

Traveling for work

Posted by time2win - Yesterday 17:34

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Hi everyone. I'm going to be going out of town to the west coast on business travel in The near future. 48 hr trip. Not near a frum community.

challenges I foresee are

1) having a TV in my hotel room , (although I doubt anything there will be that tempting for somebody like myself who gets off to hardcore porn)

2) more importantly, I'll have to take my (unfiltered) work phone with me on travel. I never use my work phone when I can avoid it, which is always, but now that I'm going on travel, I'll need it. Phone can't be filtered due to corporate standardization policy

any suggestions from the more experienced chevra on how to deal with this? Are there any other challenges that I should prepare for?

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Re: Traveling for work

Posted by captain - Today 11:58

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How about an accountability partner, who can check in with you every hour or two by text during the times you are concerned about?

Also, boost your motivation before you leave and during the trip by reading or listening to what inspires you, for an added boost. (My favorites are in my signature.)

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