

I NEED YISHUV HAD'AAS

Posted by chizuk613613613 - 29 Aug 2025 00:27

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I think a big part and cause to my struggles in when I get overwhelmed of everything going on in life. The amount of things that need to be done are beyond me. I push and push and then lack of sleep and not having time to stop and retain ????? and then it's so easy to be drawn towards a loophole on the internet. Or be a pushover when wife nags me to take care of something on a site I know is easy for me to slip on and she as a woman understandably cannot begin to understand. "Just don't click on anything that brings to bad picture and everything is fine."

Any eitzos and ????? would be greatly appreciated!

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Re: I NEED YISHUV HAD'AAS

Posted by yitzchokm - 29 Aug 2025 00:33

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I don't know you well because I don't read most threads. Do you have a good filter? Also, taking short breaks and doing mindfulness breathing exercises can help a lot. You can use the SOBER exercise which is pretty short and your urge can be stress instead of a sexual urge. It works wonders.

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