

Managing Lust like Asthma

Posted by Yidyidyid - 19 Sep 2019 00:44

A thought:

When managing asthma (a lifelong medical condition in which people can have trouble breathing) a person will often need two different sets of medications:

1. **"Controller" Medication:** this is a medication that must be taken daily regardless of the persons breathing status on that particular day. This is a constant medication running in the background to prevent breathing issues

2. **"Rescue" Medication:** this is a special medication that is ONLY used in a breathing emergency (i.e. an emergency that the "controller" medication was not able to ward off).

I think lust needs to managed like asthma.

?Feel free to share your thoughts.

?- Yid

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Re: Managing Lust like Asthma

Posted by HarleyDim - 19 Sep 2019 12:27

Interesting approach. What do you think could serve as an effective rescue medication?

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Re: Managing Lust like Asthma

Posted by ColinColin - 19 Sep 2019 22:06

Proactive and reactive approaches.

I agree.

Pro active is a busy yet not too tiring life, with meaningful activities and healthy diet and exercise.

Pro active is internet filters.

Pro active might be bening a meber of this forum

Pro active might be a 12 Step programme.

Re active is mindfulness - treating the lust as a passing thought rather than something that must be acted on.

Re active is logging into this site when gripped by lust.

Re active is davening for help when gripped by lust.

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