shteeble - 14 Jan 2016 14:12
Oops. This looks kinda silly now that you changed the original post entirely...

[Shteeble wrote:](#)

1. Ask Hashem for help.
2. Reflect on the fact that Hashem can help you through this, no matter how you feel.
3. Bathroom - There is often a connection between the need for a bowel movement, and the onset of a sudden lust attack. How interesting...
4. Identify what you did that brought about the desire. Establish for yourself, beyond any doubt, that such action is very detrimental to you.
5. Drink Water You may be slightly dehydrated, which can cause RID.
6. Eat something. - Being hungry is often a source of RID.

7. Feelings - Identify your feelings of RID and address your true needs rather than covering them up with lust.
8. Emergency Turn Off Button - the big red button found 40% down the page on your [GYE Personal Homepage](#)
9. Call a friend in recovery.
10. Imagine that today is your last.
11. Read - the GYE Handbook, white book, big book, etc.
12. Walk - Take a walk around the block.
13. Funnies - Read something that will make you laugh. GYE Funny Pages
14. Delay acting out. - Tell yourself, "I can always act out a little later."

Rabboisai,

I'm trying to grow this list. I need your help.

Please reply with your top 3 actions that you take when confronted with a lust attack, to keep from acting out (Thanks Bigmoish).

Thank you!

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Re: Shteeble's Close Range Firefight
Posted by Bigmoish - 14 Jan 2016 15:14

[Shteeble wrote:](#)

Rabboisai,

I'm trying to grow this list. I need your help.

Please reply with your top 3 actions that you take when confronted with a lust attack.

Thank you!

1. Fantasize
2. Watch Porn
3. Masturbate

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Re: Shteeble's Close Range Firefight
Posted by stillgoing - 14 Jan 2016 15:36

[Shteeble wrote:](#)

oh...did you mean 3 recovery actions?
Rabboisai,

I'm trying to grow this list. I need your help.

Please reply with your top 3 actions that you take when confronted with a lust attack.

Thank you!

1, As the song says "STOP! Don't think about it..." Replace your thoughts with others (and have a list of topics handy).

2, Be realistic, Get away from the situation that's causing the lust.

3, If your mind won't listen to you, just ignore it - go straight to the legs and turn them around and move them in the other direction. This will bring the rest of the body including the mind away from the trigger, but DON'T ASK THE MIND for permission!

Truth is that Bigmoish's list is probably closer to my reality.

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Re: Shteeble's Close Range Firefight
Posted by stillgoing - 14 Jan 2016 15:50

[quote="Bigmoish" post=274065]I keep getting stuck at "X"...

quote]

You might want to get out of the train tracks...!

[spoiler][spoiler]

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Re: Shteeble's Close Range Firefight
Posted by stillgoing - 14 Jan 2016 15:51

[Bigmoish wrote:](#)

I keep getting stuck at "X"...

You might want to get out of the train tracks...!

Warning: Spoiler!

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Re: Shteeble's Close Range Firefight
Posted by Shteeble - 14 Jan 2016 17:11

omg!

ur right.

let me edit that post quickly!

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Re: Shteeble's Close Range Firefight
Posted by Shteeble - 14 Jan 2016 17:18

[stillgoing wrote:](#)

[Shteeble wrote:](#)

Rabboisai,

I'm trying to grow this list. I need your help.

Please reply with your top 3 actions that you take when confronted with a lust attack.

Thank you!

1, As the song says "STOP! Don't think about it..." Replace your thoughts with others (and have a list of topics handy).

2, Be realistic, Get away from the situation that's causing the lust.

3, If your mind won't listen to you, just ignore it - go straight to the legs and turn them around and move them in the other direction. This will bring the rest of the body including the mind away from the trigger, but DON'T ASK THE MIND for permission!

Excellent.

And what about situations where it's more of a strong bodily urge, rather than thoughts or triggers?

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Re: Shteeble's Close Range Firefight
Posted by Shlomo24 - 14 Jan 2016 18:27

[Shteeble wrote:](#)

[stillgoing wrote:](#)

[Shteeble wrote:](#)

Rabboisai,

I'm trying to grow this list. I need your help.

Please reply with your top 3 actions that you take when confronted with a lust attack.

Thank you!

1, As the song says "STOP! Don't think about it..." Replace your thoughts with others (and have a list of topics handy).

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3, If your mind won't listen to you, just ignore it - go straight to the legs and turn them around and move them in the other direction. This will bring the rest of the body including the mind away from the trigger, but DON'T ASK THE MIND for permission!

Excellent.

And what about situations where it's more of a strong bodily urge, rather than thoughts or triggers?

My strong bodily urges are usually the result of triggers, I never act out for recreational purposes.

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Re: Shteeble's Close Range Firefight
Posted by Bigmoish - 14 Jan 2016 19:06

[Shteeble wrote:](#)

Rabboisai,

I'm trying to grow this list. I need your help.

Please reply with your top 3 actions that you take when confronted with a lust attack.

Thank you!

Okay, for real this time...

1. Send a whatsapp to another addict(s)/GYE guy(s) who knows me.
2. Send a hangouts/chat to another addict(s)/GYE guy(s) who knows me.
3. Call another addict(s)/GYE guy(s) who knows me.

When I'm in the middle of lusting, I'm not usually able to be rational enough to do the real important things like pray, surrender, post on GYE, or get out of my own head in general. But often, someone else who knows me can help me back away from the ledge.

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Re: Shteeble's Close Range Firefight
Posted by Shteeble - 15 Jan 2016 00:00

[Bigmoish wrote:](#)

I keep getting stuck at "X"...

Actually, it's a new thread altogether.

But it's geboytyt on the abc thread.

so i guess the 2 threads are related enough to affect the shidduch, and therefore you are correct in asking about the X, because it may determine whether someone wants to be a mechuten with this thread too.

This one is for the one's I plan on using lemaysah, when I'm at close range.

First item first . Second item second. vechulei.

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Re: Shteeble's Close Range Firefight

Posted by Shteeble - 15 Jan 2016 11:37

[Shteeble wrote:](#)

1. Ask Hashem for help.
2. Reflect on the fact that Hashem can help you through this, no matter how you feel.
3. Bathroom - There is often a connection between the need for a bowel movement, and the onset of a sudden lust attack. How interesting...
4. Identify what you did that brought about the desire. Establish for yourself, beyond any doubt, that such action is very detrimental to you.
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Re: Shteeble's Close Range Firefight
Posted by markz - 15 Jan 2016 12:10

This is tried and tested!

1 - Take a [chill pill](#)

2- Take another

3- Throw one

Whoever doesn't know - that means, Post one for all the other chilled guys

4-

Warning: Spoiler!

Mark

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