

This is a very good strategy that I must share....

Posted by Kedoshimtehiyu - 06 Aug 2017 17:19

To start off, I have been free of the habit for a number of years during the day. It has been though many times when going to sleep, I would wake up an hour or two later with a strong yetzer hara that would be hard to fight off. There was something that really helped me and I believe will help those who are also doing the 90 day program and on their way to be free. Try to set a goal for yourself. Just tell yourself that I will accomplish being fully shomer habrit for one full day. At the end of that day, you will say that you earned yourself \$5,000. For the 2nd day, say to yourself that if I accomplish this for another day, I will earn \$6,000. Increase the amount by another \$1,000 for every day thereafter. Just realize, that the amount it is worth to get through one day is exponentially higher that the dollar amount your are declaring. Imagine getting through 30 days and how about 90 days, how much more precious it is. I just found that this method of using dollars and cents as an incentive to go through each day, is something more tangible and easier to relate to. It helped me very much and gave me a better ability to take control and be able to fight off the yetzer hara. I've tried this strategy using dollar amounts, quantity of gold coins, and even a precious gem. It really did work well for me.

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Re: This is a very good strategy that I must share....

Posted by Markz - 06 Aug 2017 17:28

Hey bro you didn't answer my question

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