

Shteeble's Close Range Firefight

Posted by Shteeble - 12 Jan 2016 15:43

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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 Shlomo24 - 17 Jan 2016 18:56

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This is what works for me:

- 1) Surrender the fantasy to god.
- 2) Make a call and bring the lust out to light.
- 3) Call sponsor.
- 4) If all else fails, get down on my knees and start a'prayin'.

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Re: Shteeble's Close Range Firefight  
Posted by markz - 17 Jan 2016 20:03

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[Shteeble wrote:](#)

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.

[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."

Shteebs - I'm still a relative newbie here, but I'd think maybe some targets may not work well in time of lust attack, eg red panic button - I wonder if it has helped anyone yet - it didn't for me

Shlomos ideas have helped him, and sound practical

The following is what I have posted on the [Free Towing Assistance page](#)

It's not final - Id like to add your gems there

[markz wrote:](#)

### **[ABOUT TO FALL?](#)**

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1- My favorite [quick fix](#)

2- Post what tools you have begun, perhaps those can help now.

3- You go to B&H!! **Brilliant** [Humor section](#), and see if you find anything interesting there. No pressure - you don't have to laugh at every joke found there, Its funny - I don't either.

4- Take a break, listen to some music or the [iPhone song](#)

5- Chat with a friend / sponsor who knows about the addiction

6- Checkout my signature

7 - You need approval from one of the guys. You wanna take drugs? Don't do it!! Want to go to some dirty website? Just post it [HERE](#) first.

All the best!!!

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Re: Shteeble's Close Range Firefight  
Posted by Shteeble - 17 Jan 2016 20:19

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[markz wrote:](#)

Shteebs - I'm still a relative newbie here, but I'd think maybe some targets may not work well in time of lusc attack, eg red panic button - I wonder if it has helped anyone yet - it didn't for me

markz, thanks for replying.

You just found your first "red button" 'nik.

I haven't always found it to work.

But sometimes, it did the job of distracting me enough to move on to a better place.

The list in this thread is my own personal list.

Some tactics will work for many people, some for some people, and some for none.

These are what I have found thus far to work best for me in the prioritized order.

It's not enough though.

That's why I'm asking the oilam for more ideas.

I really appreciate your contribution, and I ask anyone who has ideas that work for them to please contribute.

Yasher Koach.

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Re: Shteeble's Close Range Firefight  
Posted by Shteeble - 17 Jan 2016 20:24

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Thank you Shlomo for your reply.

I have some of that in my list too.

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Re: Shteeble's Close Range Firefight  
Posted by eslaasos - 18 Jan 2016 16:13

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I don't have a lot to offer for your specific question because what works best for me is the ounce of prevention rather than the pound of cure. My issue is escapism, not lust per se, so I need to head off the beast by fighting it while it's still at the stage of escape before it turns into straight lust.

To accomplish that, I need to remember how important it is to me not to start slipping. I do that by browsing these forums. By keeping it in the forefront of my mind, it trains me so the knee jerk reaction to the escape urge is aversion. Every second I entertain the idea of escape makes it exponentially harder to regain that lost ground.

I also attend one of the phone conferences which is actively working on changing my mindset

so I don't need to escape as much.

There are times when I am in a close range firefight to escape. When that happens, this is what works for me.

1. I setup my daily schedule to have no down time. If I'm lucky enough that the timing is right, when the mood hits I might have a shiur/chavrusa or some other activity that is already habitual that will get me out of myself.

2. Reaching out to GYE buddies, poor guys.

3. Music! I have a large collection of favorites, and have found music to be a great mood changer. Only Jewish music, the other stuff would work against me as it has hashpo'os of tumah and makes me despise myself. Some of the Jewish singers have the same nauseating effect as non-Jewish singers - just saying.

4. Lastly, let's say it's Shabbos, no music, no chatting with friends online, no shiur or chavrusa scheduled, I play through an imaginary conversation in my mind. (This would be more embarrassing if it wasn't anonymous). I talk through the situation exactly the way I would if I was sharing it with a friend. Sometimes I even imagine the response!

Years ago, when I was very close to the mashgiach in yeshiva, I often held imaginary conversations with him. I knew him well enough that I felt I could predict his response.

Hope this helps. In my experience, even the close range strategies work best if you invest time in them before they're put to the test.

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Re: Shteeble's Close Range Firefight  
Posted by Bigmoish - 18 Jan 2016 16:19

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[eslaasos wrote:](#)

2. Reaching out to GYE buddies, poor guys.

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Re: Shteeble's Close Range Firefight  
Posted by cordnoy - 18 Jan 2016 19:12

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[eslaasos wrote:](#)

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Perhaps just say you will act out after you count to 4.

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Re: Shteeble's Close Range Firefight  
Posted by eslaasos - 27 Jan 2016 15:47

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Hi Shteeble (that name seems to stick),

The thoughts percolating in my head earlier today seemed like they might be helpful to you.

I've been having interfering thoughts and temptations for the last few days. I've surrendered them privately and also with friends by email and chat which has helped but they keep coming back.

First, I was reminded of AlexEliezer's mantra of surrendering, and then surrendering again, and again, and again, as many times as necessary until you're out of the moment.

Then when I was getting frustrated that I'm seemingly stuck in the mud, I recalled the lessons of acceptance I learnt in therapy. I accept the fact that for this week (I can't think further ahead right now) this is who I am and where I'm at. I am not going to be finishing Shas, winning the lottery (to be able to give mammoth amounts of tzedakah of course) or solving the world's



problems. I'm going to be just little me being mind-blasted by negative thoughts and tempted to escape in stupid ways. I'm going to be the best I can be at keeping my head above water.

Do I want to take the easy road to give in and end the struggle? Heck, yes.

Is it worth it? HELL, NO!

Will I? I hope not, and I have a small plan to keep me from it. Not perfect but so far still clean, thank G-d.

Hope this helps, and wishing us all hatzlacha.

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Re: Shteeble's Close Range Firefight  
Posted by cordnoy - 27 Jan 2016 15:49

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[eslaasos wrote:](#)

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Hope this helps, and wishing us all hatzlacha.

I like the writin' style, the content and the thought process.

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Re: Shteeble's Close Range Firefight  
Posted by Bigmoish - 27 Jan 2016 15:57

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[eslaasos wrote:](#)

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Hope this helps, and wishing us all hatzlacha.

Before I even saw cordnoy's comment, I was going to say it's clear he's been makin' an impression on you.

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Re: Shteeble's Close Range Firefight  
Posted by eslaasos - 27 Jan 2016 16:18

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[Bigmoish wrote:](#)

Before I even saw cordnoy's comment, I was going to say it's clear he's been makin' an impression on you.

I'm not sure what specifically you're referring to but it was indeed he who recently reminded me of the AE line.

Thanks for being one of the aforementioned friends.

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Re: Shteeble's Close Range Firefight

Posted by cordnoy - 27 Jan 2016 16:19

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[Bigmoish wrote:](#)

[eslaasos wrote:](#)

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Not sure that's a good thin'.

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Re: Shteeble's Close Range Firefight  
Posted by Shlomo24 - 27 Jan 2016 18:07

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LOL

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Re: Shteeble's Close Range Firefight  
Posted by Shteeble - 12 Feb 2016 13:54

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[Shteeble wrote on Unknown:](#)

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 tempting pleasures; over to You.

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

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

I am not running the show.

All I want is the ratzon Hashem.

1. Ask of Hashem, the bakoshos listed above.
2. Reflect on the points listed above.
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. Read the Big Book.
6. Drink Water You may be slightly dehydrated, which can cause RID.
7. Eat something. - Being hungry is often a source of RID.
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