

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 stillgoing - 06 Jun 2016 22:07

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[Shteeble wrote on 12 Feb 2016 13:54:](#)

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

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.

Hi Shteeble. How's the list going?

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Re: Shteeble's Close Range Firefight  
Posted by Shteeble - 09 Jun 2016 21:22

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Hi stillgoing,

I admit, I'm not working off a list right now.

I'm working a program though.

Thank you for stopping by.

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