

having a plan

Posted by stronger\_today - 13 Nov 2018 08:52

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one\_day\_at\_a\_time mentioned to me that it's critical to have a plan for those moments when the heart starts racing - I never thought about that before, so I'm excited about working with this idea. It made me think that I need a plan for the situations that are triggers for me:

1) Being home alone for a long enough time (I work at home) - when everyone is out of the house and I have a few hours to myself it's hard to resist when it only takes me a few minutes to get past the filters, act out and then get back to my work.

2) When I'm really stressed about work/life I will have a pull to find a way even when I don't have alone time (like when everyone is sleeping)

3) Seeing enough women on the streets can build up my internal desires to the point where I break.

Is there one strategy for every situation, or is there a wholistic approach to reduce the tension of these triggers?

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Re: having a plan

Posted by mzl - 13 Nov 2018 11:00

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[stronger\\_today wrote on 13 Nov 2018 08:52:](#)

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I would approach it by listing what's going on in your head, not outside it, but that's a long conversation (or see my thread below.) I think a lot of people here would pick up a phone and call someone, and in that phone call what's going on in your head would basically come out and be addressed, or just be addressed without you knowing what the real problem is. So calling someone could be termed a general strategy.

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Re: having a plan

Posted by stronger\_today - 13 Nov 2018 16:50

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Thanks - I do have some people to call already, but what's going in my head is pretty simple: stress (from life or the sex drive) gets really high and acting out relieves it and calms me down.

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Re: having a plan

Posted by Hashem Help Me - 13 Nov 2018 17:13

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Exercise also relieves it and calms one down.

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Re: having a plan

Posted by stronger\_today - 13 Nov 2018 21:47

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Ya - I'm actually a rare exception to that. Exercise increases my drive exponentially.

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